Impact of anxiety and depression in asthma control

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Body: Despite effective treatment, asthma control remains suboptimal. This is partly due to the fact that anxiety and depression are particularly common in people with severe and uncontrolled asthma. The purpose of this study was to determine whether the level of mild persistent asthma control is associated with anxiety and depression. We included 33 patients with mild persistent asthma (mean age 40 years) and 30 healthy control subjects (mean age 36 years). We collected demographic, clinical data, hospital anxiety/depression (HAD) score for all subjects, spirometric data and asthma control scores (ACQ7) for asthmatics patients. The two groups are comparable in terms of demographical data. The sample was predominantly female in both groups. All patients had normal respiratory function (FEV1=96\%±10\%, FVC=106\%±10\%, FEV1/FVC=0.78±0.08). Twenty four patients had an atopic background (73\%). According to ACQ7, seven patients had an optimally controlled asthma, twenty four had partially controlled asthma and two had uncontrolled asthma. Seventeen patients had an elevated anxiety score (8 with mild, 5 with moderate and 4 with severe anxiety). Four subjects presented depression (mild or moderate). The level of anxiety was significantly higher among patients compared to control group (p = 0.02). In the asthma group, we did not find any correlation between the level of asthma control and the degree of anxiety (r=0.34) or depression (r=0.09). We found a moderate correlation between anxiety score and dyspnea in the study group (r=0.7) In conclusion, in our study, the anxiety was higher in the patients with mild asthma than in the control group. There was no correlation between anxiety or depression and asthma control in mild asthmatic patients.