

MOOD AND QUALITY OF LIFE IN PATIENTS WITH SYSTEMIC SCLEROSIS

*F. Frikha*¹, *J. Masmoudi*², *N. Messedi*², *I. Feki*², *M. Snoussi*¹, *A. Jaoua*², *Z. Bahloul*¹

¹Internal Medicine Department, ²Psychiatry (A) Department, Hédi Chaker UH, Sfax, Tunisia

Introduction: Systemic sclerosis (SSc) is a chronic connective tissue reaching the skin and blood vessels, responsible for disability and impaired quality of life.

Objective: The objective of this study was to evaluate the quality of life and mood in a group of patients with SSc.

Methods: Our study was descriptive, conducted between October 2011 and June 2012; Among the 15 women hospitalized with SSc, 10 agreed to participate in the study. Quality of life was assessed by the WHOQOL BREF scale (World Health Quality of Life-Brief Version). Emotional disorders have been evaluated by the "Hospital Anxiety and Depression Scale" (HAD).

Results: The average age was 52.4 ± 8.2 years (38-65 years). Our patients were estimated to have a quality of life overall average with a total score scale WHOQOL BREF close to 60 of 120. The values of the four domains were: physical health 46 ± 8.8 [31-56], psychological health 50.7 ± 11.2 [31-69], social relations 57.5 ± 15.5 [25-75], environment 52 ± 11 [31-63]. Eight women had a score HAD A >10 defining an anxious states certain. Seven patients had a score HAD D > 10 defining a depression certain. 7 out of 10 women said they needed psychological help and were supported jointly in psychiatry.

Conclusion: Our results underline a high frequency of emotional disorders in patients with SSc. Similarly, the quality of life has been altered. These results suggest a widespread screening for anxiety and depression.