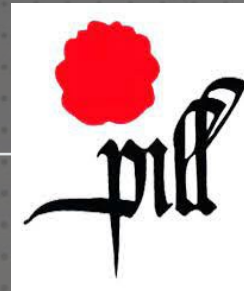


# Multimorbidity & Older Adults Mental Health Research

Dr Amy Blakemore on behalf of  
The Older Adults Multi-Morbidity Group (OAM)

Pakistan Institute of Living and Learning (PILL)  
University of Manchester



# Multimorbidity

- The presence of two or more chronic conditions.
- Physical and/or mental health conditions.
- An increasing global health challenge.
- Rising trend for prevalence in LMICs, estimates range from 3.2% to 90.5%<sup>(1)</sup>.
- Estimated prevalence of 37% in urban living South Asian adults aged over 60 years<sup>(2)</sup>.
- Leads to increased disability, mortality, decreased functioning and QoL, poor mental well being.

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(1) Abebe et al. (2020)

(2) Singh et al.(2019)

# Older Adults Multimorbidity Group

(OAM)

## Group Members

Dr Amy Blakemore*	Lecturer in Mental Health	University of Manchester (UoM)
Dr Munazza S. Obaid*	Assistant Professor / Research Scientist	Dow University of Health Sciences / UoM
Dr Aneeta Khoso	Consultant Public Health	PILL / UoM
Prof. Nusrat Husain	Prof of Psychiatry / Dir. Research Global Mental Health	University of Manchester
Maryam Moula Bakhsh	Assistant Professor Respiratory & Critical Care	Dow University of Health Sciences
Dr Dhanwanti	Research Assistant	UoM
Sehrish Tofique	Assistant Director Operations	PILL
Maria Usman	Research Assistant	PILL

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\* Co-Chairs

# Current OAM Group Priority Areas

- CHD and Depression – Cardiac Rehab
  - Breast Cancer and Depression – The Moving on ABC Study
  - COPD and Depression/Anxiety
  - Stroke and Suicidal Ideation
  - Diabetes and Depression
  - Long Covid
  - Early Psychosis and Sleep Disorders
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# ACROSS - PK

**Affordable Community Cardiac Rehabilitation: An Outreach Inter-Disciplinary Strategic Study in Pakistan**

**Aim:** To develop an affordable Community Cardiac Rehabilitation to reduce mortality and morbidity.

**Objectives:**

1. Explore knowledge & attitudes of Pakistani health care professionals about community cardiac rehab.
2. Explore lived experience of CVD patients and family members.
3. Explore health professional views about home based cardiac rehab.

**Study Design:** Exploratory, mixed methods cross sectional study with 2 phases:

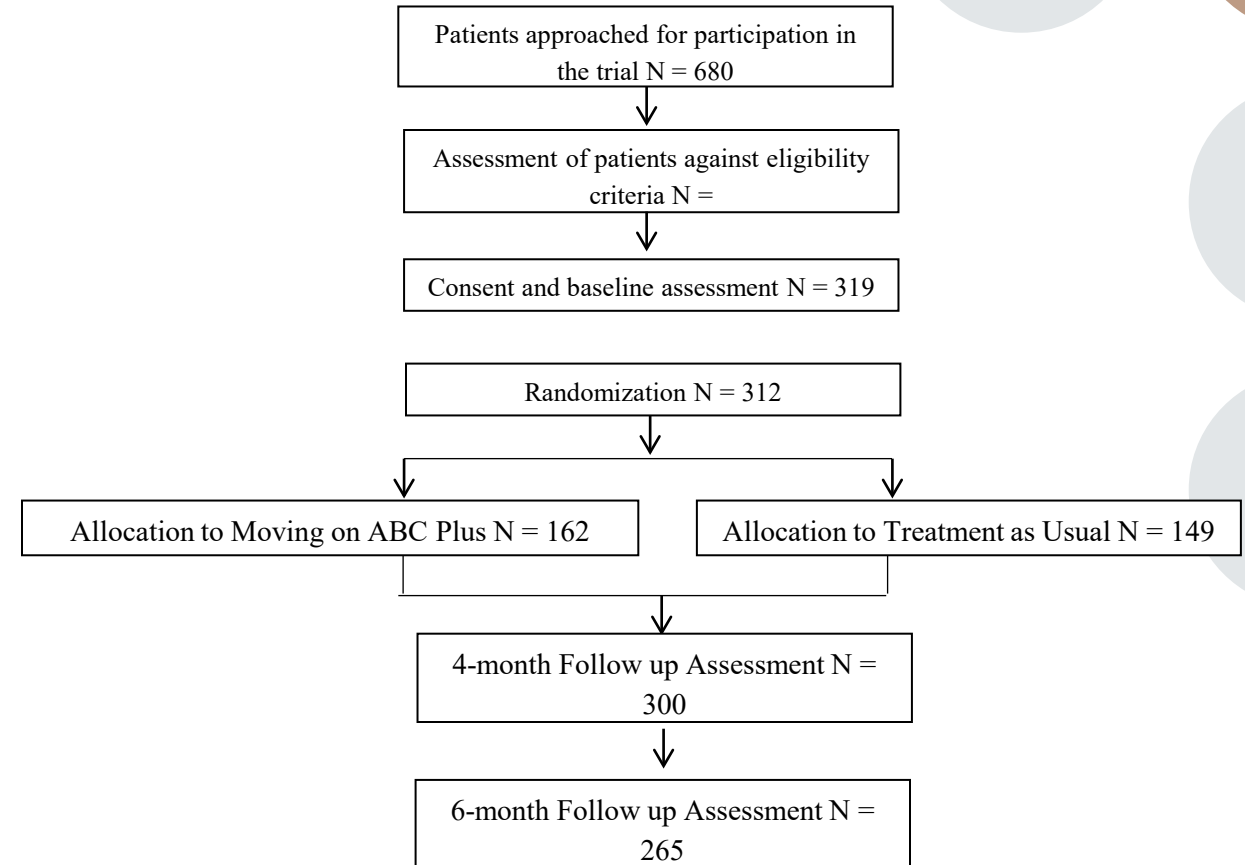
- Cross sectional survey of healthcare professionals
- Qualitative interviews with patients and healthcare professionals

