

# Assessments of Anxiety and Depression in US Adult People With Hemophilia Across Patient-Reported Outcomes in the Pain, Functional Impairment, and Quality of Life (P-FiQ) Study

P-W-171

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## Objective

- To assess anxiety/depression through patient-reported outcome (PRO) instruments in adults with hemophilia

## Introduction

- Adults with hemophilia face pain and functional impairment resulting from joint disease associated with recurrent hemarthrosis
- The impact of hemophilia on emotional well-being is less frequently addressed
- Depression has been reported in approximately one-third of people with hemophilia (PWH) as measured by EQ-5D-3L<sup>1</sup> and through a non-standard questionnaire,<sup>2</sup> and in 37% of PWH as assessed by PHQ9<sup>3</sup>
- During the HIV/HCV era, depression as assessed through interviews was identified in approximately 50% of PWH<sup>4</sup>

## Methods

- Adult males with mild to severe hemophilia and a history of joint pain or bleeding were enrolled during routine visits and completed 5 PRO instruments
- Anxiety/depression was assessed on EQ-5D-5L with visual analog scale (VAS) and SF-36v2

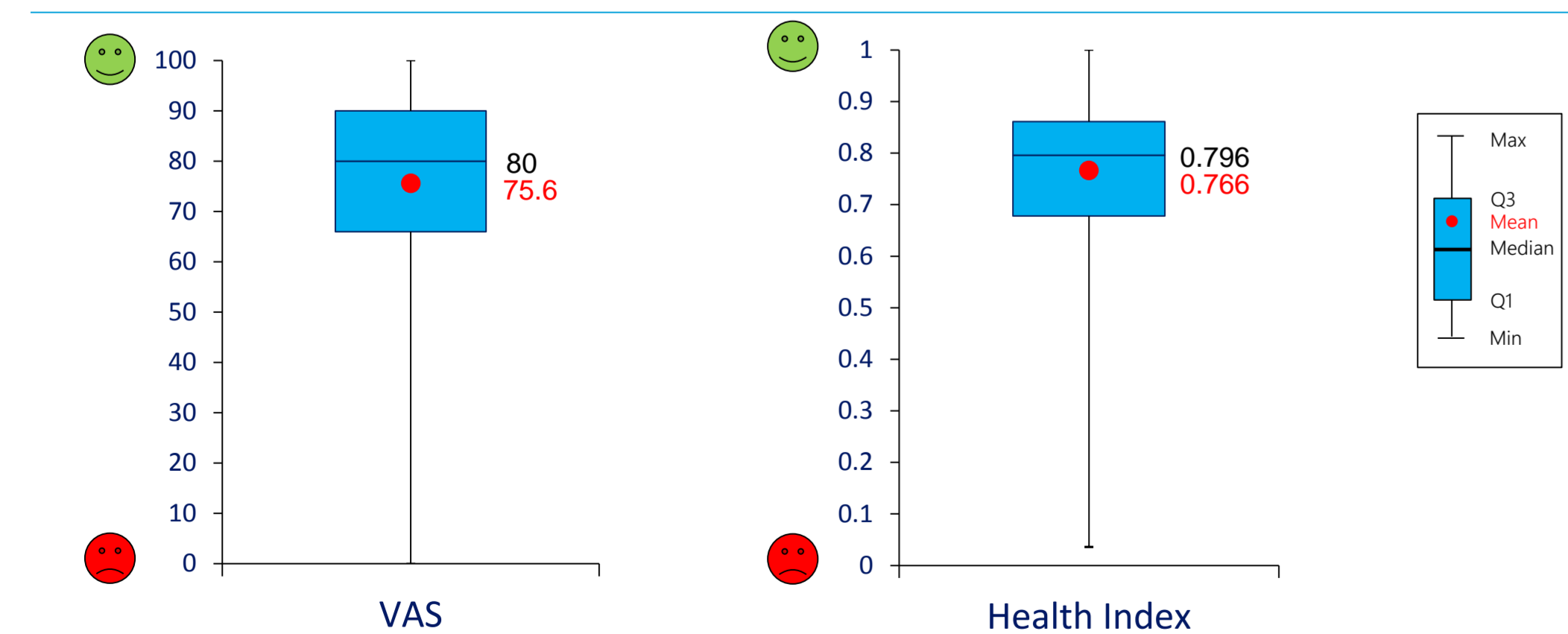
