



# Anxiety, depression and quality of life in patients undergoing chronic haemodialysis; Observational cross section study.

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# INTRODUCTION

- Haemodialysis patients  stressful and threatening situations since diagnosis. The impact of **emotional disorders** can play a role in adaptive behaviour and can be a determinant to the progress of the chronic illness (DeJean M et al. 2013).
- Chronic kidney disease  **stress and reduces the quality of life** (Perales-Montilla et al. 2013).

# OBJECTIVES &

# METHODOLOGY



## OBJECTIVES

- 1. - Levels of **anxiety** and **depression** by gender
- 2.- Correlation between **diagnostic categories of anxiety and depression** by gender.
- 3. - Relationship between **quality of life, anxiety** and **depression**.

## METHODOLOGY

- **Design:** An observational, single group cross-sectional study with correlational analyses.
- 138 patients / 4 haemodialysis units of Spain
- **Instruments:**
  - Hospital Anxiety and Depression Scale (HADS)
  - Kidney Disease Quality of Life-Short Form (KDQOL-SF)

## RESULTS

- 1 in 5  clinical **anxiety** levels.
- 1 in 7  clinical **depressive** levels



- Mean scores in anxiety and depression of women are higher than men's but differences are not significant ( $p > 0.05$ ).



- Exists positive and negative correlations between quality of life scales and anxiety and depression.

# CONCLUSIONS & DISCUSSIONS

- PREVENT anxiety and depressive symptoms!
- An initial and on-going evaluation of the emotional aspects should be performed on the patient who is diagnosed with chronic kidney disease.
- Multidisciplinary approach.