
MOOD DISORDERS AND QUALITY OF LIFE ASSESSMENT IN CHRONIC NEUROLOGICAL DISEASES

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Introduction: chronic neurological diseases such as multiple sclerosis (MS) and Parkinson's disease (PD) determines highly social impact through direct and indirect cost burden, so that management of quality of life(QoL) of these patients is often difficult.

Objectives: to assess whether the relationship between depression and chronic neurological diseases is relevant in quantifying QoL.

Aims : to prove that associated depression in patients with serious neurological diseases should not be minimized.

Methods: we followed up 20 patients (10 with MS-mean age 39.1, mainly women and 10 with PD-mean age 55.8, mainly men) during one year after diagnosis of depression; the mean time of disease evolution was 7.83 years for MS patients and 6.33 for PD patients; we compared them with a lot o patients matching as age and sex diagnosed with depression, without other comorbidities. Both lots were assessed every 3 month by Beck Depression Inventory, Fatigue Impact Scale and QoL Short form-36 scores. Time of positive diagnosis was over one year, even if symptoms were present for at least double time.

Results: patients with chronic neurological diseases had a less favourable outcome, especially young women, than control group, revealing more problems especially in somatization field and in accepting psychiatric help; there were also more drug interactions that led to patient compliance difficulties.

Conclusions: even if there is resistance in accepting psychiatric diagnosis and treatment, we must do all efforts to persuade patients to undergo specialized treatment and supportive psychotherapy in order to improve their's quality of life.