## Results

- P-FiQ enrolled 381 adults, of median age 34 years, with hemophilia A (77%) or B (23%); 9% had inhibitors
- Most participants had some college or above education (61%) and were employed (77%); 65% were married or had a long-term partner
- HCV (51%) was more common than HIV (16%), 65% were overweight/obese, and 65% self-reported arthritis/bone/joint problems
- Patient- and site-reported rates of depression were 16% and 19%, respectively; of those with site-reported depression, 36% were receiving antidepressants
- Patient- and site-reported rates of anxiety were each 14%; of those with site-reported anxiety, 26% were receiving anxiolytics

### EQ-5D-5L

- Participants selected the responses that best described their health "today"
- VAS and health index scores derived from the 5 EQ-5D-5L item responses are presented in **Figure 1**

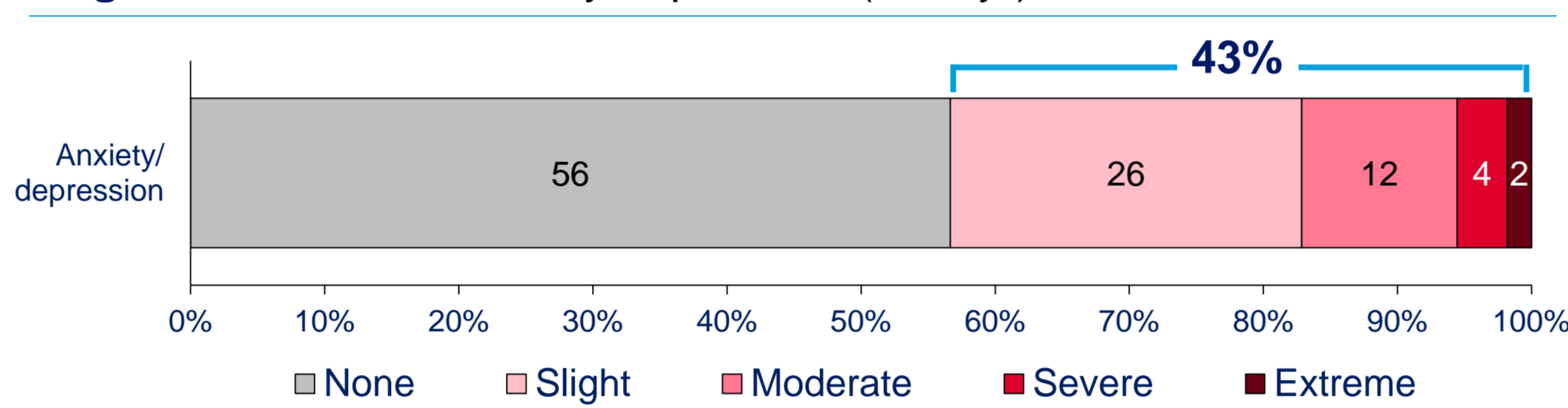
**Figure 1** EQ-5D-5L VAS and health index scores ("today")



VAS, visual analog scale. VAS measured on a scale from 0 to 100; health index measured on a scale from -0.011 to 1.0; higher scores indicate better quality of life or functional status.

- Anxiety/depression ("today") was reported by 43% (severe or extreme by 6%) (**Figure 2**)

