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PREVALENCE AND PREDICTORS OF DEPRESSION IN PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS: A CROSS-SECTIONAL STUDY

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Objective: The purpose of this study was to estimate the prevalence and examine the predictors of depression in patients with systemic lupus erythematosus (SLE).

Methods: This cross-sectional study was conducted in a rheumatology clinic of university hospital. All SLE patients met the revised American College of Rheumatology (ACR) classification were included in the study. Socio-demographic data and medications were recorded. Disease activity for SLE was assessed with the Mexican-SLE Disease Activity Index (Mex-SLEDAI). All subjects were screened for anxiety and depression by using the Hamilton Anxiety Rating Scale (HAM-A) and the Hamilton Depression Rating Scale (HAM-D), respectively. Multivariate linear regression analysis was used to determine predictors of depressive disorder.

Results: A total of 62 SLE (61 for females and 1 for male) patients participated in the study. Based on the HAM-D and HAM-A, rates of depression and anxiety in the SLE patients were 45.2 and 37.1 %, respectively. The multiple linear regression analysis revealed that HAM-A score and younger age were significant predictors of depression in the SLE patients.

Conclusion: The finding suggests that depression and anxiety are common in the SLE patients. In addition, high level of anxiety and younger age may increase the risks of depression. Because of the small sample size, further studies should be conducted to warrant these results.