



# Depression and Anxiety in Adult Haemophilia Patients: Ege Adult Haemophilia Center Experience



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## Introduction and Objective:

Hemophilia is a congenital life-threatening disorder characterized by spontaneous and post-traumatic bleeding events in joints, muscles and other soft tissues. Living with hemophilia causes numerous daily and long-term challenges for patients and their families. Health related quality of life is decreased in this patient group which develop some psychosocial problems like chronic depression and anxiety(1,2). The objectives of this study were to assess the prevalence of depression and anxiety in adults with hemophilia treated at the Ege Hemophilia Center and to assess risk factors associated with depression.

## Materials and methods:

Adult haemophilia patients at our center were taken to participate in this study. Sociodemographic features were obtain from a short questionnaire which given to patients with Beck depression inventory and State-Trait Anxiety Scale (STAI I-II). Beck depression inventory is a 21-question multiple-choice self-report inventory, one of the most widely used psychometric tests for measuring the severity of depression. STAI is a self-reported anxiety instrument assesses to anxiety states which is considered the most reliable standard for anxiety evaluation. Statistical analyses of the findings were assessed by SPSS 16.0 for windows program.

## Results:

We included 90 patients in this study. Eighty five percent of individuals were Hemophilia A and 15% were B. The median age of the patients was 39.

## References

1. Miners AH, Sabin CA, Tolley KH, Jenkinson C, Kind P, Lee CA. Assessing health-related quality –of-life in individuals with haemophilia. *Haemophilia* 1999; 5(6): 378-85.
2. Molleman E, Knippenberg A. Social and psychological aspects of haemophilia. *Patient Educ Couns* 1987; 10: 175–89.

All the patients consented to the study and 23% met criteria for depression. The findings revealed no significant correlation between depression scores along with age, type of hemophilia, bleeding per year, prophylaxis compliance, severity of hemophilia and unemployment. The state anxiety scores was statistically significant relationship between the number of bleeding ( $p < 0.05$ ). Beck score was significantly associated with education status ( $p = 0.001$ ) that increases with high educational status. Age at diagnosis was associated with state anxiety score ( $p = 0.005$ ) as diagnosed at younger ages is a risk factor to have chronic anxiety. Between state and trait anxiety scores, there was a positively association ( $p = 0.004$ ), that means as state anxiety score is increasing, trait anxiety score increases correlates to it. Also between state anxiety score and Beck score, there was a significant positive association ( $p = 0.001$ ).

## Discussion:

In our study, the prevalence of depression in adults with hemophilia screened was 23%. Anxiety scores were not high as we predicted. That results may indicate that patient's appreciation is convincing from a center of adult hemophilia. Until recently, there was no separated hemophilia clinic which provides faster and more qualified medical service to patients. Hemophilia is a chronic, lifelong disease that brings many disadvantages like suffering from joint-muscle bleeding, working day loss, social problems, dysfunction of joints and disabilities. Depression and anxiety are the main psychosocial issues which hemophiliacs have to struggle with. Patients and their families should be provided with psychological and social support.

