

# Depression remains a major but often overlooked burden following rheumatoid arthritis diagnosis.

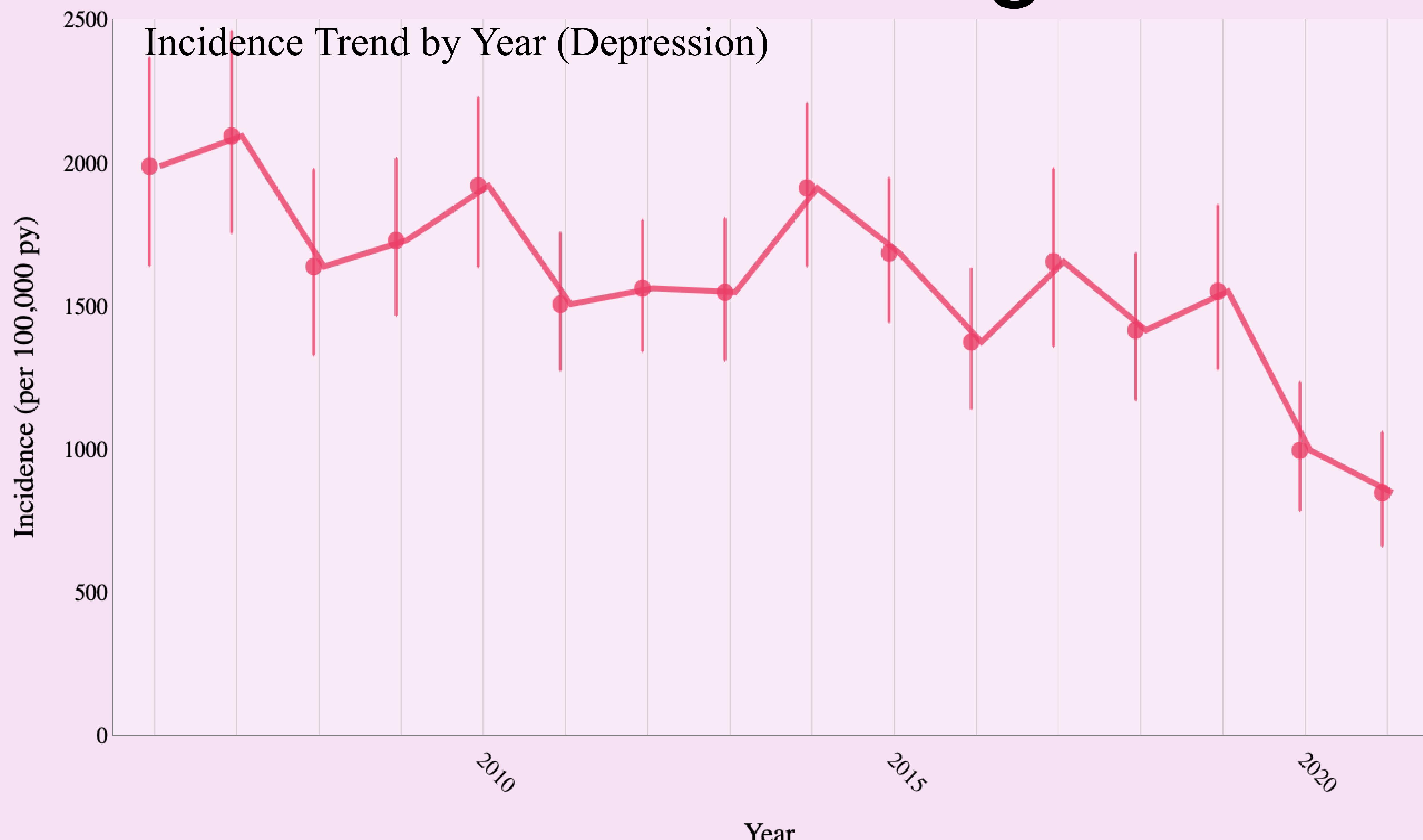
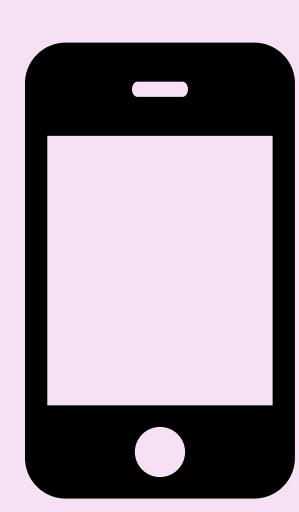


Fig 1. Yearly incidence rate of depression (per 100,000 person-years) following rheumatoid arthritis diagnosis, 2006–2021.



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## An Exploration of the Incidence Rate of Anxiety and Depression following a Diagnosis of Rheumatoid Arthritis (RA) using the THIN Dataset

An Electronic Health Record Cohort and Cross-Section Study of UK primary care data from 2006-2021

**BACKGROUND:** Rheumatoid arthritis (RA) is an inflammatory disorder that causes pain and disability and is linked to poor mental health.

