

16 December 2020

Ms Jinty Wilson
Head of Research and Policy
Royal Australian and New Zealand College of Obstetricians and Gynaecologists

By email to: guideline@ranzcp.edu.au

Dear Ms Wilson

Re: Australian clinical practice guideline for the diagnosis and management of endometriosis

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) welcomes the opportunity to provide input into the Australian clinical practice guideline for the diagnosis and management of endometriosis (the Guideline) by the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG).

The RANZCP is the principal organisation representing the medical specialty of psychiatry in Australia and New Zealand and is responsible for training, educating and representing psychiatrists on policy issues. The RANZCP has more than 6900 members and is guided on policy matters by a range of expert committees including the Section of Perinatal and Infant Psychiatry.

The RANZCP welcomes the Guideline as an important tool in treating people with endometriosis. However, we would like to suggest there may be opportunities to strengthen the role of mental health support within the Guideline. Specifically, the following areas around mental health support could be further developed:

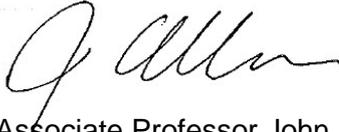
- How to screen for, or assess, mental health conditions in people who have endometriosis
- General information regarding where to refer people with mental health conditions who have endometriosis, or people who require mental health support as a result of an endometriosis diagnosis, and
- General principles of evidence base for mental health interventions for this population.

While further research is needed regarding the mental health needs for people with endometriosis, the RANZCP supports further reference to mental health support within the Guideline. People experiencing endometriosis may suffer from a variety of chronic health conditions such as severe pelvic pain, which is likely to impact significantly on their quality of life and wellbeing. [1] In addition, endometriosis can cause infertility which may also be a cause of distress. As such, a multidisciplinary approach to treating endometriosis is critical in ensuring quality of life for people with endometriosis which should include mental health support. [1, 2]

The RANZCP would welcome the opportunity to collaborate with the RANZCOG on the suggested additions to the Guideline.

To discuss any of the issues raised in this letter, please contact Rosie Forster, Executive Manager, Practice, Policy and Partnerships Department via rosie.forster@ranzcp.org or by phone on (03) 9601 4943.

Yours sincerely



Associate Professor John Allan
President

Ref: 2024

References

1. Lagana A, La Rosa V, Rapisarda A, Valenti G, Sapia F, Chiofalo B, et al. Anxiety and depression in patients with endometriosis: impact and management challenges. *International Journal of Women's Health*. 2017;9:323-30.
2. Facchin F, Barbara G, Dridi D, Alberico D, Buggio L, Somigliana E, et al. Mental health in women with endometriosis: searching for predictors of psychological distress *Human Reproduction*. 2017;32:1855-61.