

SAT-088

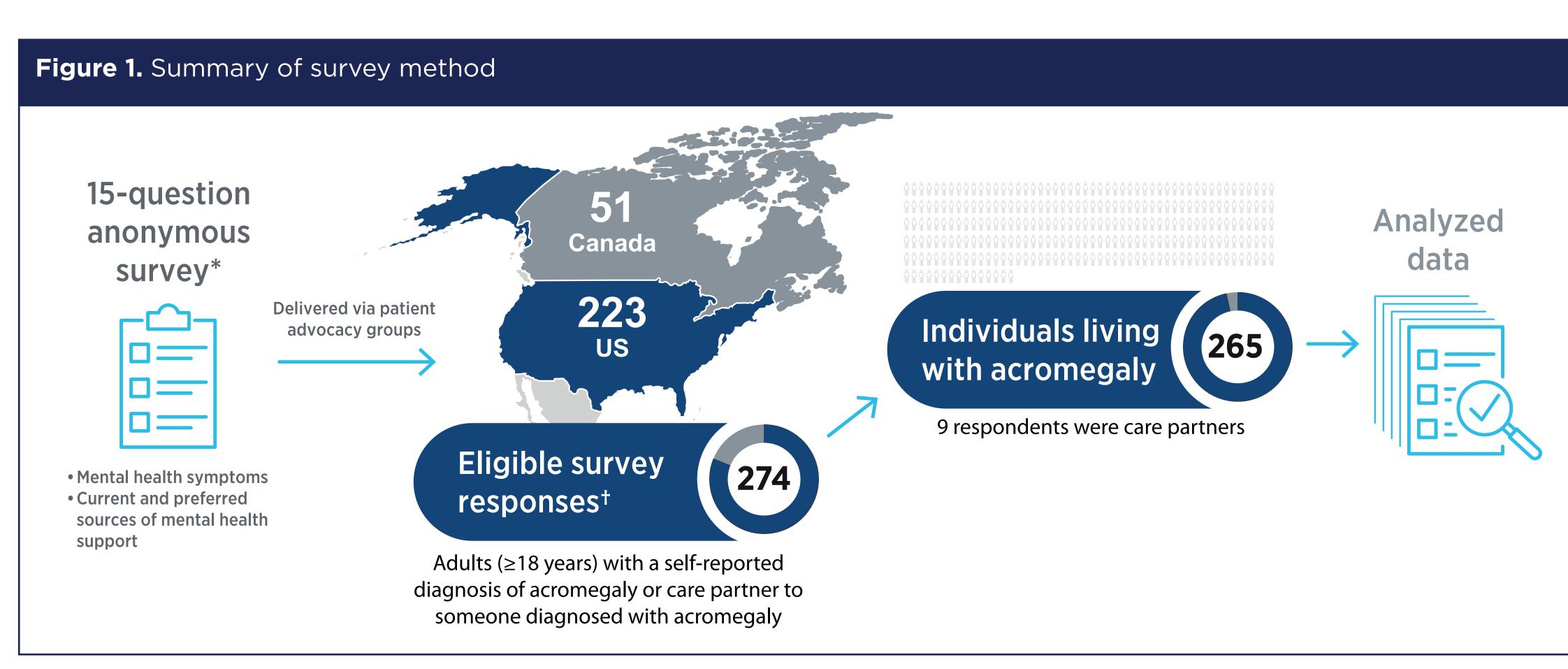
Mental health in acromegaly: insights from a North American survey of individuals living with acromegaly

