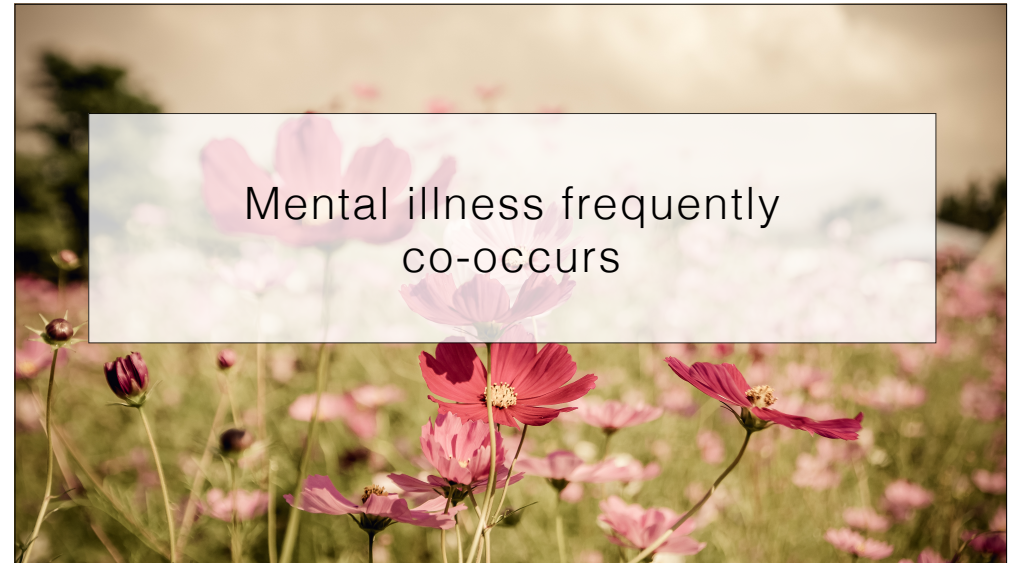
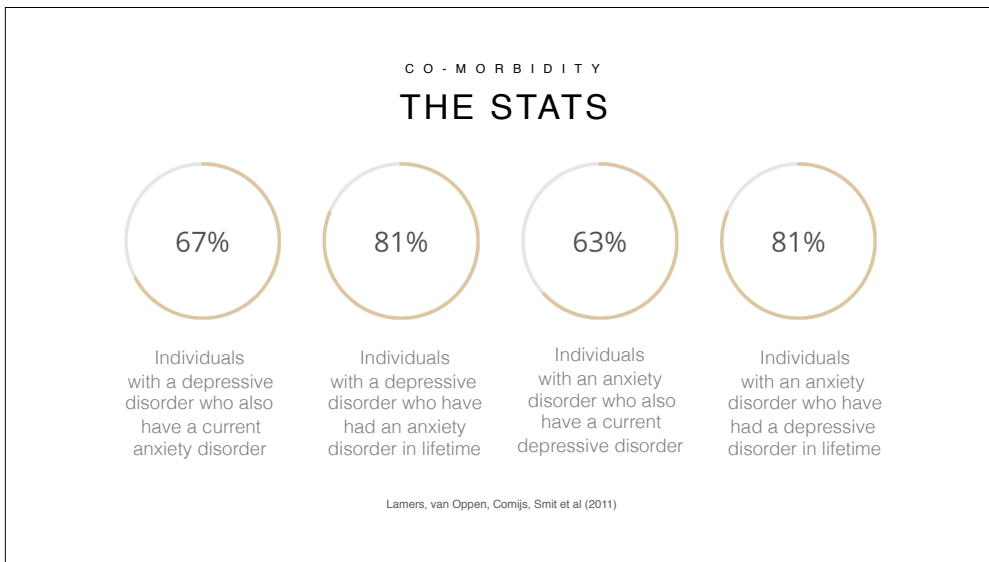


