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Title: Symptoms of anxiety and depression and CAT scores in COPD patients entering pulmonary rehabilitation

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Body: Purpose: Anxiety and depression are common comorbidities in patients with chronic obstructive pulmonary disease (COPD). The present study aimed to assess the impact of anxiety and/or depression on the COPD Assessment Test (CAT), since this is currently unknown. Methods: Demographic and clinical data were recorded in stable patients with mild to very severe COPD entering a Norwegian or a Dutch pulmonary rehabilitation program (PR). Anxiety and depression were assessed using the Hospital Anxiety and Depression Scale, anxiety (HADS-A) and depression (HADS-D) subscales. Scores ≥ 10 points indicated relevant symptoms. Disease specific health status was assessed by the CAT. Scores ranges from 0-40, where a lower score indicates better health. CAT scores, demographic and clinical data were compared between patients without anxiety or depression; with anxiety; with depression; or both. Correlations between HADS subscales and CAT were assessed. Results: The sample consisted of 307 patients (51% male, age 63.9 ± 8.6 years, FEV_1 50.0 ± 20.7 % predicted). Patients without anxiety or depression reported significantly lower CAT scores (19.0 ± 6.0), compared to those showing symptoms of anxiety (22.8 ± 6.2 , $p = 0.02$), depression (24.8 ± 6.3 , $p < 0.001$), or both (23.8 ± 8.8 , $p = 0.002$). The CAT score was moderately correlated with HADS-A ($r = 0.30$, $p < 0.001$) and HADS-D ($r = 0.35$, $p < 0.001$). Conclusion: COPD patients entering PR without anxiety or depression report better disease specific health

status measured by CAT than patients with symptoms of anxiety and/or depression. The gathering of the Dutch data was financially supported by the Lung Foundation Netherlands (3.4.10.015) and GlaxoSmithKline (SCO115406).