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Introduction and survey

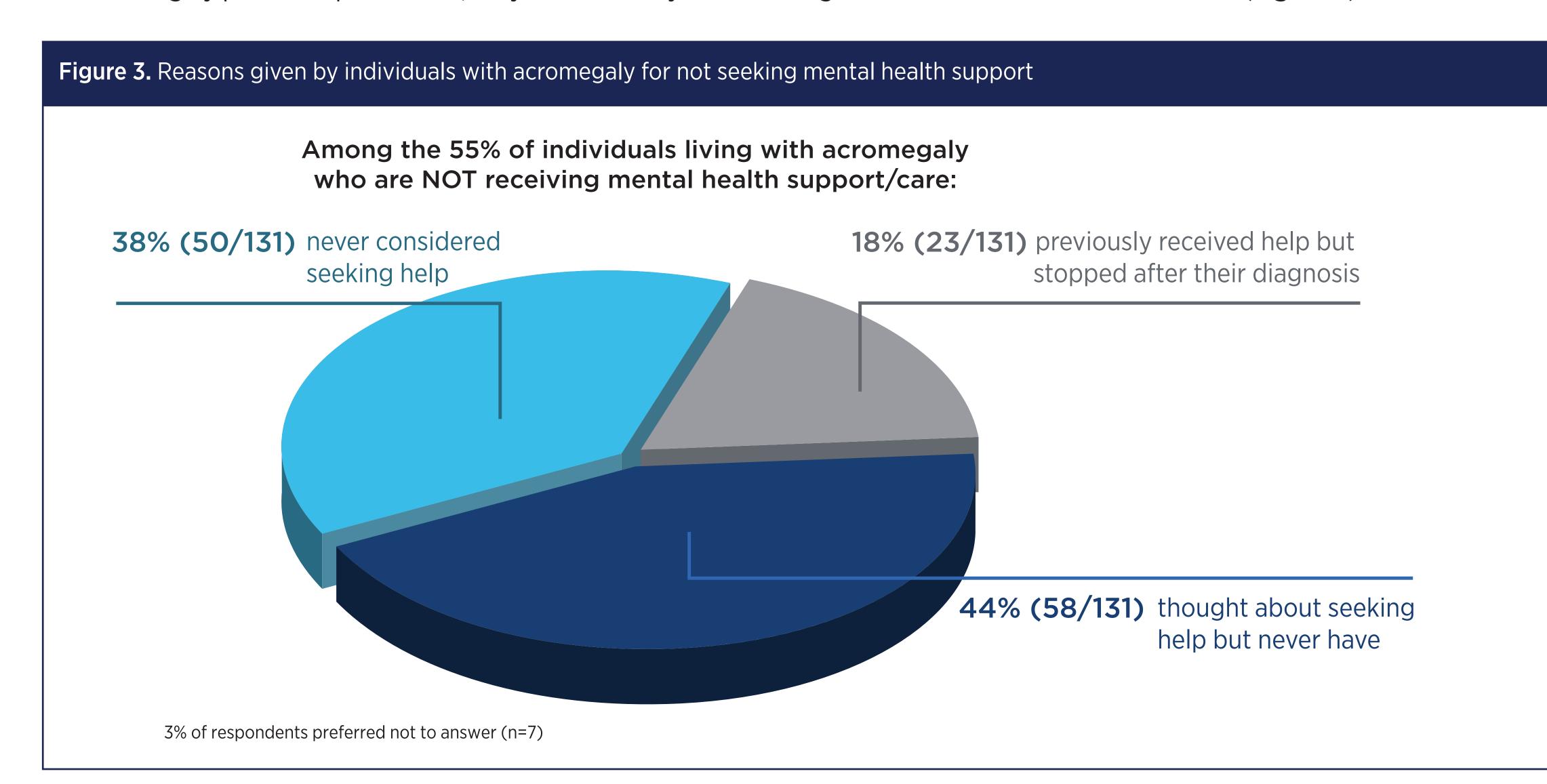
- Acromegaly is a rare endocrine disorder caused by excess growth hormone. Acromegaly is characterized by distinct morphological changes and multiple organ-related comorbidities that may progress over time.¹
- Physical manifestations are well documented,² but the impact of acromegaly on mental health remains largely underexplored.
- A survey-based approach was designed to characterize the mental health challenges experienced by individuals living with acromegaly and to identify opportunities to provide additional support (Figure 1).



female (82%), and between the age of 46-60 years old (43%); US, United States.

