

THE PSYCHOSOCIAL IMPACT OF HEMOPHILIA

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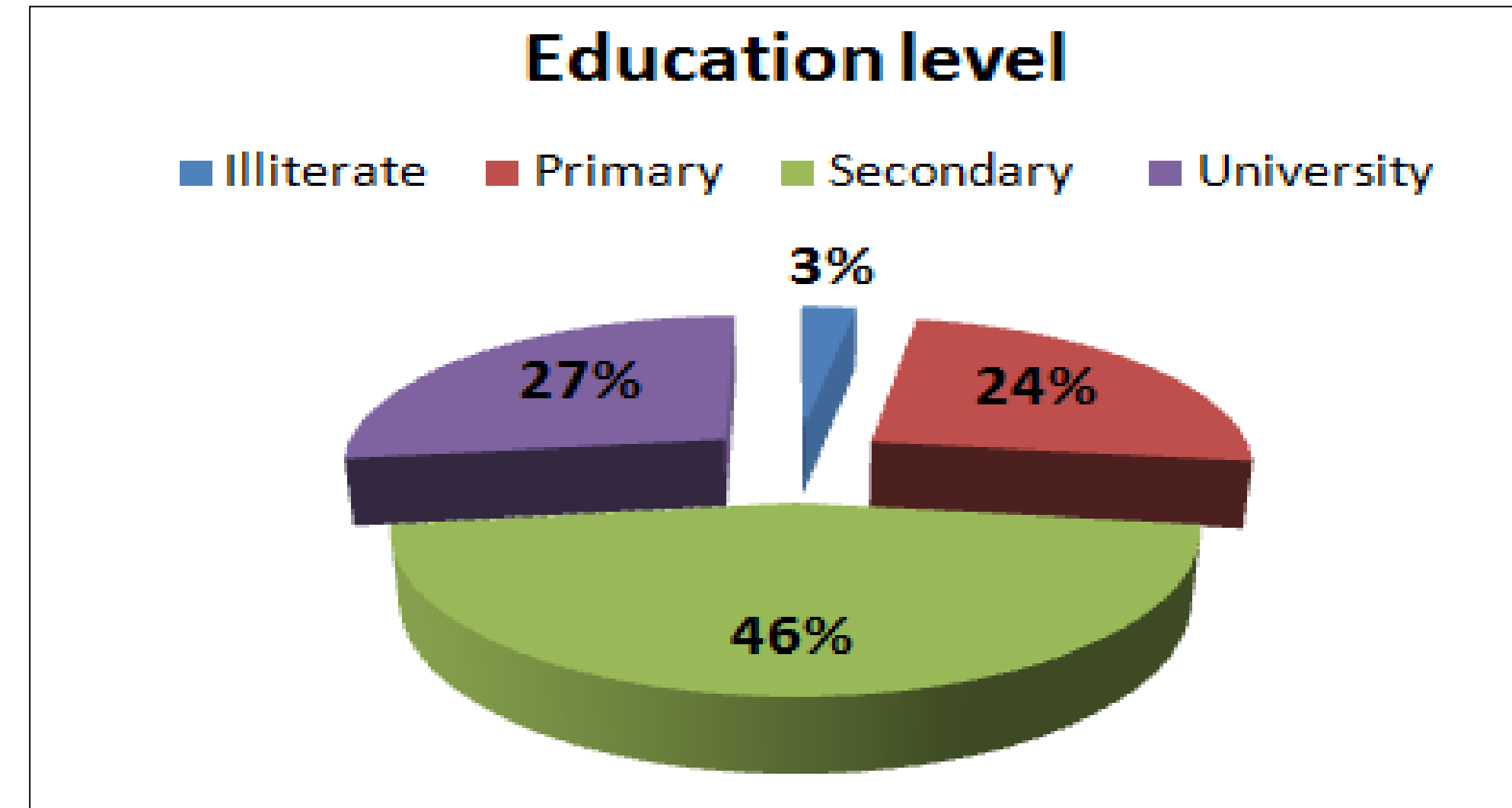
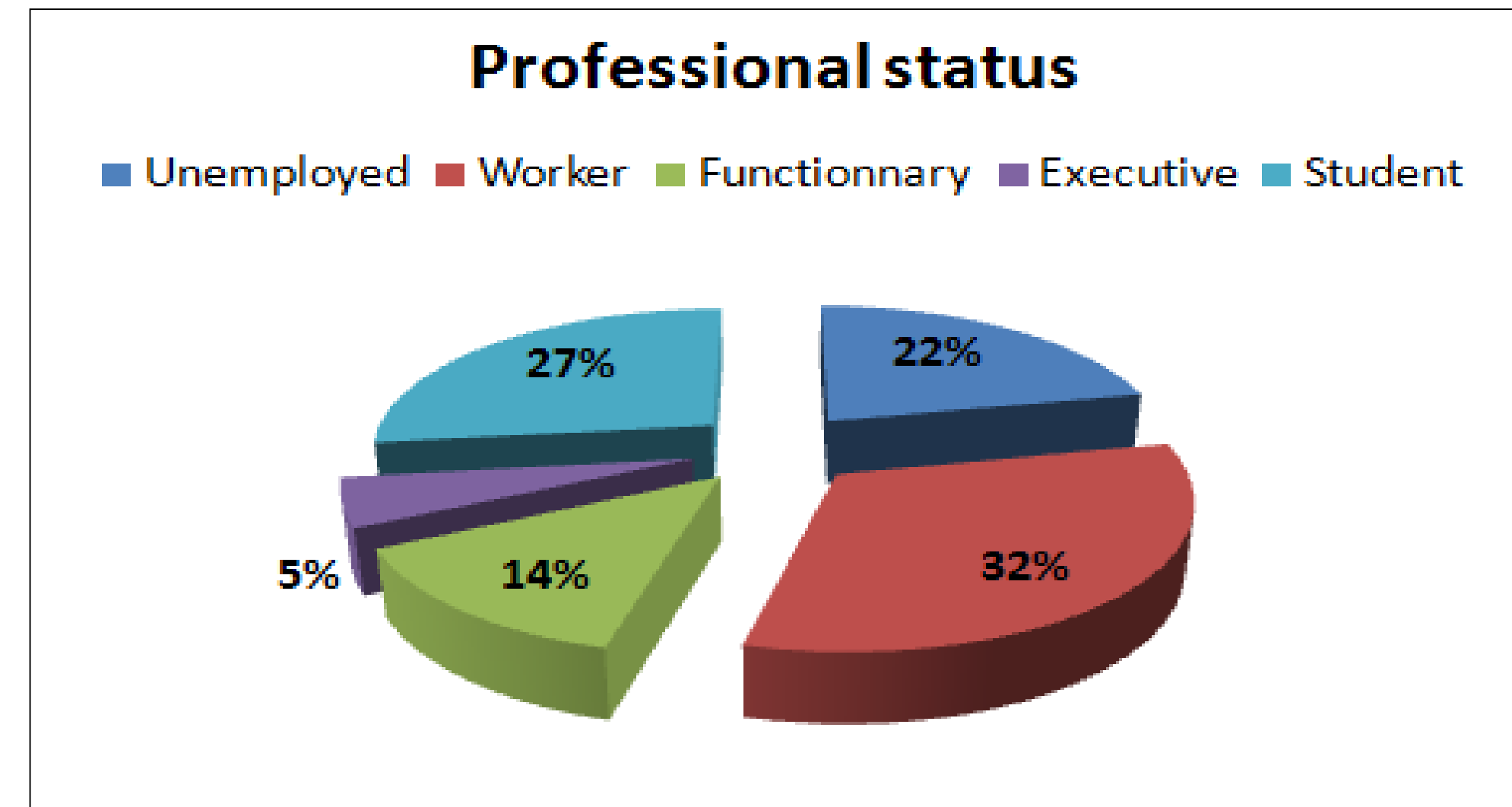


