Title: Psychological distress in asthma and COPD

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Body: Background: The effective control of asthma requires a treatment regimen that may be compromised by psychological factors, such as anxiety and depression. The aim of our study is to estimate the prevalence of anxiety and depression among adults with stable persistent asthma. Methods: We analyzed the data from 50 adult patients with persistent asthma (group A). Fifty patients with COPD (GOLD II-IV) were the control group (group B). The pulmonary function test was performed by spirometry. Depression and anxiety scores were assessed by Hospital Anxiety and Depression Scale. The prevalence of anxiety and depression was calculated in both groups and the difference between groups was estimated. The correlation between pulmonary function parameters and psychological distress was calculated. Results: The anxiety score in Group A was 6.2±2.3 and in Group B 7.87±4.35. The depression score in Group A was 4.9±2.4 and in Group B 7.97±4.04. The difference between groups was significant for both anxiety and depression (p<0.05). There was no correlation between psychological status and pulmonary function tests in group A (p>0.05) and in group B (p>0.05). Conclusion: This research suggests the importance of psychological distress screening for patients with persistent asthma, as COPD also. Further studies are needed to examine the correlations between the severity of the respiratory disease and mental status and to target the psychological factors that contribute worsening asthma and COPD.