Results

- There were multiple mental health difficulties reported by patients with impact across a wide range of dimensions associated with daily life (Figure 2).
- In the continuum from symptom onset through to long-term, established care, patients experienced their mental health nadir around the time of diagnosis. The second-most affected period was the period during decision-making to select treatment.
- Of 238 respondents living with acromegaly, 131 (55%) were not receiving mental health support (**Figure 3**). The two most common reasons for not receiving mental health support were concerns about finding a mental health provider who understood the acromegaly patient experience or, they believed they could manage mental health issues on their own. (Figure 4).



• Among those receiving mental health support, most (52/100) were self-motivated to seek it out, utilizing professional providers even though they had no rare disease experience; online or in-person peer support options were also utilized (Figure 6).

Conclusions



The vast majority of patients (91%) rate mental health concerns as important as physical health.

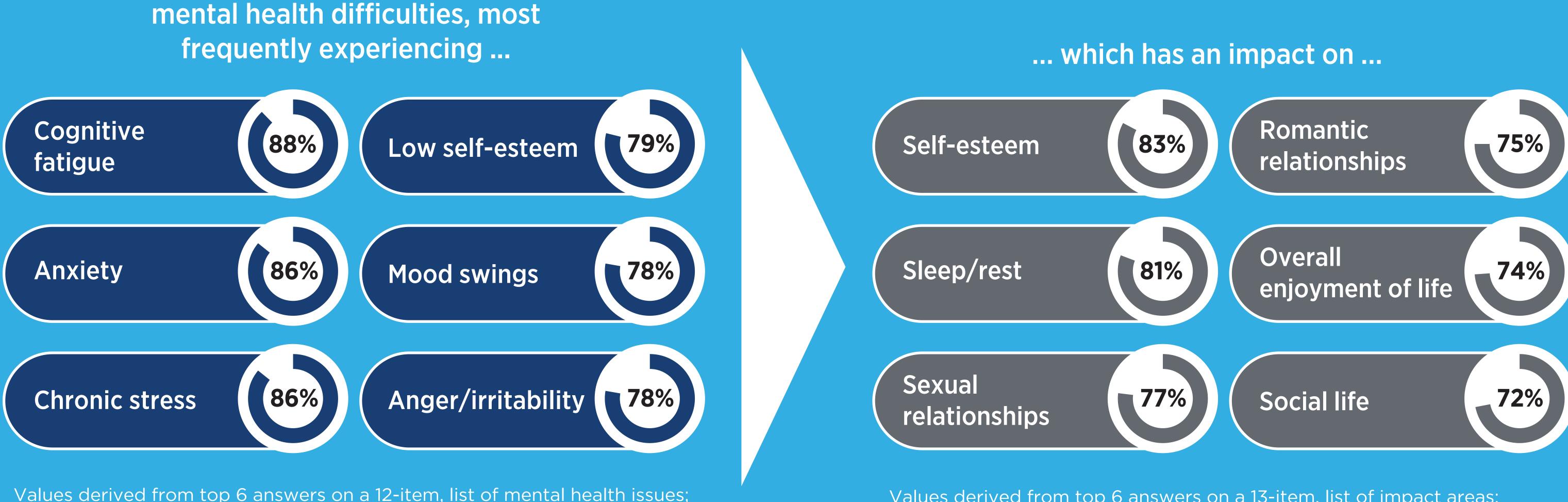
- Mental health challenges in individuals living with acromegaly are common, which can have a negative impact on quality of life (Figure 2).
- Increased awareness of the impact of acromegaly on mental health may prompt HCPs to encourage patients to seek support to address common mental health symptoms. This awareness may also motivate more providers to tailor care in support of the unique needs of the rare disease community.

