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Title: Determinants of anxiety and depression among Filipino patients with chronic obstructive pulmonary disease: A multi-center study

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Body: Background Two of the top ten most common and least treated comorbidities in COPD patients are anxiety and depression. Objective This is the first study to look into the prevalence and risk factors contributing to anxiety and depression in Filipino COPD patients. Methods This is a prospective cross-sectional study of 5 month duration in three tertiary care hospitals in Manila, Philippines. Two hundred four COPD patients were enrolled in the study. Risk factors for anxiety and depression evaluated using Hospital Anxiety and Depression Scale (HADS) were the outcome measures. Results In the Philippines, the prevalence of anxiety in COPD patients is 47.55%, while the prevalence of depression is 31.37%. The following are risk factors for anxiety in COPD patients: being employed, less educated, less or not contented with family support, not living alone or living with family and friends, with comorbid hypertension, with comorbid depression, having 10 or more exacerbations in a year and patient group D (high risk, more symptoms). The following are risk factors for depression in COPD patients: females, less educated, current or previous smoker, less or not contented with family support, with comorbid anxiety and having 10 or more exacerbations in a year.

Conclusion COPD patients especially with the above profile should be screened for anxiety and depression.