Mental Health and Vascular Liver Diseases

Living with a vascular liver disease can have effects that go far beyond physical health, also affecting psychological well-being.
This psychological dimension is an integral part of the experience of living with the disease and can vary from person to person and over time.

What the LIVES project shows, a European project on health-related quality of life in these diseases

In 2024, a questionnaire-based study was conducted among 488 people with portal vein thrombosis or Budd–Chiari syndrome, followed in 3 countries (France, Spain and Switzerland).

25% of participants reported moderate to severe depressive symptoms

3x more depressive symptoms among French participants than in the general population

Reporting depressive symptoms was associated with:

- experiencing financial difficulties
- having antiphospholipid syndrome (an autoimmune disease that increases the risk of blood clots)
- being a woman

What the LIVES project shows, a European project on health-related quality of life in these diseases

In 2024–2025, 27 in-depth interviews were conducted by peer researchers (patients or caregivers themselves) with people with portal vein thrombosis or Budd–Chiari syndrome, followed in 4 countries (France, Spain, Switzerland and the Netherlands).

Participants described several long-term impacts:

> The mental burden of constantly having to anticipate and remain vigilant in everyday life (physical activity, travel, medical tests, disease monitoring, etc.), which can sometimes be difficult to manage.

> Fear of complications, which can lead to chronic anxiety and make it difficult to share problems with loved ones, out of fear of becoming a burden.

> Resilience, characterised by focusing on the present and redefining one's priorities in life.

> **"Since becoming ill, I try to take life more calmly and take better care of myself."**

Scan the QR codes below to access the scientific publications from the LIVES project:

Ramier C, et al. JHEP Reports, 2026

Alary A, et al. Health expectations, 2026

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