Do Arthritis Treatments Provide Mental Health Benefits?

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Drugs used to treat rheumatoid arthritis may impact mental health by improving pain and stiffness and by targeting inflammatory processes common to arthritis and depression; however, a recent review of published studies demonstrates that relying on rheumatoid arthritis therapies alone may not meaningfully improve patients’ mental health.

The findings, which are published in *Arthritis & Rheumatology*, indicate that providing dedicated mental health care is essential to help arthritis patients with depression and other mental conditions.

“This review summarises the findings from over 70 clinical trials to examine the association between different rheumatoid arthritis treatments and mental health outcomes,” said lead author Dr. Faith Matcham, from the Institute of Psychiatry, Psychology and Neuroscience, King’s College London.

“Our findings suggest that otherwise effective pharmacotherapy alone is unlikely to have an impact on mental health outcomes for the majority of rheumatoid arthritis patients. Optimal mental health outcomes may be achieved through providing integrated psychological support alongside routine care.”

Additional Information

Link to Study: https://physoc.onlinelibrary.wiley.com/doi/10.1002/art.40565

About Journal

*Arthritis & Rheumatology*, an official journal of the American College of Rheumatology, is a peer-reviewed publication for scientists and clinicians interested in the natural history, pathophysiology, treatment, and outcome of the rheumatic diseases. *Arthritis & Rheumatology* publishes the highest-quality basic and clinical research related to the rheumatic diseases, encompassing a wide range of areas of investigative activity. In addition, the journal publishes review articles, editorials, and other educational material intended for both researchers and clinicians. Serving the worldwide community of rheumatology investigators and clinicians, *Arthritis & Rheumatology* is known internationally as a top rheumatology research journal.

The American College of Rheumatology (www.rheumatology.org) is the leading professional organization dedicated to the study, prevention, and treatment of debilitating disorders of the joints, muscles, and bones.

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