Figure 2. Most common mental health challenges reported by patients living with acromegaly

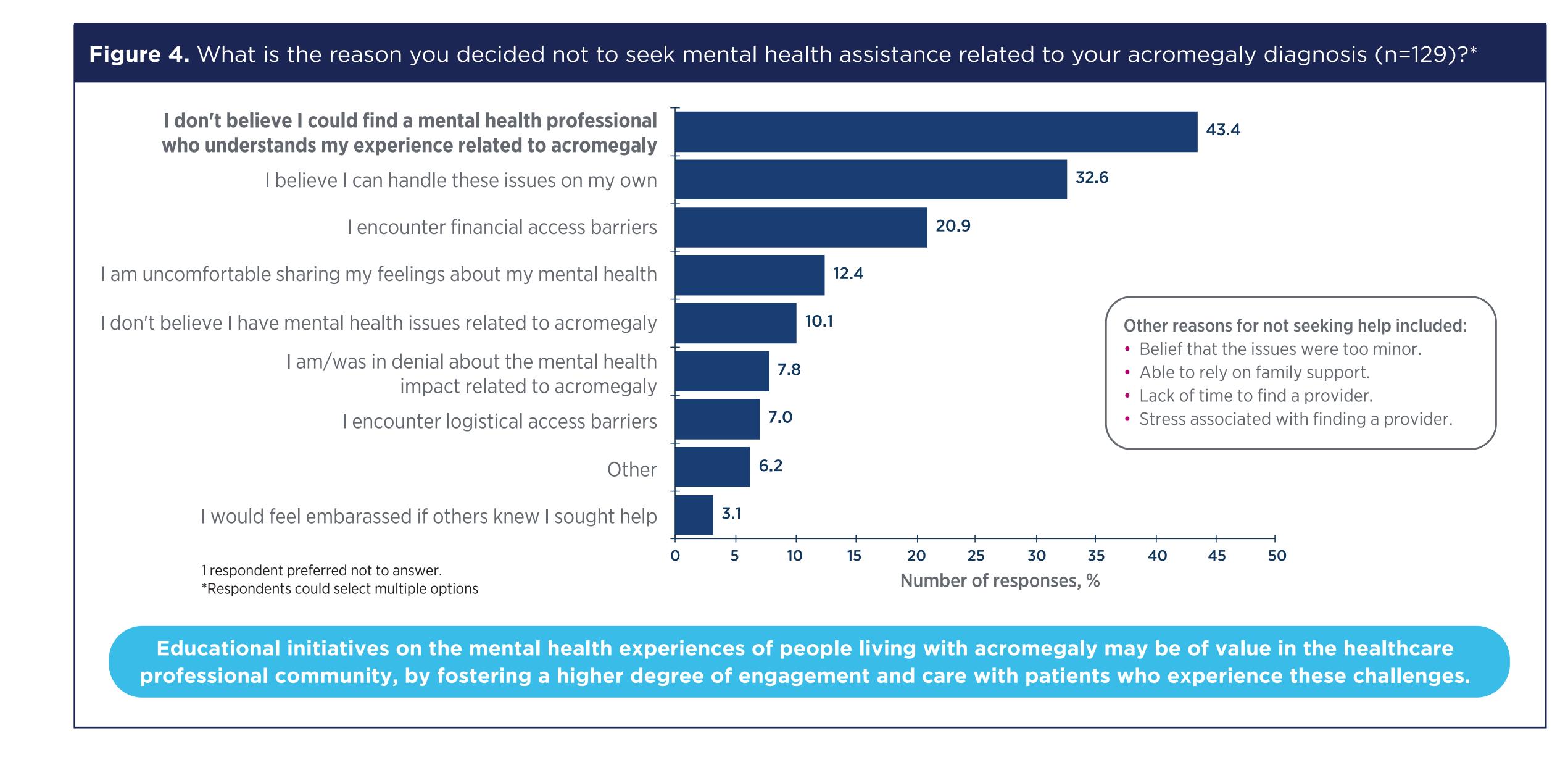
Acromegaly patients report multiple

