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Title: Changes in anxiety and depression in COPD patients after a pulmonary rehabilitation program

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Body: Objectives: To identify the effects of a pulmonary rehabilitation program (PR) for COPD patients by assessing the levels of anxiety(A) and depression(D) in such patients. Methods: A prospective study of consecutive COPD patients who underwent an PR program in the last year. Inclusion criteria: stable symptomatic COPD despite optimal treatment. Programme type: 36 sessions: 10 min warm up + resistance exercise bike and force + respiratory physiotherapy. Assessment of A and D levels before and after PR by self-administered questionnaire HADS(Hospital Anxiety and Depression Scale). Results: n: 35. Characteristics of patients are described in Table 1.

General patient characteristics included in the PR. Variables expressed in percentages (qualitative) or as an average \pm and standard deviation (quantitative).

CHARACTERISTICS	n:35
Sex (%male)	88,6
Age	65,1 \pm 8,9
Former Smoker	80
Hypertension	57,1
Dyslipidemia	17,1
Ischemya	8,6
BMI	27,7 \pm 4,2
CRQ	85,1 \pm 22,7
St. George	53,3 \pm 15,7
CAT	19,8 \pm 7
%VEMS	42,4 \pm 10,1
6MWT (m)	377,8 \pm 163

Submaximal (min)	9,2±4,8
Maximun (w)	57,2±24,1

Table 1.

The mean scores of A and D at the beginning of the PR are within the normal range(5.8 A/D 4.9), although 14.3% of patients had a high probability of A and 8.6% of D. There were no significant differences in mean scores for A and D after performing a PR(A 5,86±4,16 vs 5,56±3,81,p 0,51; D 4,91±4,35 vs 4,35±2,95,p 0.34). Conclusions:The prevalence of A and D in our series of patients specific to PR was significantly lower than for COPD generally described in the literature, although the patients assessed were moderate and multipathological.The PR tends to decrease A levels and especially D,although this is not significant.