

Mental Health in the RLS Registry

June 2025 Update

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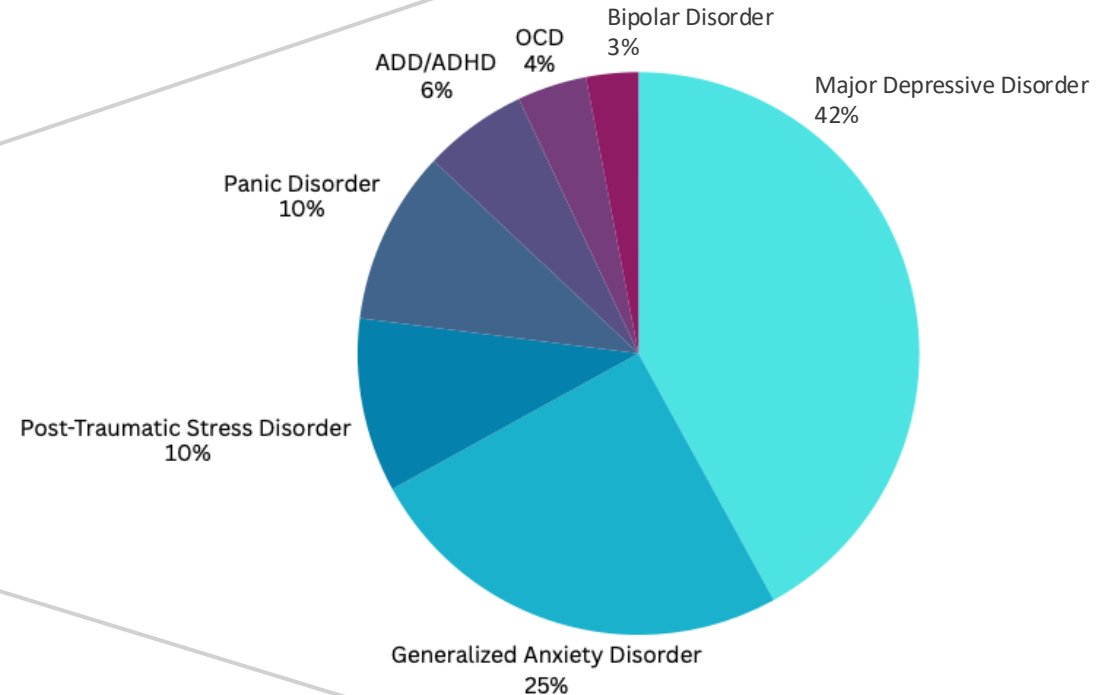
Depression and anxiety symptoms are common for Registry participants

At Baseline

20% report moderate symptoms of depression at baseline ([PHQ-9](#))

7% report moderate anxiety ([GAD-7](#))