percentages are the sum of values for always, frequently, and occasionally-

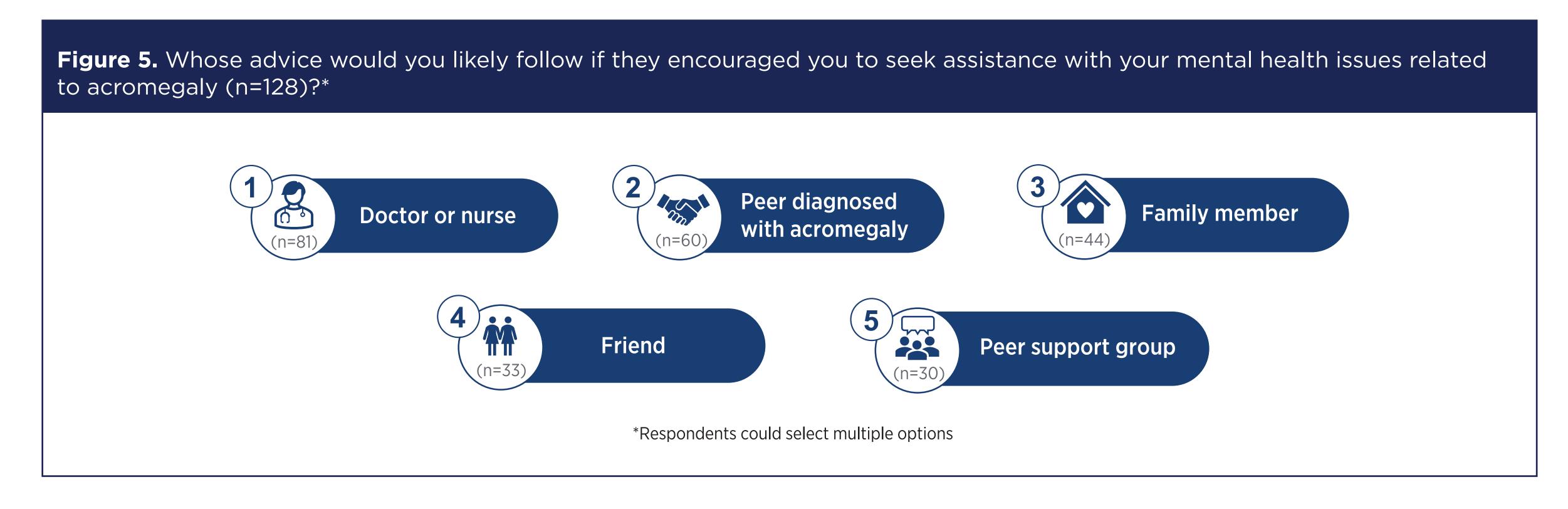
reported symptoms on a 5-point scale ('always' = 5 to 'never' = 1); n=265

