

[Poster Board # 706] Anxiety And Depression At Early COPD: (Dis)Similarities Between Patients And Their Family Caregivers, [Publication Page: A5123]

D. Figueiredo, PhD, R. Gabriel, MSc, J. Cruz, MSc, C. Jacome, MSc, A. Pereira, MSc, A.L. Oliveira, Licenciante's degree, A.S.P.D.D. Marques, Phd Aveiro/PT

Rationale: Chronic Obstructive Pulmonary Disease (COPD) is highly incapacitating resulting in progressive loss of independence and reduced quality of life. These impacts contribute significantly to the psychological distress found in patients with COPD. Family caregivers, who provide the bulk of support to these patients, have also to deal with these challenges, which might affect their own mental health. However, this has not been explored in both patients and family caregivers, particularly at early grades of COPD. This study aimed to assess anxiety and depression symptoms in patients at early COPD and their family caregivers.

Methods: A cross-sectional study was conducted. Patients with COPD grades 1 and 2 and their caregivers were recruited. A structured questionnaire based on the International Classification of Functioning, Disability and Health was used to collect socio-demographic data and participants' self-rated physical and mental health. Spirometry was performed to confirm the COPD grade. Caregivers reported the duration of the care provided (hours/week). Anxiety and depression were measured with the Hospital Anxiety and Depression Scale (HADS) and a cutoff of ≥ 8 was used to consider the presence of each symptom. Descriptive statistics, χ^2 tests and Spearman correlations (ρ) were applied using SPSS 19.0.

Results: The sample included 100 patients with COPD (68.55 ± 11.96 years old; 60 males; FEV1 $75.88 \pm 18.26\%$ predicted) and 100 caregivers (58.36 ± 12.88 years old; 72 females). Participants were primarily couples ($n=66$). The prevalence of symptoms in patients was 56% for anxiety, 35% for depression and 28% for both. Regarding caregivers, 63% presented anxiety symptoms, 29% depression and 25% both. When considering the family unit, 36 dyads had anxiety and 12 depression symptoms. In patients, the presence of depression was related to the degree of relationship ($p=0.004$) and in caregivers was related to the duration of care ($p=0.006$). Anxiety and depression were inversely related to the academic qualifications in both groups ($p<0.05$). Both symptoms were moderately related to patients' and caregivers' self-rated physical ($p<0.05$; $\rho_{\text{anxiety}}=0.456$ and $\rho_{\text{depression}}=0.222$ for patients; $\rho_{\text{anxiety}}=0.296$ and $\rho_{\text{depression}}=0.368$ for caregivers) and mental health ($p<0.05$; $\rho_{\text{anxiety}}=0.406$ and $\rho_{\text{depression}}=0.270$ for patients; $\rho_{\text{anxiety}}=0.458$ and $\rho_{\text{depression}}=0.328$ for caregivers).

Conclusions: Patients at early COPD and their family caregivers suffer from anxiety and depression symptoms. Therefore, like in other chronic diseases, COPD has significant impacts not only on patients' mental health, but also on caregivers'. Therefore, assessing the psychological impact of COPD in early grades is crucial to develop appropriate interventions aiming to promote families' functional and healthy adjustment to the disease.

Am J Respir Crit Care Med 187;2013:A5123

Session Info: Poster Discussion Session, [C107] PULMONARY REHABILITATION: ORGANIZATION AND OUTCOMES

Day/Date: Tuesday, May 21, 2013

Session Time: 2:00 PM - 4:30 PM

Poster Viewing: 2:00 PM - 3:00 PM

Discussion: 3:00 PM - 4:30 PM

Room: Room 203 A-B (200 Level) Pennsylvania Convention Center