**METHOD:** This study analysed THIN primary care data (2006–2021) to estimate the yearly incidence rates of depression and anxiety following a diagnosis of RA.

**RESULTS:** Across the study period, the incidence rate of depression following an RA diagnosis decreased from 1985 [CI: 1638-2365] per 100,000 person years in 2006 to 1549 [1277-1848] in 2019, however, this was not statistically significant. The incidence rate of anxiety conversely rose from 1049 [838-1285] per 100'000 person years in 2006 to 1156 [915-1423] in 2019 but this was also not statistically significant.

**CONCLUSION:** Existing literature has highlighted the detrimental effect of RA on mental health even at an early disease stage. (1) We found depression, as well as anxiety, presents as a substantial co-morbid disease following RA. This highlights a need for mental health support concurrent to specialty led care for RA.

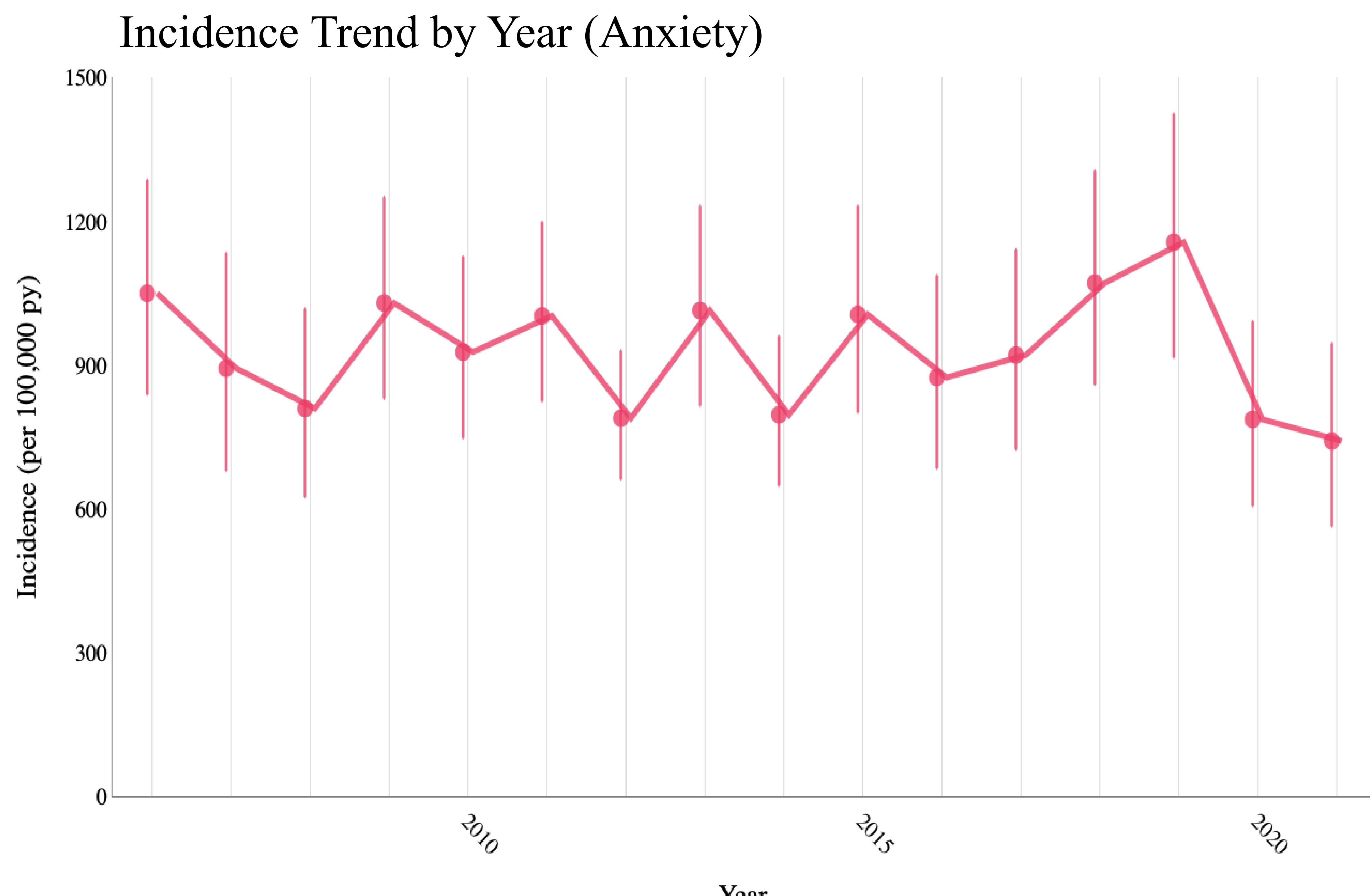


Fig 2. Yearly incidence rate of anxiety (per 100,000 person-years) following rheumatoid arthritis diagnosis, 2006–2021.

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