Introduction & objectives : Hemophilia has an impact on the psychological well-being. Our study aims to identify the psycho-social impact of the disease.

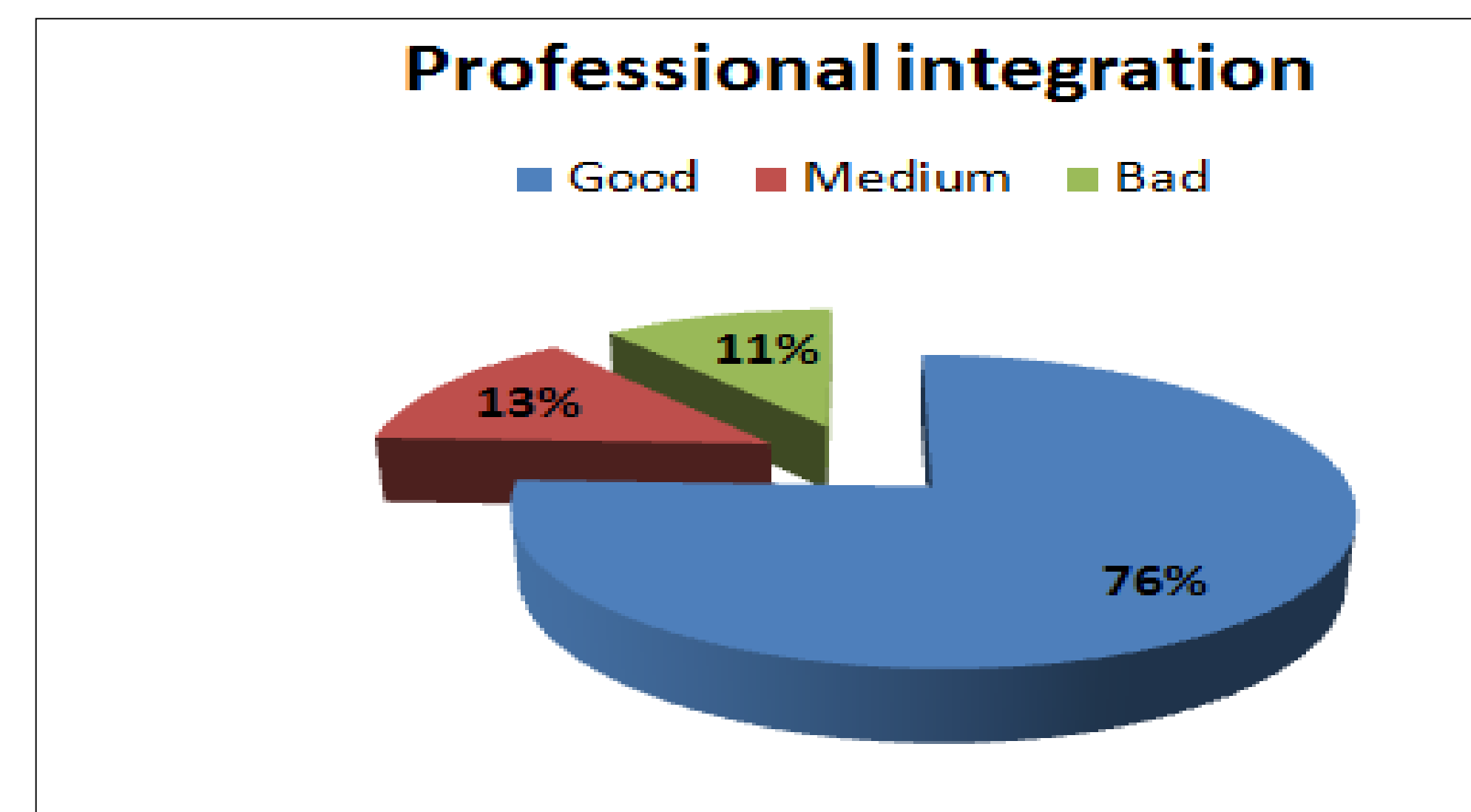
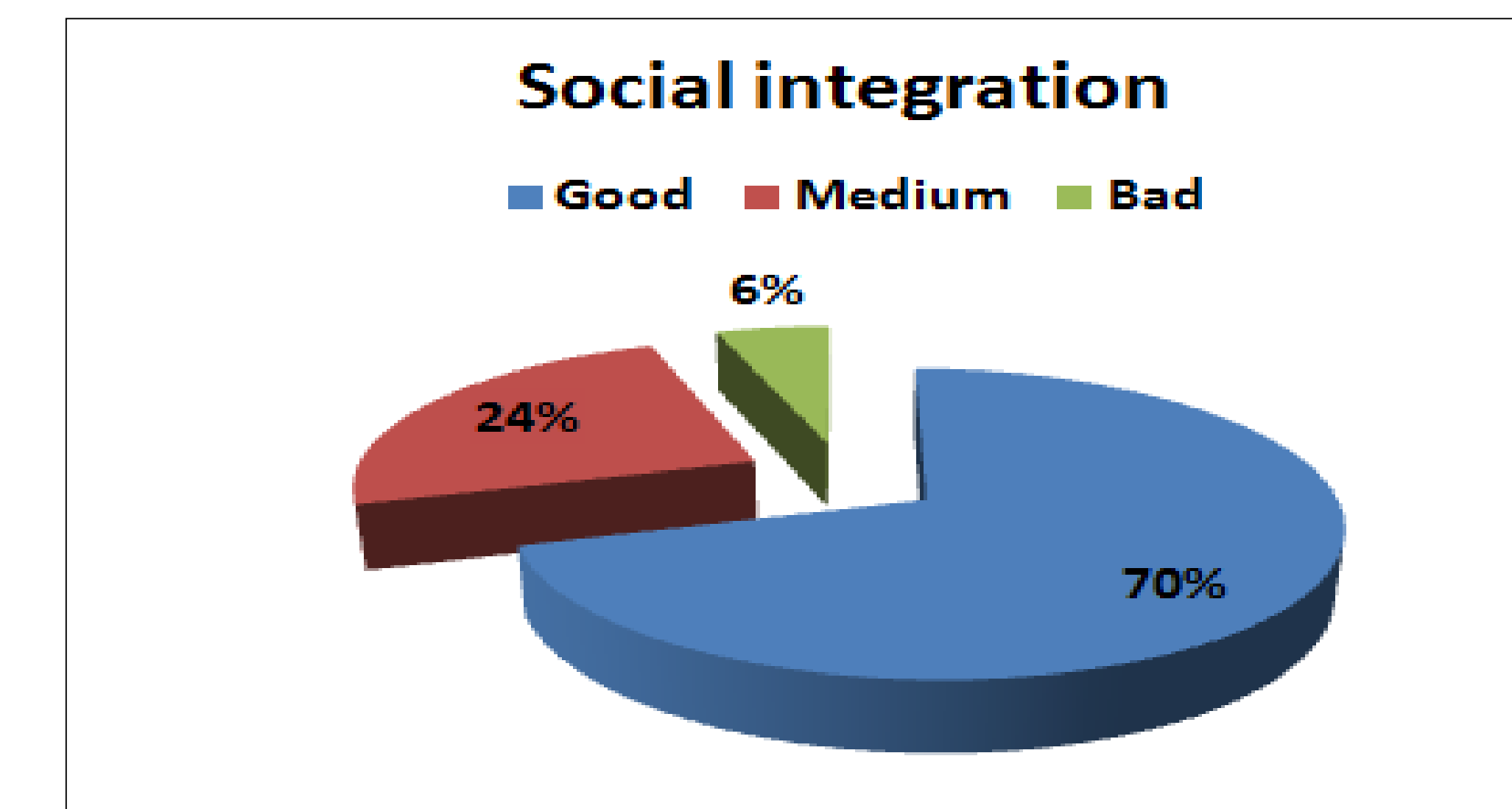
Materials & methods : A cross-sectional study / 37 Adults/ Hamilton scales for depression and anxiety after consent/ Data were extracted from patient diary and medical files of people with hemophilia (PWH).

