

Future Directions in Psychological Health and Function Research

Burn Research: State of the Science

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JOHNS HOPKINS
MEDICINE

Stressors / Pathogens

- ◆ Trauma: Threat, Horror, Hopeless
 - ◆ Pain: Unavoidable / Uncontrollable (Acute, Resting, Procedural, Chronic)
 - ◆ Injury Severity: Life Threat, Complications
 - ◆ Separation: Social Support, Roles
 - ◆ Loss: People, Property, Roles
 - ◆ Altered Appearance/Function: Importance, Acceptance (Extent, Nature, Location)
 - ◆ Social Reactions: Curious, Stigmatizing
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“Psychopathology”

- ◆ Generalized Psych. Distress (33% - 56%)
 - ◆ Anxious Mood
 - ASD (11% - 21%), PTSD (20% - 45%)
 - ◆ Depressed Mood
 - Major or Minor Depression (17%-45%)
 - ◆ Substance Use / Dependence (10% – 50%)
 - ◆ Body Image Dissatisfaction (??%)
 - ◆ Chronic Insomnia (37% - 45%)
 - ◆ Chronic Pain (35-52%) or Pruritis (15-71%)
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Impaired Functions

- ◆ Concentration & Memory
 - Distractible, Negative Bias
 - ◆ Cognitive Functioning
 - Planning, Problem Solving
 - ◆ Neuro-vegetative Function
 - Arousal, Mood, Appetite, Sleep, Energy
 - ◆ Socio-Behavioral Deficits / Excesses
 - Avoidance, Social Withdrawal, Psychomotor Retardation, Substance Use
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Functional Limitations

- ◆ In-Hospital PTSD, Body Image Dissatisfaction, and general Psychological Distress each:
 - predicted impaired physical and psychosocial function up to at least 2 years postburn
 - Controlling injury severity, preburn function and the other forms of distress
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Mediators

- ◆ Preburn Psychiatric Disorder
 - ◆ In-Hospital symptom severity
 - ◆ In-Hospital coping with distress by approach-avoidance conflict
 - ◆ Personality: Neuroticism, Extraversion
 - ◆ Appraisal: Self Efficacy, Blaming Others
 - ◆ Social Support, Family Structure
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Body Image

Thomas Pruzinsky, PhD

Quinnipiac University

Traumatic Stress

Glenn Saxe, MD

Boston University

Moderator: James A. Fauerbach, PhD

Johns Hopkins University

Psychological Health and Function

1. Given the prevalence and complex comorbidity of psychological impairments and the magnitude of the associated limitations in function and participation, there is an urgent need to

- Develop and test preventive and rehabilitative interventions
- Emphasize effectiveness-oriented, RCT research

Variables to Examine:

- **Providers:** Professional, Peer, Self-Help
 - **Method:** Psycho-Pharm, CBT, Skills Trng
 - **Setting:** Bedside, Office, In Vivo, Online
 - **Timing:** Prevention, Early IV, Rehabilitation
 - **Delivery Options:** 1:1, Group, Online
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Psychological Health and Function

2. Psychological factors such as distress, pain, separation and insomnia have also been demonstrated to impair key physiological processes such as immune system function and metabolic rate.

Research is needed to evaluate the impact of intervention on:

- Immune function
 - Metabolic function
 - Wound healing
 - Cost effectiveness
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Psychological Health and Function

3. Need for clarifying etiology of psychological impairments, the associated functional limitations, and, associated problems with participation in preferred roles.



Psychological Health and Function

4. Need to develop and evaluate mental health training programs to implement evidence-based practices:

Psychological Health and Function

5. Need to educate the public to increase understanding and present appropriate ways of interacting with people who have been traumatized and those who have appearance-related distinctions.
