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Exploring Causal Links Between Psychological Distress & Physical Health

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KEYWORDS: Psychological Distress, Physical Health, Twin Study, Causation

ABSTRACT:

Psychological distress is associated with poorer physical health, yet the causal relationship between the two domains is not thoroughly understood, especially in non-western populations. Here, we use the direction-of-causation (DOC) twin model to investigate this relationship between psychological distress and physical health using cross-sectional, genetically informative data from the Colombo Twin and Singleton Study (COTASS), as part of the Sri Lankan twin registry. Self-report measures were used to construct out the two latent psychological distress and physical health factors. In this talk, I will present findings from both a bivariate common pathway twin model as well as results obtained from direction of causation twin modelling. Results will be discussed in light of potential limitations, clinical implications, and future directions.