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Aalborg Universitetshospital
Kardiologisk Afdeling

Indbydelse til ph.d.-forsvar

v. sygeplejerske, cand. cur.

Anette Arbjerg Højen



Long-term mental well-being
of adolescents and young adults diagnosed with
venous thromboembolism
A multistage mixed methods study

Torsdag den 15. december 2016 Kl 13.00

i Auditoriet Medicinerhuset

Aalborg Universitetshospital Syd

Hobrovej 18-22, 9000 Aalborg



DET SUNDHEDSVIDENSKABELIGE FAKULTET
AALBORG UNIVERSITET



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– i gode hænder

Om ph.d. afhandlingen

Worldwide, venous thromboembolism (VTE) remains a major cause of mortality and morbidity. Although VTE is less common in young age compared to older age, evidence suggests that young VTE patients, in particular, are at risk of psychological distress and impaired mental well-being. Thus, the intent of this multistage mixed methods study was to investigate the long-term mental well-being of adolescents and young adults diagnosed with VTE.

This was sought through epidemiological descriptions of the long-term mental wellbeing using psychotropic drug purchase as a proxy; qualitative exploration of the lived experiences following VTE; epidemiological comparisons of the longterm mental well-being between adolescents and young adults with VTE and insulin dependent diabetes mellitus (IDDM) using psychotropic drug purchase as a proxy and finally; an integrated mixed methods interpretation combining the description, exploration and comparison.

The description showed the mental well-being of adolescents and young adults was negatively impacted in long-term when considering psychotropic drug purchase as a proxy. One in five adolescents and young adults diagnosed with VTE redeemed a psychotropic drug prescription within the first 5 years after diagnosis. A risk double that of age and sex matched peers. The exploration of the lived experiences following VTE showed an experience of; a creeping loss of youth immortality, a perception of being different; to live with a body in a state of alarm; and to feel symptom management insecurity. The comparison showed the long-term mental well-being of adolescents and young adults with VTE was worse than that of chronically ill patients with IDDM when considering risk of psychotropic drug purchase as a proxy. The integrated mixed methods interpretation of the findings combining the description exploration and comparison showed the mental well-being of adolescents and young adults diagnosed with VTE had a chronic perspective with an increased risk of psychotropic drug purchase and psychological distress persisting over time. Impaired mental well-being was largely connected to fear of recurrence and concomitant uncertainty. Thus to navigate uncertainty was important for the long-term mental well-being. Further, the integrated mixed methods interpretation showed the perceived health threat played a more profound role than illness severity for the long-term mental well-being.

In conclusion, mental well-being of adolescence and young adults diagnosed with VTE is negatively impacted in the long-term, which highlights the clinical importance of long-term focus on mental well-being in this group.

Indbydelse til ph.d.-forsvar

Aalborg Universitetshospital har den glæde at invitere
til ph.d.-forsvar ved
sygeplejerske, cand. cur., Anette Arbjerg Højen

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Ph.d. forsvaret finder sted

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Efterfølgende vil Aalborg Universitetshospital
være vært ved en reception.