



## PARKINSON'S DISEASE NEWS

<http://www.viartis.net/parkinsons.disease/news.htm>

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### ALEXITHYMIA IN PARKINSON'S DISEASE

Alexithymia has been found to be highly prevalent in Parkinson's Disease to the extent that it is commonly part of it. Alexithymia is a personality trait characterised by difficulties identifying and describing feelings and a reduced tendency to think about emotions. For more information go to : <https://www.mentalhelp.net/blogs/the-loneliness-of-alexithymia>

An extensive assessment of the medical databases was carried out. Ten studies reported that alexithymia prevalence was about double in Parkinson's Disease. In previous studies about 20% to 50% of people with Parkinson's Disease have alexithymia, which is about 2 to 4 times normal.



Specific dimensions of alexithymia might be related to depression, anxiety, apathy and impulsivity. Two studies on neurological features reported a link between alexithymia and the stage of Parkinson's Disease. The remaining studies found that alexithymia was independent from neurological symptoms and dopaminergic therapy. There is a strong association between alexithymia and the severity of depression, which appears to be the primary cause.

The results suggest that alexithymia is a primary characteristic of Parkinson's Disease that is often related to depression.

Reference : Parkinsonism and Related Disorders [2016] Mar 30 [Epub ahead of print] (F.Assogna, L.Cravello, M.D.Orfei, N.Cellupica, C.Caltagirone, G.Spalletta)

Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/27086264>

<http://www.viartis.net/parkinsons.disease/news/160421.pdf>

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