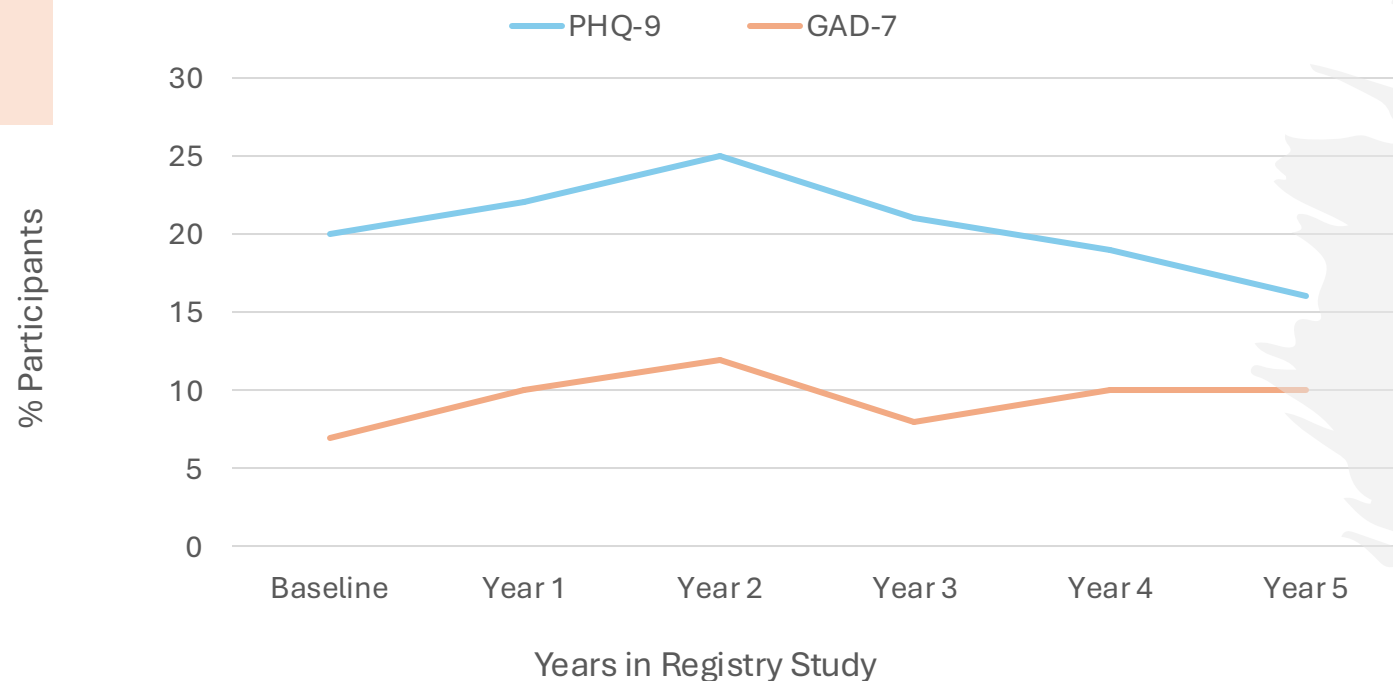
53% reported at least one psychiatric diagnosis



This study summary is not meant to be used as clinical guidance or a reflection of individual experiences.

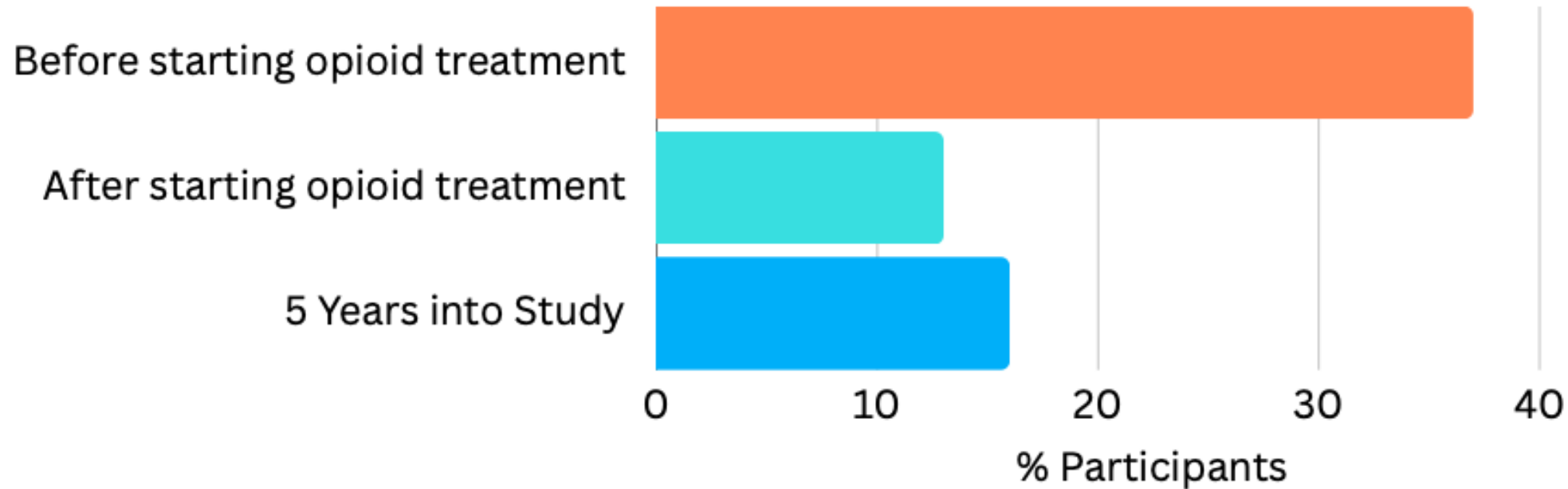
Depression (PHQ-9) And Anxiety (GAD-7) for Participants throughout the 5-year study

