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Title: Psychological status in COPD patients of Kirov region

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Body: Purpose: To estimate the quality of life (QOL) and prevalence of anxiety and depression in COPD patients of Kirov region. Materials and Methods: 160 COPD patients of Kirov region were included in the study (mean age 65.1±10.4 years, 132 males and 28 females). All patients were examined using Hospital Anxiety and Depression Scale (HADS). The following additional methods were used: Hamilton Rating Scale for Depression (HRSD) and AQ 20 QOL Questionnaire (AQ 20). Results: The prevalence of anxiety in COPD patients was 57.5% of cases (92 patients): subclinical HADS-anxiety - in 41.2% (66 patients), clinical HADS-anxiety – in 16.3% (26 patients). The prevalence of depression was 35% in the above cases (56 patients): subclinical HADS-depression - in 26.2% (42 patients), clinical HADS-depression - in 8.8% (14 patients). There were significant correlations between HADS-anxiety score and age ($r=0.43$; $p=0.001$), HADS-depression score and age ($r=0.54$; $p=0.001$), HADS-anxiety score and level of COPD severity ($r=0.42$; $p=0.001$), HADS-depression score and level of COPD severity ($r=0.45$; $p=0.001$). Also we detected significant correlations between HADS-anxiety score and HRSD score ($r=0.87$; $p=0.001$), HADS-depression score and HRSD score ($r=0.77$; $p=0.001$), HADS-anxiety score and AQ 20 score ($r=0.61$; $p=0.001$), HADS-depression score and AQ 20 score ($r=0.46$; $p=0.001$). Conclusions: Our study confirmed high prevalence of anxiety and depression in COPD patients of Kirov region. Anxiety and depression are serious but potentially remediable disorders. Physicians should detect these problems in patients with COPD. HADS is a simple and rapid tool to detect anxiety and depression in COPD patients.