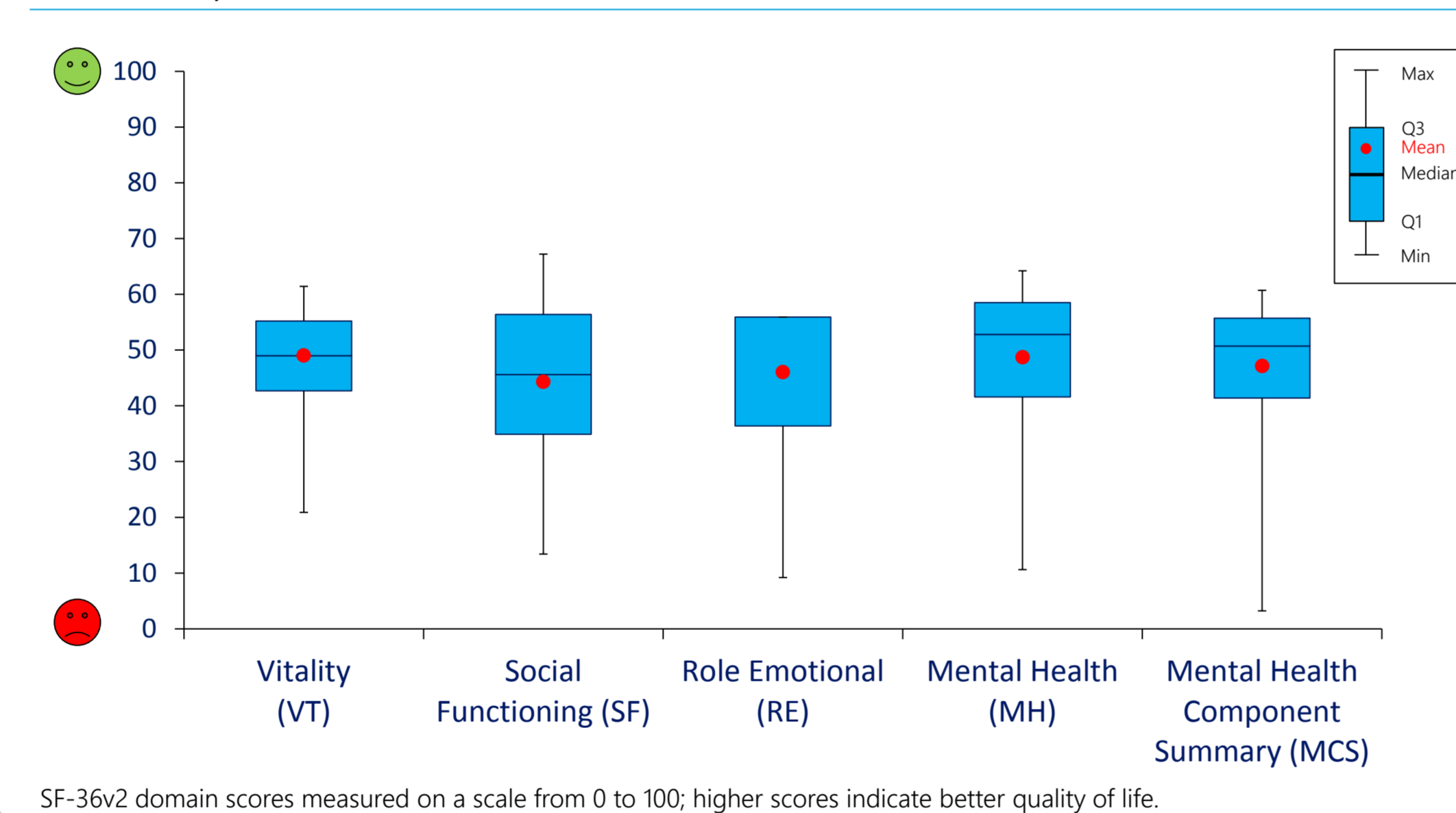
**Figure 2** EQ-5D-5L anxiety/depression ("today")