# Moving on ABC

Culturally Adapted Cognitive Behaviour Therapy based intervention – Moving on After Breast Cancer Plus – for Pakistani depressed/anxious women with breast cancer<sup>(3)</sup>

**Aim:** Assess the feasibility, acceptability and effectiveness of an integrated culturally adapted intervention for Pakistani breast cancer survivors.

**Study Design:** Two arm, multicentre, pragmatic, rater-blind randomized controlled trial.



# COPD & Mental Health

- Cross-sectional study - 293 primary care COPD patients in Pakistan<sup>(4)</sup>.
- Prevalence of depression – 51% (n=149)
- Prevalence of anxiety – 20% (n=59)
- Participants with depression had significantly:
  - Higher levels of anxiety
  - Less social support
  - High social stress
  - Greater impairment in health-related quality of life



(4). Husain et al. (2021)

# CBT and Pulmonary Rehabilitation for COPD – Protocol Development

**Aim:** To evaluate the clinical and cost effectiveness of CBT combined with pulmonary rehabilitation for depression in the management of COPD patients in Pakistan.

**Planned Study Design:** Multi-armed RCT to include PR Group, CBT Group, CBT Plus PR Group, and TAU Control.

**Primary Outcomes:** Depression and Anxiety (HADS).

**Secondary Outcomes:** HRQoL, daily functioning, patient satisfaction, therapeutic alliance, hospitalization and LoS, BODE Index.

**Protocol:** Under development by Maryam Moula Bakhsh with input from the OAM and external collaborators.



# Summary

- Multimorbidity will present an increasing burden in Pakistan.
  - Many opportunities exist to increase primary & mental health research in multimorbidity in Pakistan.
  - The OAM is a relatively new group that has already begun to work collaboratively to identify and address gaps in health care provision for older adults with multimorbidity.
  - Further work is needed to identify other key priority areas and develop high quality studies to reduce burden of multimorbidity in Pakistan.
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# References

- 1) Abebe et al. (2020). Multimorbidity of chronic non-communicable diseases in low- and middle-income countries: a scoping review. *Journal of Multimorbidity and Comorbidity*, (10): <https://doi.org/10.1177/2235042X20961919>
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  - 3) Husain N., Kiran T., Chaudry IB., Sultan S., Dawood S., Lunat F., Nizami A., Shanahan L., Qureshi A., Nisa Z., Husain M., Shakoor S., Alvi M., Zadeh A., Memon R., Chaudry N. (In Submission). A protocol of a culturally adapted cognitive behavior therapy based intervention – Moving on After Breast Cancer Plus – for Pakistani depressed/anxious women with breast cancer.
  - 4) Husain OM., Chaudry IB., Blakemore A., Shakoor S., Husain MA., Lane S., Kiran T., Jafri F., Memon R., Panagioti M., Husain N. (2021). Prevalence of depression and anxiety in patients with COPD and their associated outcomes: a cross-sectional study from Pakistan. *Sage Open Medicine*, 9: 1-10. <https://doi.org/10.1177%2F20503121211032813>
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