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**Title:** Prevalence of anxiety and depression in 196 patients with chronic obstructive pulmonary disease (COPD)

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**Body:** Introduction Anxiety and depression are common co-morbidities associated with COPD. A systematic review and meta-analysis reported prevalence 36% for anxiety and 40% for depression (1). Aims and Objectives This prospective study aimed to identify the prevalence of anxiety and depression symptoms in COPD patients attending out-patient respiratory clinics within a UK NHS Trust. Methods Patients with COPD were screened in Clinic in 2011 by completing the Hospital Anxiety & Depression Scale (HADS) (2). Data from 196 patients were analysed. Results The mean age was 65.3 years (range 31 - 97) and 88 (45%) male. Using NICE 2010 airflow severity criteria 28 had mild obstruction; 69 moderate; 59 severe and 42 very severe. Significant rates of anxiety were seen: 78% of patients had HADS-anxiety (HADS-A) scores 8 or over and 55% of patients had HADS-depression (HADS-D) scores 8 or over. Both the HADS anxiety & depression scores decreased with increasing age (t=2.8, p0.01 for HADS-A; t=2.9, p0.01 for HADS- D).

## Mean HADS Results

Age	Patients	Mean HAD-A	Mean HAD-D
<40	1	0	2
40-49	7	11.7	9.4
50-59	25	13.1	10

60-69	55	9.9	8.5
70-79	69	9.8	6.6
80-89	37	9	7.2
≥90	2	8.5	6.5

Conclusion The prevalence of anxiety and depression is higher in this population than in prior studies. Symptoms of anxiety and depression appear commoner in younger patients and are unrelated to COPD airflow severity. There were no significant associations with COPD NICE severity stage or gender. It is important to screen for both in COPD patients and consider appropriate treatment. References 1. Yohannes A. Age Ageing. 2006; 35: 457 - 459. 2. Zigmond A. & Snaith RP. 1983; 67, 361-370.