### SF-36v2

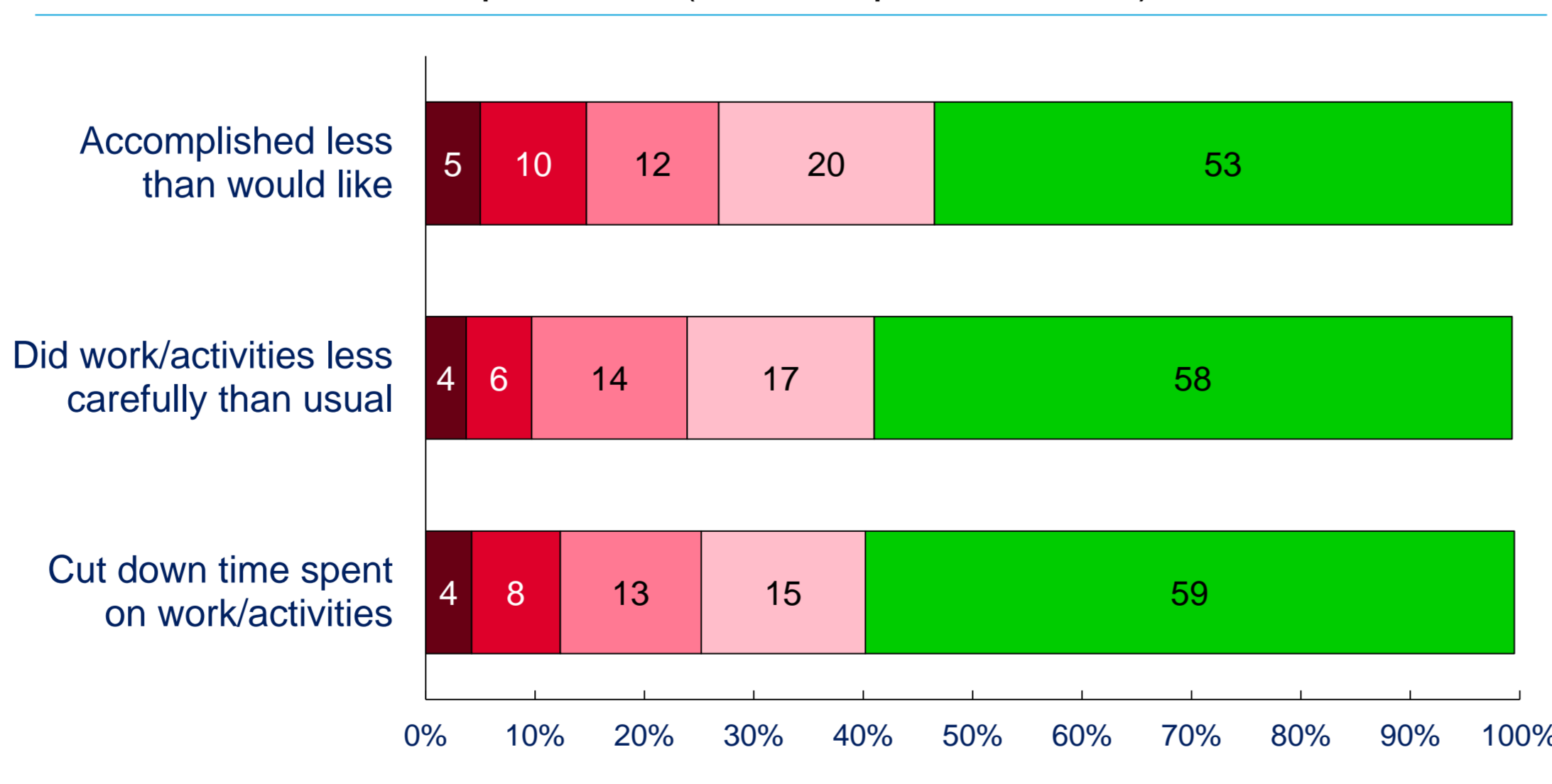
- Four domain scores related to social, emotional, and mental health and a mental health component summary score are presented in **Figure 3**

**Figure 3** SF-36v2 social/emotional/mental domain scores (over the past 4 weeks)



- Participants reported that during the past 4 weeks emotional problems caused them to accomplish less than they would like (47%), do work/activities less carefully than usual (41%), and cut down time spent on work/activities (40%) (**Figure 4**)

**Figure 4** SF-36v2 – problems with work or other regular daily activities as a result of emotional problems (over the past 4 weeks)

