

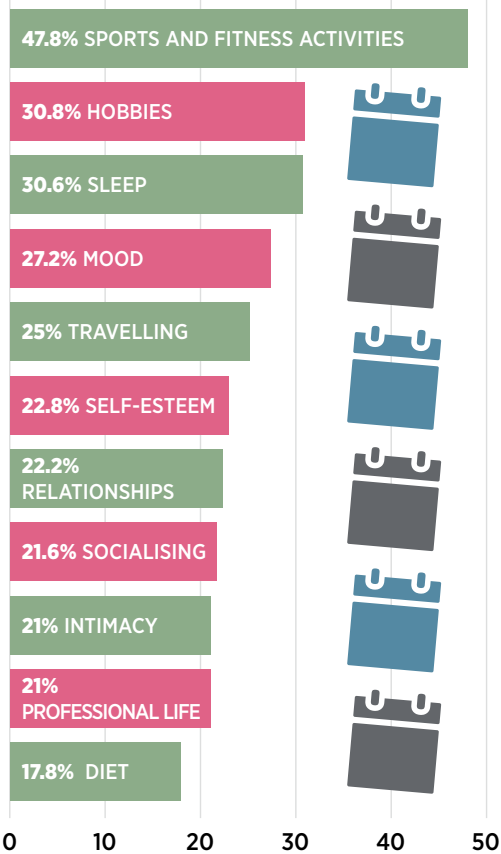
# Getting it off your chest

## The psychological impact of asthma

### Results of a Chiesi Limited sponsored survey of 500 patients with asthma across the UK<sup>1</sup>

#### Day-To-Day Impact

AREAS IMPACTED BY ASTHMA ARE:



#### Fears and worries

### 48.8%

WORRY THAT PEOPLE AROUND THEM DO NOT UNDERSTAND WHAT IT MEANS TO LIVE WITH ASTHMA



### 46.4%

FEEL SELF-CONSCIOUS WHEN THEY CAN'T PARTICIPATE IN CERTAIN ACTIVITIES DUE TO THEIR ASTHMA

### 33.6%

SAY THAT THE CONDITION HAS AN IMPACT ON THEIR STRESS LEVELS

### 37%

AGREE THAT THEIR ASTHMA MAKES THEM FEEL ANXIOUS

### 43.6%

SAY THAT THEIR ASTHMA MAKES THEIR LOVED ONES ANXIOUS TOO

#### Asthma and mental health

ASTHMA SYMPTOMS WORSEN FOR ALMOST HALF

### 48.6%

WHEN THEIR MOOD IS LOW



MANY HAVE BEEN DIAGNOSED WITH DEPRESSIVE DISORDERS

### 28.4%

AND ANXIETY DISORDERS

### 30.8%

OF THE RESPONDENTS WHO HAD BEEN DIAGNOSED WITH MENTAL HEALTH DISORDERS:

### 47.8%

THINK THEIR MENTAL HEALTH CONDITION HAS WORSENED THEIR ASTHMA SYMPTOMS



### 32.3%

THINK THAT THEIR MENTAL HEALTH DISORDER WAS CAUSED BY THE BURDEN OF THEIR ASTHMA

#### Psychological support

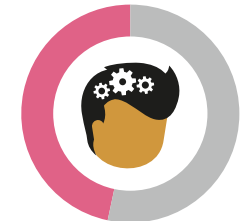


### 81.2%

HAVE **NEVER** HAD A DISCUSSION WITH THEIR HEALTHCARE PROFESSIONAL ABOUT THE PSYCHOLOGICAL IMPACT OF THEIR CONDITION

### 77.4%

HAVE NEVER BEEN ASKED TO COMPLETE A SCREENING QUESTIONNAIRE REGARDING THEIR PSYCHOLOGICAL HEALTH



### 46.4%

WOULD FIND PSYCHOLOGICAL SUPPORT IN THEIR INTERACTIONS WITH HEALTHCARE PROFESSIONALS USEFUL, TO BETTER MANAGE THE EMOTIONAL IMPACT OF ASTHMA