



Can the curse of mood disorders in COPD be lifted and enable pulmonary rehabilitation?

Rachael Evans and Gillian Doe

NIHR Biomedical Research Centre, Department of Respiratory Sciences, University of Leicester, Leicester, UK.

Corresponding author: Rachael Evans (re66@le.ac.uk)



Shareable abstract (@ERSpublications)

The negative results of the TANDEM study prompts us to consider how we can best manage mood disorders in #COPD and enable #pulmonaryrehabilitation. Approaches to enhance both patient and healthcare professional activation are needed. <https://bit.ly/3F3USVF>

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Pulmonary rehabilitation is not only strongly recommended for people with COPD by a new American Thoracic Society clinical practice guideline [1], it is championed by the World Health Organization (WHO) in new recommendations for payers/commissioners [2]. Mood disorders such as anxiety and depression are highly prevalent in COPD (estimated between 13% and 46%, increasing with severity of COPD [3]) and, importantly, are associated with increased healthcare utilisation, worse quality of life and reduced survival [4]. Pulmonary rehabilitation is effective at improving anxiety and depression [5] and the recent WHO 2023 guidance on cardiopulmonary rehabilitation (module 4) specifically recommends pulmonary rehabilitation to improve the mental health of people with COPD [2].