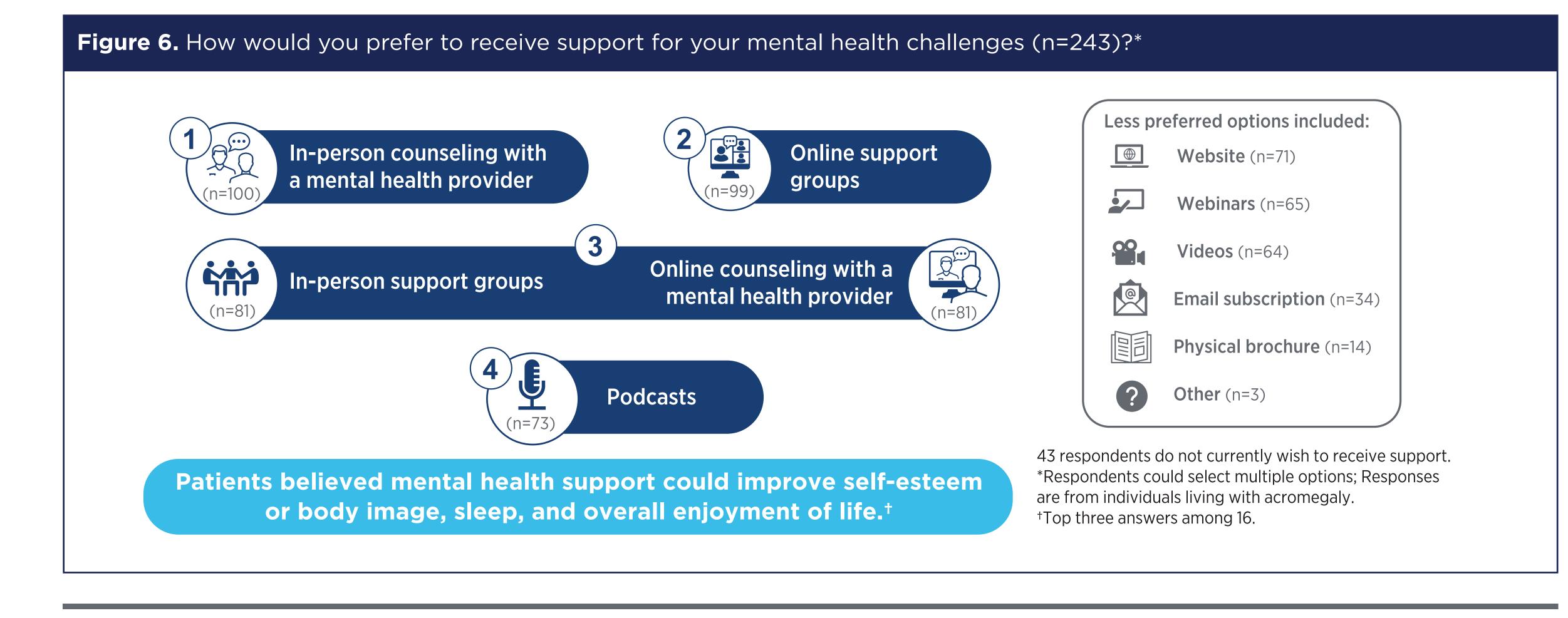


Values derived from top 6 answers on a 13-item, list of impact areas; percentages are the sum of values for moderate, major and severe impact on a 5-point scale ('severe impact' = 5 to 'no impact' = 1); analysis based on 248 respondents



• To receive support, respondents said they would do so if encouraged (Figure 5), and expressed interest in in-person/virtual counseling and peer-support groups to achieve this (Figure 6).





References

1. Giustina A, et al. Pituitary 2024;27:7–22 2. Fleseriu M, et al. Pituitary 2021;24:1-13

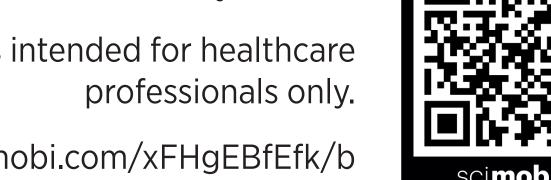
Acknowledgements

We gratefully acknowledge Acromegaly Community, Acromegaly Canada, and Pituitary World News for their suppor survey dissemination. We also thank all of the individuals living with acromegaly and their care partners who generously shared their experiences by completing the survey. Medical writing support for the abstract was provided by Emma Lash of Sixsense Strategy Group, Inc., a Herspiegel company, and was funded by Chiesi Global Rare Diseases (GRD). Poster preparation and layout was provided by Eastmond Medicomm Ltd, also funded by Chiesi GRD. LB, JC, and RE are employed by Chiesi Global Rare Diseases. CJ & Associates Care Consulting received consulting fees from Chiesi, Inc. **CB** received consulting fees from Chiesi Global Rare Diseases. Acromegaly Community, Acromegaly

Canada, and Pituitary World News received a donation from Chiesi for their support in survey dissemination.

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Poster presented at ENDO 2025, July 12–15, 2025, San Francisco, CA