

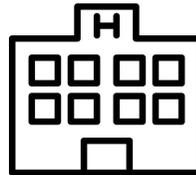
Meeting the mental health needs of people with motor neurone disease



This information is **for health professionals** working with **people with motor neurone disease (MND)**. It describes selected results from a study carried out by [3DN, UNSW Sydney](#).



Design: Population-based cohort study using linked datasets of de-identified health records from 2001-2015.



Sample: Adults admitted to NSW hospitals with a diagnosis of MND (n=2370). Data was analysed for the year prior to index admission and 3-years post.

Co-occurring mental health conditions

26% of people were found to have co-occurring mental health conditions* in the year after their first admission to hospital for MND.

*Data from inpatient admissions and outpatient mental health services

The most common mental health conditions people with MND had in the first year after index* were:

1. Organic mental health disorders (e.g. dementia, delirium)
2. Mood disorders
3. Anxiety disorders
4. Mental and behavioural disorders due to substance use
5. Schizophrenia

Change after first follow-up year



*Admissions to general hospital wards with a mental health diagnosis recorded and admissions to psychiatric wards

Mental health service usage

People with MND used inpatient and outpatient mental health services:



3 times more often than the general population



Less than half that of people with other neurological disorders

! Use of mental health services was highest in the year after people's first admission to hospital for MND in our dataset.



Actions health professionals can take

- Everyone should have access to mental health support, especially **earlier in the course of their illness**. Carry out a **thorough assessment** if people present with symptoms that could indicate depression or anxiety.
- **Work with patients and families** to find the right mental health support for them. Professional care is often required in addition to support groups.

For more information about this research project and other fact sheets visit our [MND project page](#).

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