

M. Sehlo¹, S. Bahlas²

¹Psychiatry, King Abdul Aziz University- Jeddah-Saudi Arabia and Zagazig University, Zagazig, Egypt ; ²Rheumatology, King Abdul Aziz University, Jeddah, Saudi Arabia

Introduction Depression commonly co-occurs with rheumatoid arthritis (RA).

Objectives To assess the prevalence of depression, associated risk factors with depression and the impact of family support on depression in a sample of female patients with RA.

Methods In a cross-sectional study, 100 female patients with RA were recruited in the study (mean age 39.98±7.4). Depression was diagnosed in those patients using the structured clinical interview for DSM-IV axis I disorders, clinical version (SCID-I-CV) and the Center for Epidemiologic Studies–Depression Scale (CES-D), family support was assessed using the Family Cohesion Subscale of the Family Environment Scale, physical disability was measured using the Health Assessment Questionnaire Disability Index (HAQ-DI) and the disease activity was measured using The 'Disease Activity Score' for 28 joints (DAS 28).

Results The prevalence of depression among female patients with RA was 24% (24/100), there was a significant association between increased severity of physical disability and increased risk and severity of depression (B = 0.87, P = 0.02, odds ratio = 2.39, CI, 1.1- 4.2 and B = 0.15, P = 0.03 respectively) and there was a non significant association between disease severity and risk for depression (B = 0.42, P = 0.4, odds ratio = 0.6, CI, 0.2-1.8). Higher level of family support was significantly associated with decreased severity of depressive symptoms (B = -0.29, P = 0.001).

Conclusions Increased physical disability was associated with greater risk of depression in female patients with RA. Higher level of family support may have an important role in improving the depressive symptoms.