

Applicant

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Project Title

Disability Associated Multimorbidity Including Mental Health Conditions: A Cross-sectional Analysis of Canadian Population-Based Data

Project Summary

This study will improve our understanding of the association between disability and mental disorders that co-exist with physical chronic conditions. Depression, a common mental disorder, results in more years of life lost to disability than any other illness. Multimorbidity, the co-existence of two or more conditions, is a global health burden linked with a greater risk of death, disability and hospitalization. Mental disorders that co-exist with other physical conditions may be the “perfect storm” in relation to disability. Recent studies show that associations of physical health with disability are stronger when mental disorders are present. This analysis of 50,000 participants from the Canadian Longitudinal Study on Aging, explores how mental disorders co-existing with other chronic conditions shape disability. The study responds to calls for more research identifying common patterns of multimorbidity and adds to the limited literature on multimorbidity in Canadian adults. The results will direct researchers and decision-makers on future research and resource allocation priorities.

Keywords

Multimorbidity, Anxiety and depression, Physical disability, Mental disorders, Cross-sectional analysis