

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

Some factors were associated with depressive symptoms:



being a woman



experiencing financial difficulties



having antiphospholipid syndrome (an autoimmune disease that increases the risk of blood clots)

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