Results :

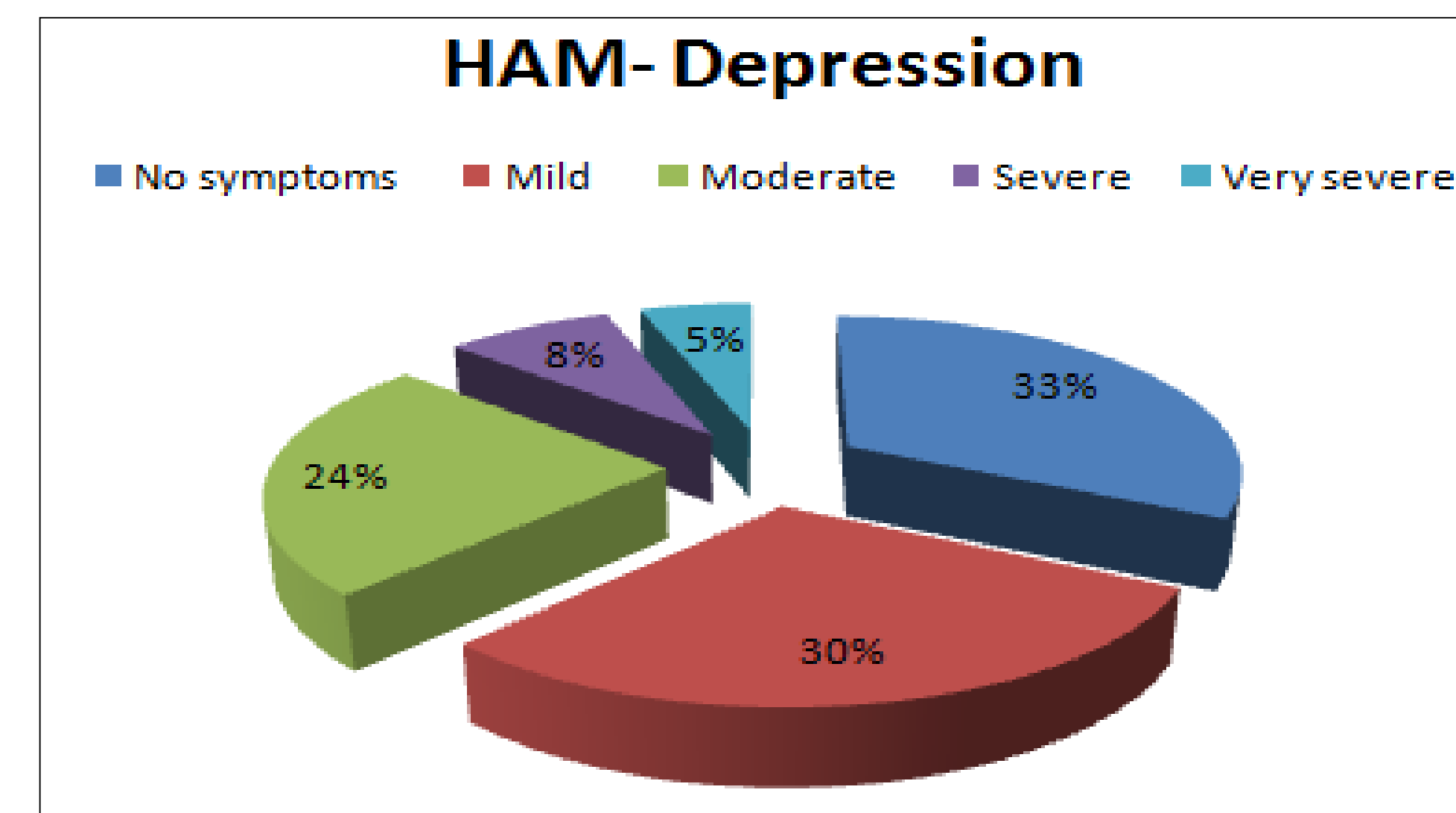
- The average age =26,5 years
- 54% of the patients are single. Some of them reported difficulties in having relationships with women due to low self- esteem. However, we have to consider that our population is young.



Work disability manifested as time off work, early retirement and disrupted employment. This loss of role, from employee and main breadwinner, to one of 'househusband' resulted in adverse changes in 'sense of self' for many PWH males (1).