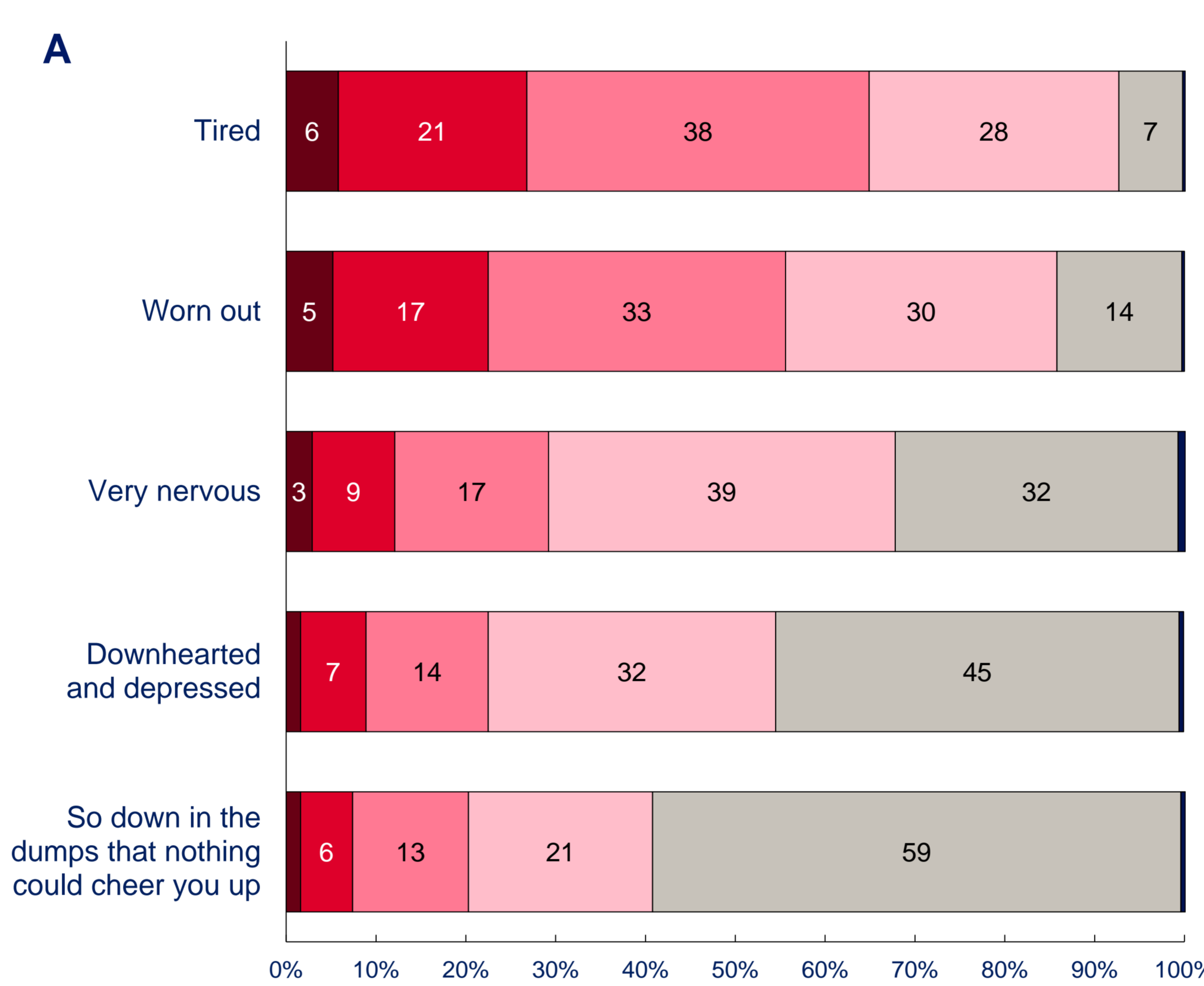


■ All of the time ■ Most of the time ■ Some of the time ■ A little of the time ■ None of the time

