

**PSORIATIC ARTHRITIS &**

# **Mental Health**



## Illustration for the Good Care Project For Psoriatic Arthritis

Recent progress in understanding the course of psoriatic arthritis (PsA) has led to breakthroughs in therapies. Yet the needs of many people living with PsA are still unmet. Through this project, IFPA aims to join forces with rheumatologists and the patient community to raise awareness of new treatment guidelines, and ultimately improve quality of life for people with PsA around the world.



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Disclosure UCB Pharma has provided financial support through an unrestricted grant for the delivery of the First phase of the Psoriatic Arthritis Awareness project, also known as the "Good Care for the Psoriatic Arthritis" Project. UCB Pharma had no influence or input over the content, including the selection of project members and the development of all associated assets, such as videos, podcasts, and articles. The support from UCB Pharma was solely in the form of an unrestricted grant.



PSORIATIC ARTHRITIS CAN HAVE A SIGNIFICANT IMPACT ON AN INDIVIDUAL'S MENTAL HEALTH, LEADING TO FEELINGS OF DISCOURAGEMENT, FRUSTRATION, SHAME AND LOW SELF-ESTEEM.

EVERY DAY TASKS LIKE STARTING THE DAY IS A MAJOR CHALLENGE FOR PEOPLE WITH ACTIVE PSORIATIC ARTHRITIS BECAUSE OF MORNING STIFFNESS AND FATIGUE.



PSORIATIC ARTHRITIS CAN IMPACT MENTAL HEALTH, LEADING TO ANXIETY ABOUT THE FUTURE AND THE ABILITY TO PERFORM DAILY TASKS.

BECAUSE OF PAIN AND STIFFNESS IN THE ARMS, WRISTS OR HANDS, THEY HAVE MORE DIFFICULTY IN PERFORMING ACTIONS SUCH AS BUTTONING A SHIRT OR TYING SHOELACES.

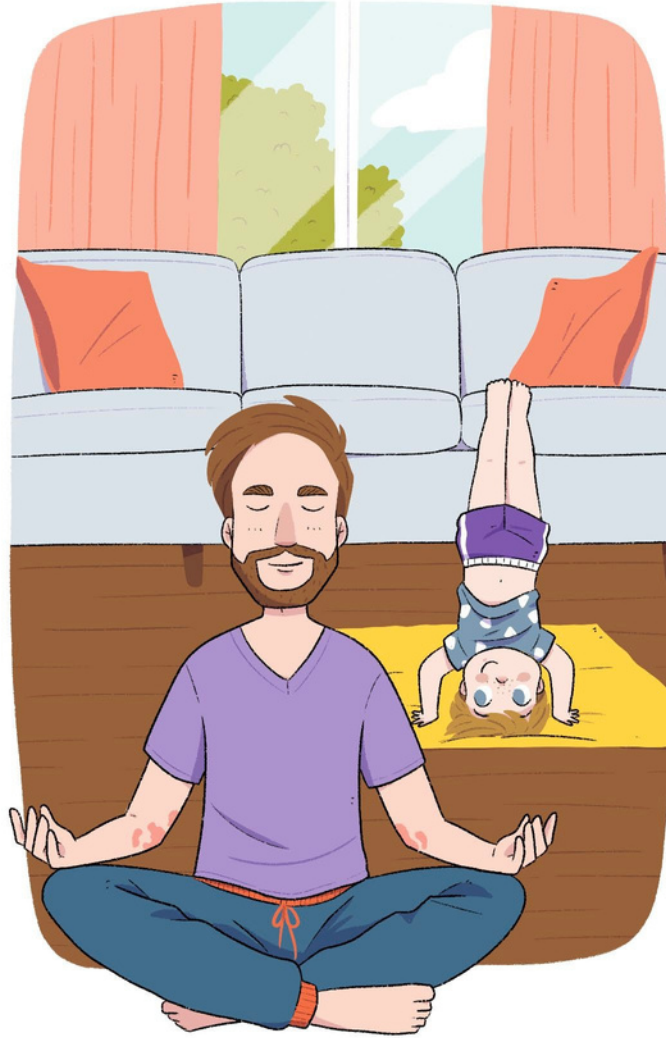


MANY PARENTS WITH PSORIATIC ARTHRITIS DO NOT WANT TO BE A BURDEN TO THEIR FAMILY. IT IS DIFFICULT TO UNDERSTAND THAT BECAUSE OF THE DISABILITY, IT SHIFTS FROM THE ROLE OF CAREGIVER TO BEING CARED FOR BY THEIR CHILDREN.





THE EMOTIONAL EFFECTS OF PSORIATIC ARTHRITIS CAN CAUSE INDIVIDUALS TO ISOLATE THEMSELVES, WITHDRAW FROM OTHERS, OR HAVING ANXIETY ATTACKS. STRESS, ANXIETY, AND DEPRESSION CAN ALSO TRIGGER MORE PSORIATIC FLARE-UPS, WORSENING DISEASE SYMPTOMS.



PEOPLE WITH PSORIATIC  
ARTHRITIS CAN ACHIEVE  
MENTAL WELL-BEING  
THROUGH ACTIVITIES LIKE  
YOGA, MINDFULNESS, OR  
MEDITATION.



IT'S IMPORTANT FOR PATIENTS TO MAINTAIN RELATIONSHIPS WITH FRIENDS AND FAMILY,  
WHO CAN PROVIDE EMOTIONAL SUPPORT.

LEARN ABOUT TREAT TO TARGET RECOMMENDATIONS, TREATMENT GUIDELINES AND  
THE IMPORTANCE OF A HOLISTIC APPROACH TO PSORIATIC DISEASE MANAGEMENT THAT  
CONSIDERS THE PATIENT'S PHYSICAL AND EMOTIONAL WELL-BEING:

<https://ifpa-pso.com/projects/psoriatic-arthritis-awareness>

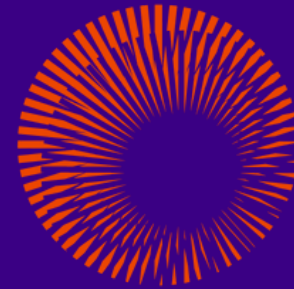




**IFPA**

GLOBAL LEADER IN FIGHTING  
PSORIATIC DISEASE

good  
care  
for Psoriatic Arthritis



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