

PATIENTS RECEIVING CORTICOSTEROID THERAPY: THE ADHERENCE TO TREATMENT AND EFFECT ON MOOD AND PSYCHOLOGY

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Materials and methods: This descriptive study was held in the department of Internal Medicine in Hedi Chaker Hospital, (Sfax-Tunisia), during 04 months (From July to October 2012). We have included 50 patients, having corticosteroids with a dose equal or greater than 10 mg of prednisone per day for a period exceeding one month. We used in this study, the HAD scale for anxiety-depression, the SF-36 to investigate the quality of life of these patients, the ANGST score of hypomania and the Morisky score to investigate the adherence to treatments (Corticosteroids).

Results: The average age was 43.43 ± 16.11 years. The age of discovery of the disease was 38.24 ± 14.28 years. An average score of anxiety was 10.6 ± 3.89 . The mean score of depression was 8.75 ± 4.035 . An average score of hypomania was 8.43 ± 4.025 . We noted that 53.7% of patients belong to level 3 of anxiety, and 40.56% have some level depression by the HAD score.

Psychiatric complications were noted in 58.5% of patient with a major depressive state in 12.2%. Patients reported sleep disturbances in 24% with behavioral problems in 9.6% of cases.

The average score of SF36 was 56.55 ± 15.21 , and 74% of patients had distorted quality of life, mainly affecting health psychic (92.54%), limitation due to mental state (95.75%).

Conclusion: Our results suggest the interest of a psychiatric examination before the introduction of corticosteroids, in order to detect patients requiring special supervision.