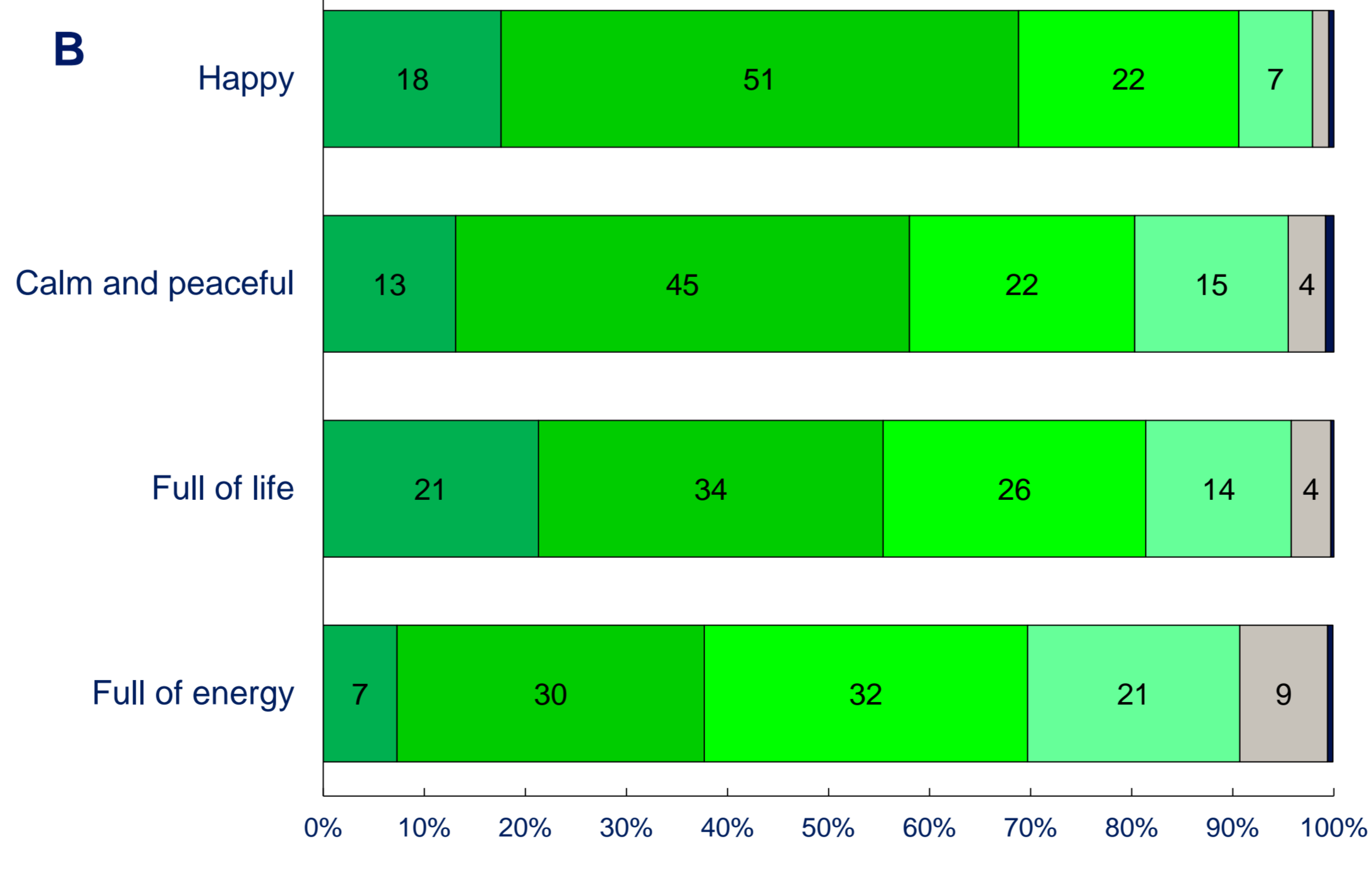
- During the past 4 weeks, participants reported feeling tired (93%), worn out (86%), very nervous (68%), downhearted and depressed (55%), and so down in the dumps that nothing could cheer them up (41%) (**Figure 5A**)

- Participants also reported feeling happy (98%), calm and peaceful (96%), full of life (96%), and full of energy (91%) (**Figure 5B**)

**Figure 5** SF-36v2 – amount of time associated with certain feelings (over the past 4 weeks)



■ All of the time ■ Most of the time ■ Some of the time ■ A little of the time ■ None of the time ■ Missing



■ All of the time ■ Most of the time ■ Some of the time ■ A little of the time ■ None of the time ■ Missing

