

Adjustment/Demoralization/Depression in TM
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The impact of Transverse Myelitis (TM) on an individual, like other acute, severe neurological ailments, can be profound. Adjusting to a new set of symptoms with their potential for functional limitation, an often-protracted diagnostic process involving multiple consultants, and the demands of intensive rehabilitation can serve as significant psychosocial stressors. At times these stressors can overwhelm a person's adaptive capacities and result in prolonged sadness and demoralization. At other times, particularly in susceptible individuals, such stressor--in combination with TM and its treatments--may set off a cascade of neuropsychiatric events that results in depression. Differentiating between these various outcomes (i.e. adjustment, demoralization and depression) is of key importance in guiding efforts to alleviate patient suffering, maximize functional recovery, and guide treatment approaches for patients afflicted with TM.