

P01-280 - DEPRESSION, ANXIETY AND VITAL EXHAUSTION ARE ASSOCIATED IN OUTPATIENTS WITH BRONCHIAL ASTHMA

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Objectives: Many studies have attempted to delineate the positive relationship between anxiety and depressive symptomatology in outpatients with bronchial asthma. However, do not exist reports on the relation between the depression, anxiety and vital exhaustion in these patients.

Aim of the study is to investigate the levels and the associations between anxiety, depression and vital exhaustion in outpatients with bronchial asthma.

Methods: The study was performed in one of the largest hospitals of chest diseases in Greece. Forty (14 men και 26 women) outpatients with bronchial asthma participated in the study. Using the BDI (Beck Depression Inventory), the STAI (Spielberger Anxiety Trait Inventory) and the Maastricht Questionnaire (MQ) we assessed depression, anxiety and vital exhaustion, respectively. Age and duration of the disease were also recorded.

Results: Means of age and of duration of the disease were 43.22 ± 13.05 and 9.24 ± 6.01 years, respectively. The mean STAI score was 42.47 ± 9.9 , mean BDI score was $14,16 \pm 7,54$, and the mean MQ score was 21.02 ± 11.05 . Percentages of 29% and 60% of the sample were presented with significant anxiety and depressive symptoms, respectively. No correlation was observed between the demographics (age and duration of disease) and the STAI's and MQ's scores. In contrary, a positive correlation was observed between the levels of depression, anxiety and vital exhaustion (pearson correlation $p < 0.001$).

Conclusions: The study confirms the coexistence of the depressive symptomatology with anxiety and vital exhaustion in outpatients with bronchial asthma. Therefore, this comorbidity should be taken into account in order to develop specific supportive psychological interventions.