

Anxiety and depressive disorders in chronic hemodialysis patients

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Introduction:

Hemodialysis is experienced as a vital need and is a heavy strain that is causing psychological distress expressed by anxiety and depression. The aim of our study was to estimate the prevalence of anxiety and depression in chronic hemodialysis patients.

Materials & Methods:

This is an observational cross-sectional study, carried out within the unit CASABLANCA CHU ibnrochd of hemodialysis in January of 2020 of 71 chronic hemodialysis patients, in collaboration with a psychiatrist, the scale of anxiety and depression (HAD) has been used to diagnose and assess the severity of anxiety and depression in this population.

Results:

Our study included 71 chronic hemodialysis adult patients, the average age of our patients was 46.5 years, ranging from 16 to 93 years, with a sex ratio M / F 1.1, seniority average hemodialysis is 17.3 years; patients are single, married, widowed, divorced in 66%, 26%, 5% and 3% of cases, 72.5% of our patients are without profession.

None of the patients is followed by a psychiatrist or under antidepressant or anxiolytic during the study, 46% of our patients have anxiety and depression with a male predominance in 56% of cases, anxiety was found in 15% of patients, 1 case of major anxiety, the average score of anxiety is 10 ± 2 , depression was found in 36% of cases and 1 case of major depression, the average depression score was 11 ± 2 .

Discussion

Our results confirm the high prevalence of anxiety and depression in chronic hemodialysis patients. The appearance of these disorders reflects the lack of acceptance and adjustment to illness. The pathogenesis of the psychological impact of dialysis is multifactorial. It is linked to the causal nephropathy, the startup circumstances of this technique, incidents in perodialytic and clean diseased conditions.

Conclusion

Anxiety and depression are common in patients on periodic hemodialysis. These results emphasize the importance of collaboration between nephrologists and psychiatrists in order to offer hemodialysis patients psychological support and guarantee a better quality of life.