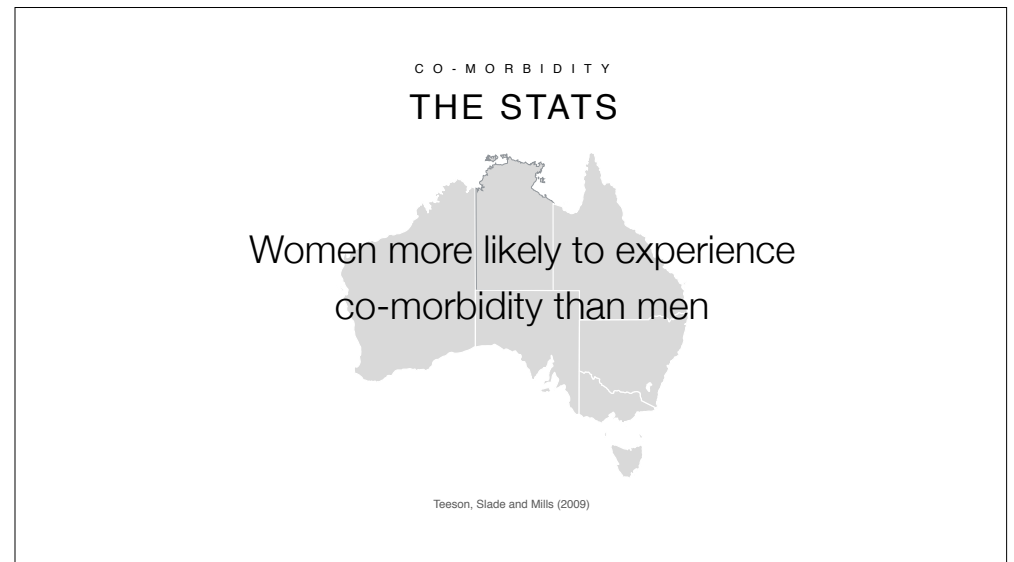
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2



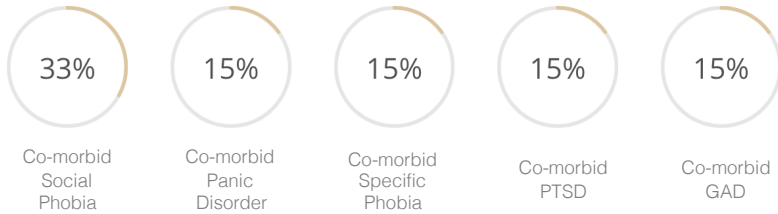
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4

CO - MORBIDITY  
THE STATS

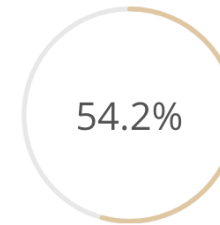
In individuals with a unipolar depressive disorder:



Zimmerman, McDermt and Mattia (2000)

5

CO - MORBIDITY  
THE STATS



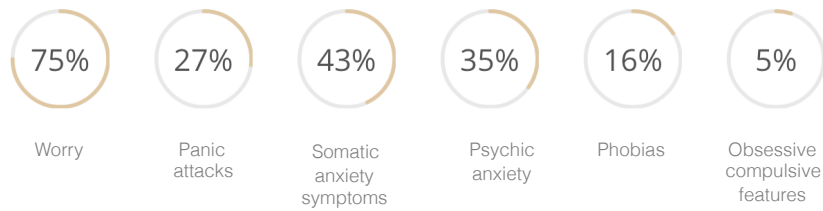
Percentage of individuals with unipolar depression with two or more co-morbid anxiety disorders

Zimmerman, McDermt and Mattia (2000)

6

CO - MORBIDITY  
THE STATS

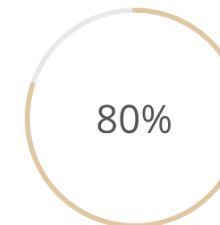
In individuals with a unipolar depressive disorder:



Clayton, Grove, Coryell et al (1991)

7

CO - MORBIDITY  
THE STATS



Percentage of individuals with PTSD with another mental disorder or medical illness

Shah, Shah and Links (2012)

8

CO-MORBIDITY

## FUNCTIONING

In individuals with a co-occurring disorders report:

- ▶ Significantly higher disability in social and occupational functioning
- ▶ More severe levels of impairment
- ▶ A more severe and chronic course

9

CO-MORBIDITY

## SEEKING HELP

A number of studies have found that individuals with co-morbid mental disorders are more likely to seek help than individuals with a single diagnosis.

10

CO-MORBIDITY

## WHY THIS IS IMPORTANT

In my clinical experience, individuals with:

- ▶ depression often have anxiety symptoms
- ▶ ongoing anxiety often get depressed
- ▶ a history of trauma often show symptoms of either (or both) depression and anxiety

11

CO-MORBIDITY

## WHY THIS IS IMPORTANT

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12

CO-MORBIDITY

## WHY THIS IS IMPORTANT

Stress can lead to mental illness and  
mental illness can be stressful to live with

13

CO-MORBIDITY

## WHY THIS IS IMPORTANT

There is no one-size-fits-all approach  
that works for everyone based on a  
DSM diagnosis

14

T H A N K   Y O U

15