Participants with \geq moderate Depression (PHQ-9) or Anxiety (GAD-7)



Depression and anxiety symptoms have remained stable throughout the years for Registry participants

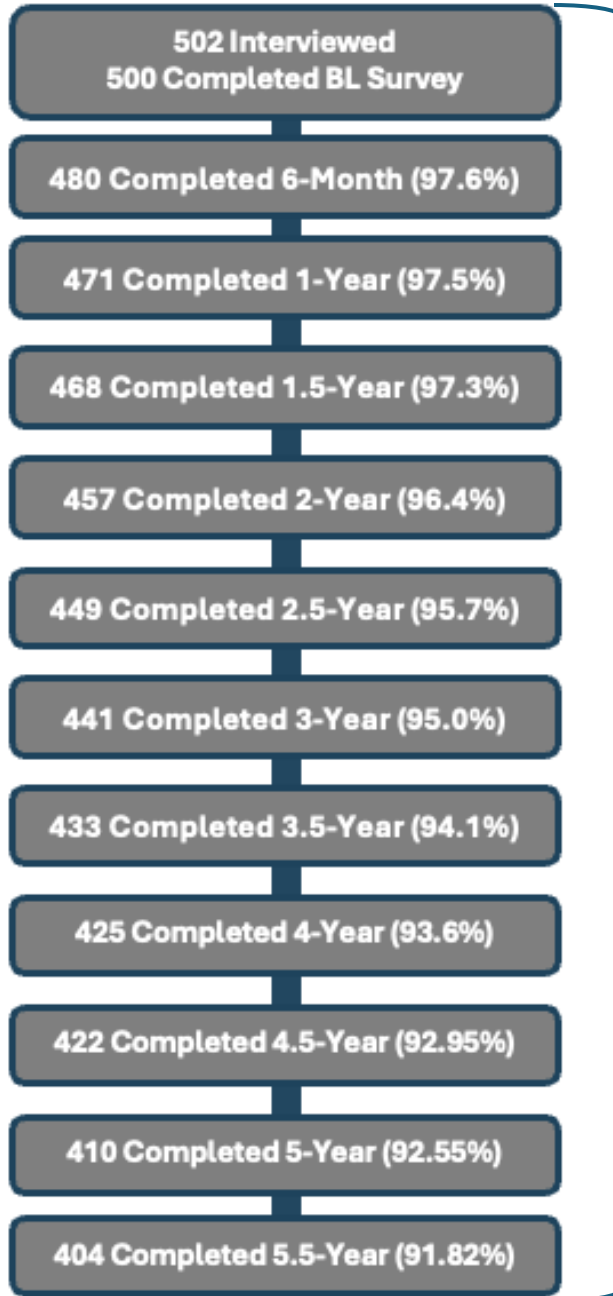
Prior to beginning their opioid treatment for RLS, over a third of participants reported they had experienced suicidal thoughts or behaviors



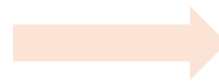
Suicidal thoughts or behaviors were reduced after starting opioid treatment and have been stable over 5 years, suggesting a positive impact of opioid use for RLS

Registry Participation has stayed strong!

We are 7.5-years into this study, and still have above 90% of eligible participants involved!



Completed



In Progress



First 7.5-Year surveys in June 2025

Video Feature Overview of RLS



Dr. Winkelman at SLEEP Conference in Seattle, June 2025

Thank you for your participation in the RLS Registry!



Because of your contributions, we have been able to learn more about RLS and create better treatment guidelines!



We are excited to share that Dr. Winkelman presented 5-year Registry information at the recent National SLEEP 2025 in Seattle.



A research paper with analysis of the 5-year Registry findings has been submitted to *Neurology*!

Questions or comments?
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