

P01-314 - **PREVALENCE OF DEPRESSION AND ANXIETY DISORDERS AMONG THYROID DISORDER PATIENTS IN A TEACHING HOSPITAL IN MALAYSIA**

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Introduction: Depression and anxiety are the commonest psychiatric disorder in patient with thyroid disorders but continues to be significantly under-recognized and under treated. As a result, it may affect quality of life.

Objective: The objective was to determine the prevalence of depression and anxiety among thyroid patients and their associates.

Methods: This is a cross-sectional study conducted in the Endocrinology Clinic in University Malaya Medical Centre. The patients were interviewed by using MINI International Neuropsychiatry Inventory (MINI) for diagnostic assessment. Socio-demographic and the clinical data were obtained by interviewing the patients and also from the case notes. Quality of life was assessed by using Short Form Health Questionnaires (SF-36).

Results: A total of 160 subjects were recruited. Current prevalence of 9.4% for Major Depressive Disorder (MDD) and 22.5% for Anxiety Disorder (AD) were found using MINI. Lifetime prevalence was 17.5% for MDD and 27.5% for AD. Panic disorder was the commonest type of anxiety disorder (16.9%) followed by generalized anxiety disorder (11.3%), social phobia (4.4%), agoraphobia (2.5%) and obsessive compulsive disorder (1.9%). Having past history of depression or anxiety was highly significantly associated with MDD ($p < 0.001$, OR 276.6, 95% CI= 33.2-2306.9) and AD ($p < 0.001$, OR=16, 95% CI=4.9-51.6). The score for quality of life was lower in those with MDD and AD. It was more pronounced among MDD patients.

Conclusion: The prevalence of MDD and AD among patients with thyroid disorders should be recognised. In addition, patients with MDD and AD had poorer quality of life.