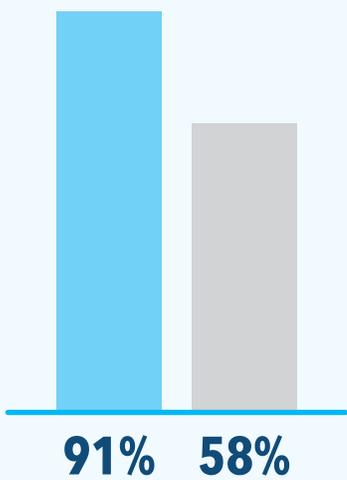


BARING IT ALL: EXPERIENCES WITH PAIN AND MENTAL HEALTH

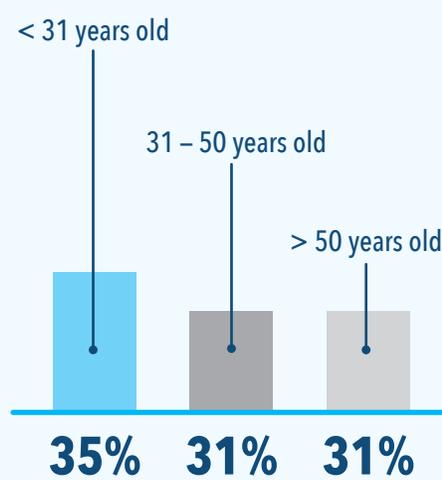
Highlights from *Baring It All: Final report from a survey on reproductive and sexual health in women+ with inflammatory arthritis, rheumatic, and psoriatic diseases.*

We heard from over 400 people with inflammatory arthritis, rheumatic, and psoriatic diseases who identify as female (women+) to understand their reproductive and sexual health concerns. They shared their experiences and insights regarding contraception, family planning, menopause, sexual health, and parenting.

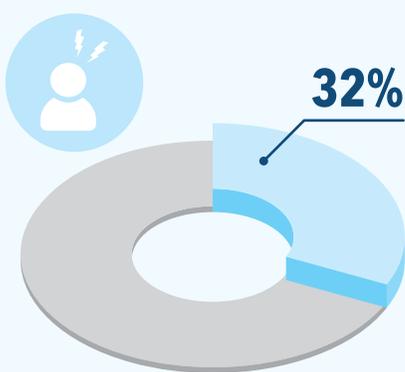
PAIN



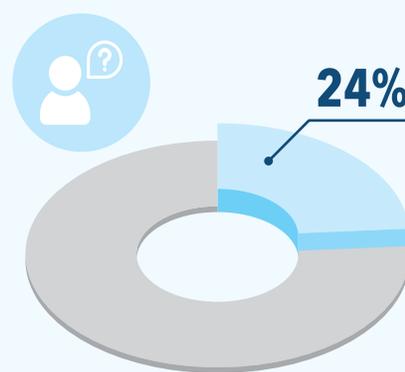
Though **91%** of survey participants can honestly discuss pain with their healthcare provider, only **58%** feel like their healthcare provider relates to the pain they experience from their condition.



There was a higher rate of dissatisfaction with pain options provided by healthcare providers among younger women+ (**35%**) than in the other age groups.

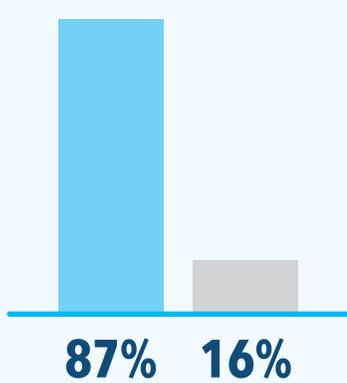


About a third of participants (**32%**) do not feel like their healthcare provider gives them useful and helpful options to deal with their pain.

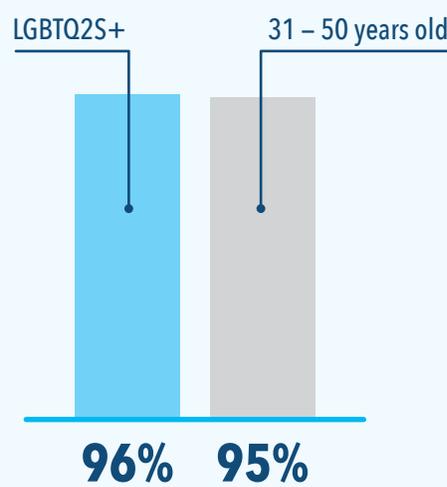


About a quarter of participants (**24%**) do not feel like their healthcare provider asks them about their pain regularly.

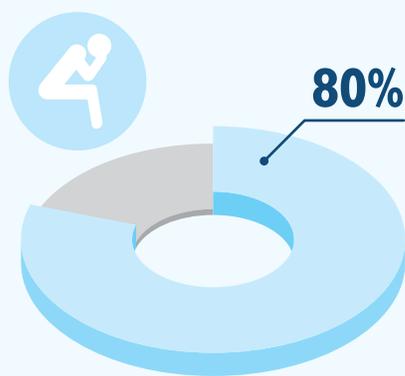
MENTAL HEALTH



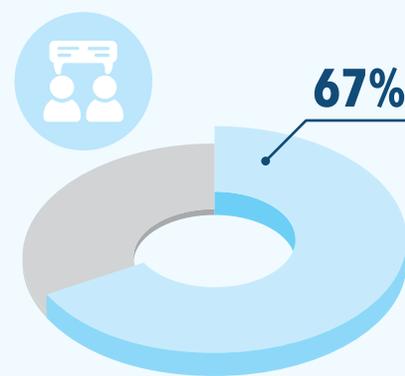
87% of participants worry about the impact of their condition on their mental health yet only **16%** of participants have a mental health professional (e.g., psychiatrist, psychologist, social worker) as part of their care team.



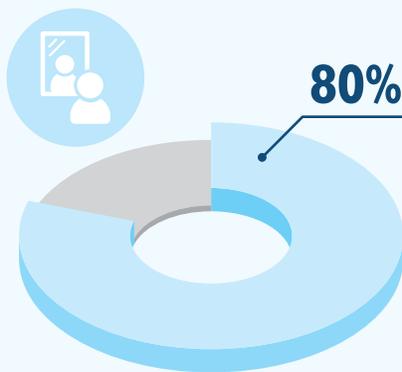
Almost all participants who identify as LGBTQ2S+ (**96%**) and those between 31 and 50 years old (**95%**) indicated that they worry about their mental health.



80% of participants worry about the impact their condition has on their family.



Only **67%** said that they have someone to talk to about their worries and concerns.



More than **80%** of participants say their condition had a negative impact on their self-image.

RECOMMENDATIONS

- Healthcare providers should encourage collaborative discussions with patients to enable shared decision making about pain management and mental health.
- Healthcare providers should ask regularly about pain to support patients and understand the impact of pain on their lives.
- Governments and medical schools should work to increase education and knowledge about pain among medical students.
- Healthcare providers should screen patients for mental health issues.
- Interdisciplinary care that includes mental health support from psychotherapists and social workers should be considered part of essential care.
- Patient groups should develop and share mental health resources with the patient community.