

2020

# Social Health & Patient Reported Outcomes in Parkinson's Disease

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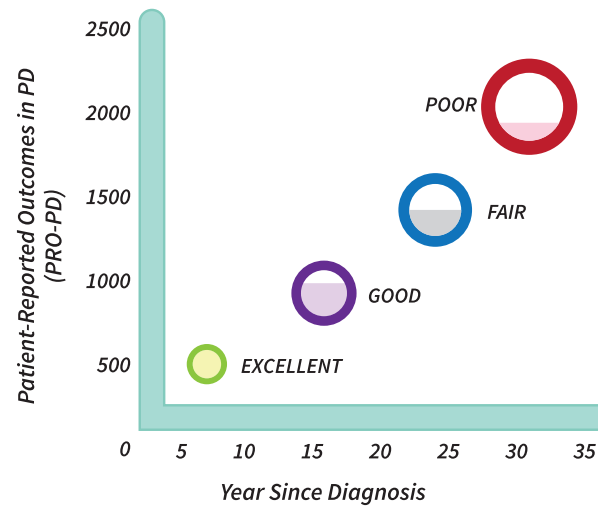
For study details:

[www.LivingHeathyWithParkinsons.com](http://www.LivingHeathyWithParkinsons.com)

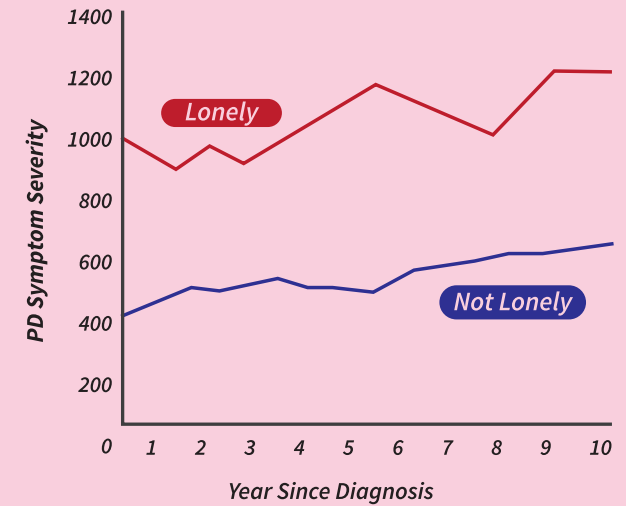
To participate in this study:

[www.CAMCarePD.Bastyr.edu](http://www.CAMCarePD.Bastyr.edu)

## Correlation Between Quality of Life and PRO-PD Score



## Loneliness is Associated with More Severe PD Symptoms



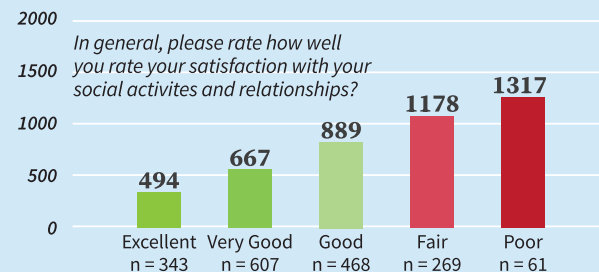
## Social Health Predicts Quality of Life More Than Tremor



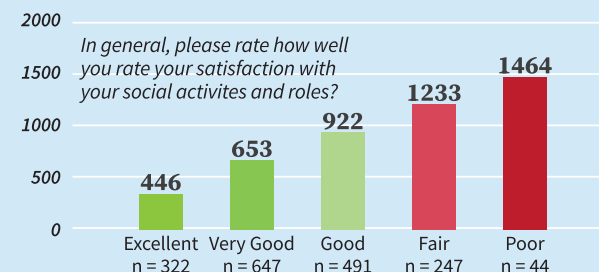
Overall, individuals identifying as being lonely reported consistently greater PD symptom severity. Although tremor is a cardinal symptom of PD and highly visible, feeling socially withdrawn is more closely correlated to overall quality of life than tremor.

## Poor Social Health Correlates with PD Severity

### Social Satisfaction



### Social Performance



## Modifiable Variables Associated with Rate of PD Progression

Exercise 30+ min/day, 7 days/wk

-301

Exercise 30+ min/day, 6 days/wk

-292

Exercise 30+ min/day, 5 days/wk

-237

Exercise 30+ min/day, 4 days/wk

-229

Exercise 30+ min/day, 3 days/wk

-192

I have a lot of friends

-168

I cook most of my meals

-148

I practice stress management

-48

Individuals who reported feeling lonely reported greater overall PD symptom severity (+328;  $p=0.000$ ), which was even higher than scores for smoking tobacco (+173;  $p=0.005$ ) and having a lot of stress (+180;  $p=0.000$ ).

In contrast, individuals that reported having a lot of friends had reduced PD severity scores (-168;  $p=0.000$ ). Notably, exercising 7 days per week was less beneficial (-301;  $p=0.000$ ) than feeling lonely was detrimental (+328;  $p=0.000$ ).

I have a lot of stress

139

I smoke tobacco

173

I am overweight

180

I am lonely

328