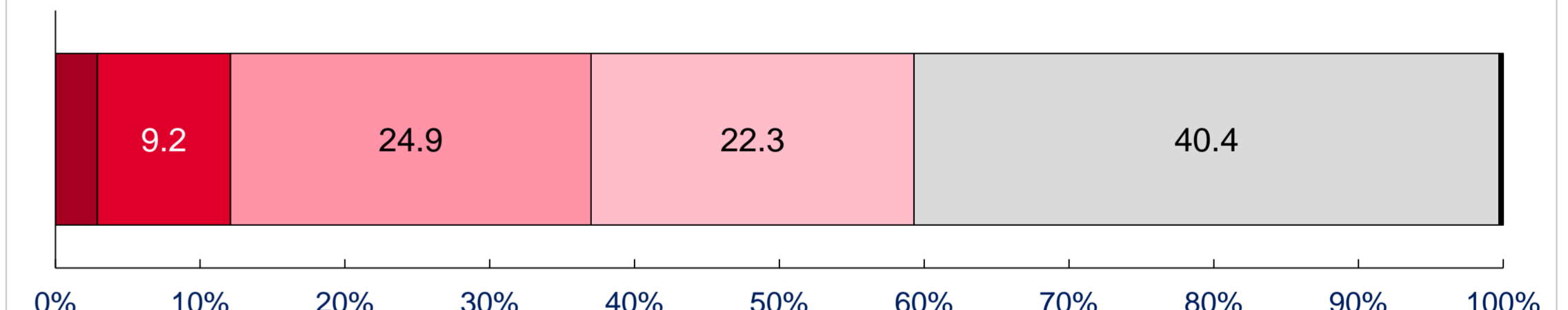
## Conclusions

- P-FiQ highlights the high prevalence of emotional issues faced by adult PWH, as identified across PRO instruments with varying time scales of assessment
- The results of this study underscore the importance of including validated measures of anxiety and depression (eg, GAD7 and PHQ9) in future research studies, as well as the need for more consistent clinical assessments and patient dialogue regarding anxiety/depression in PWH

- During the past 4 weeks, 59% experienced physical/emotional problems that interfered with normal social activities (12% most or all of the time and 17% quite a bit or extremely) (**Figure 6**)

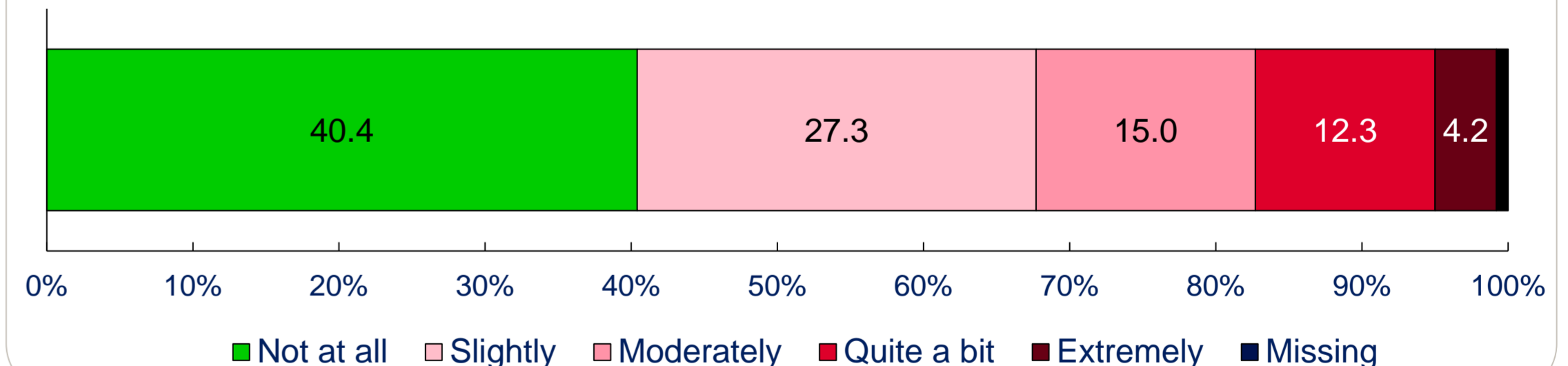
**Figure 6** SF-36v2 – impact of physical and emotional problems on social activities (over the past 4 weeks)

### Interference with social activities



■ All of the time ■ Most of the time ■ Some of the time ■ A little of the time ■ None of the time ■ Missing

### Extent of interference with normal social activities



## References

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### Conflict of interest disclosure

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