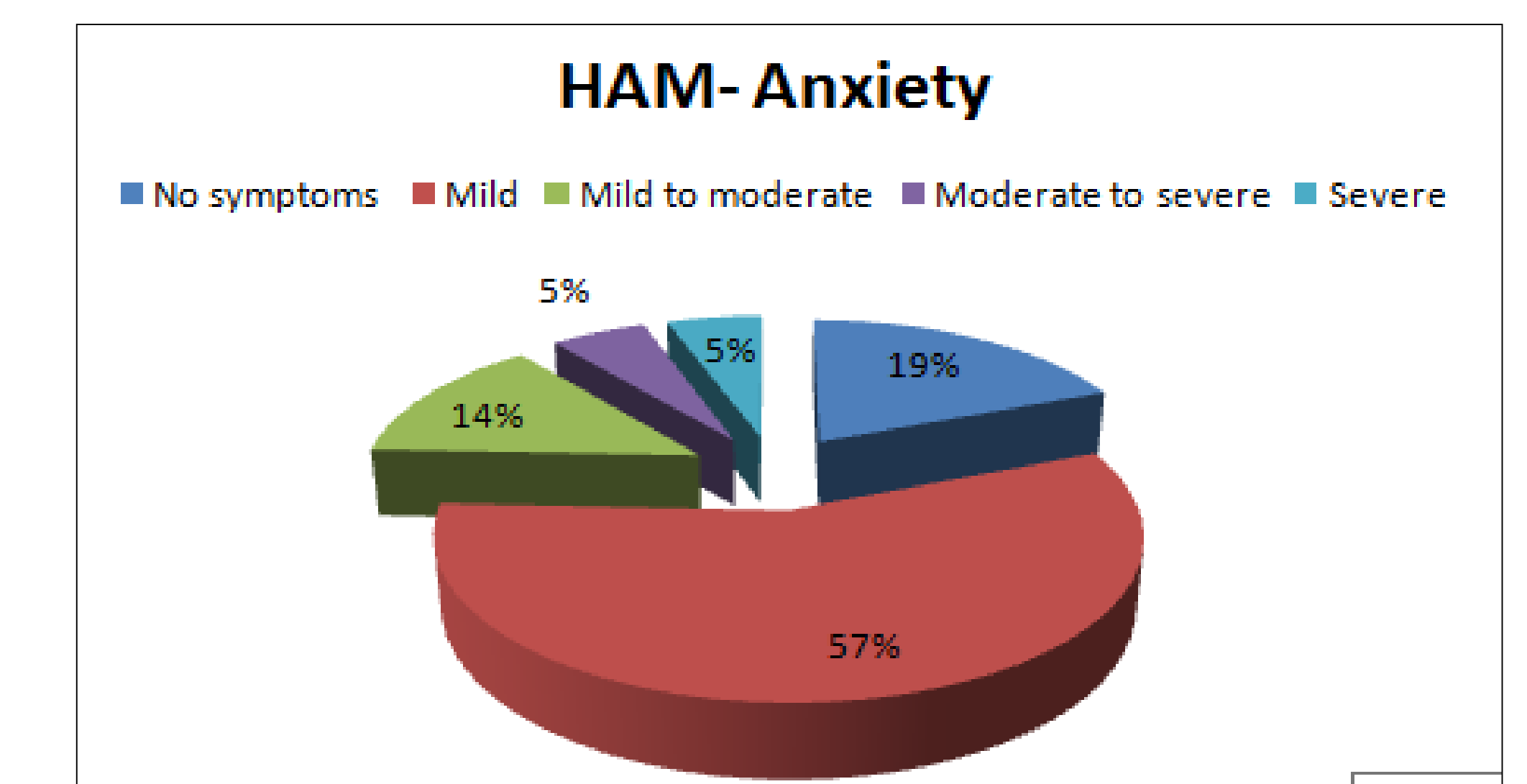
25-30% were preoccupied about their social & professional integration. Compared to another study about 225 patients in the UK, we found almost the same result (2).Indeed, some have attributed failure to renew contracts of employment to their heamophilia (3).



67% had depressive symptoms

The severity of anxiety correlated with the personal history of hospitalization in the psychiatric unit ($p=0,001$), personal history of suicide attempt ($p=0,021$), psychotropic use ($p=0,01$), professional integration($p=0,033$) and Gilbert score ($p=0,028$).

Many were anxious about the unpredictable nature of their condition and the future not only for themselves but also for their families (1).



81% had anxious symptoms

The severity of depression correlated only with the personal history of suicide attempt ($p=0,043$).

Depression can be caused by the Loss or restriction of valued activities, loss of independence, changes in work or family dynamics and inability to perform typical nurturing and caring activities (e.g. raising young children) (1, 4).

Conclusions : The reciprocal impact of chronic illness such as hemophilia and depression/anxiety is becoming increasingly clear. Living with chronic illness can increase the risk for depression and anxiety which promote symptoms associated with chronic illness. A psychiatric follow-up offers the PWH an opportunity to positively influence their lives and health.

References :

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