

## The Psychological Impact of IC on Self & Others

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The field of rehabilitation psychology is concerned with the life problems of persons who have suffered deprivation or change due to medical illness, disability or other conditions.



Rehabilitation psychologists address adjustment issues or coping strategies to more effectively manage physical, emotional &/or cognitive impairments following injury or illness.

Following the occurrence of many chronic illnesses, individuals may experience psychological distress in the form of depression, heightened anxiety, and fears regarding loss of control, quality of life, relationships, sexual function.

These emotional issues are not the “cause” of the disability or medical illness.



The medical illness/condition affects not only the individual with the diagnosis/condition, but their spouse, family & friends.

## Common Complaints from Individuals with IC:

- Alienation
- Isolation
- Loss of Sexuality
- Loss of Leisure Activities



## Reduced Quality of Life

- Less pleasure from activities
- Relationship troubles
- Less physical activities
- Increased health/somatic pre-occupation

## Common reactions of spouse or family:

- Helplessness
- Loss
- Anger/Frustration
- Guilt

## Social Support Networks

- Social network a person routinely turns to or could turn to for assistance in managing demands and achieving goals



Social support networks are important because they enhance a person's capacity to cope with demands and achieve goals. They provide a reliable source of resources (affection, comfort, expertise, information & energy).



## Social Support Networks take many forms:

- Practical Assistance
- Emotional Support
- Financial Support

## Building Social Support Networks

- Communication with other individuals with IC
- Developing good communication with doctors/health care providers
- Communication with spouse, family & friends



## Learning ways to more effectively cope:

- Enhance sense of empowerment through assertive communication, diet, exercise, healthy habits, bladder training

