

P01-152 - **CLINICAL ASPECTS OF ANXIETY AND DEPRESSION IN MULTIPLE SCLEROSIS**

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Objectives: Specialty studies show that the emotional state of the patient with Multiple Sclerosis is deteriorating in relation to the physical condition and medication and motor re-education without psychological re-education is just not effective. The present paper tries to make an evaluation of the anxiety and depression in patients with Multiple Sclerosis.

Method: Two groups, each composed by 30 subjects (even proportions between men and women). The research group consisted of patients diagnosed with MS and the control group, with subjects selected from the general population, not diagnosed with any chronic disease. Two tests were used: State Trait Anxiety Inventory and Beck Depression Inventory.

Results: Anxiety, as a trait of a personality is significantly evidenced in patients diagnosed with MS, in comparison to the control group. Depressive states, with variable intensity are also more frequent at the research group, compared to the control group. The highest average of the depression was recorded in subjects diagnosed with MS for 1 year. These results were coherent with the high scores of the patients from the research group, as well as the difference that is significant from the statistical point of view ($p > 0.10$).

Conclusions: The frequency of the psychiatric disturbances in MS is much higher than the general population. Depression and anxiety contribute greatly to the development of the disability in this particular disease.

Keywords: Multiple sclerosis, depression, anxiety