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Prevalence and factors determinants linked to anxiety and depression among patients with chronic respiratory diseases in the Fes-Meknes region, Morocco

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Introduction: Chronic respiratory disease (CRD) poses a significant public health challenge in Morocco. Numerous studies have indicated that anxiety and depression frequently coexist with CRD and are closely linked to the condition.

Objectif: Our study aims to assess the frequency of depression and anxiety while identifying the factors influencing these conditions in individuals with chronic respiratory diseases.

Study Design and Methods: A cross-sectional study was conducted in the Pneumology Department at Hassan II University Hospital in Fez in 2021. Information was gathered through an anonymous questionnaire encompassing sociodemographic, clinical, and therapeutic details. Depression and anxiety levels were assessed using the Moroccan version of the Hospital Anxiety and Depression Scale (HADS).

The analysis began with a descriptive examination, followed by a univariate analysis to explore the correlation between anxiety, depression, and other factors, utilizing tests suitable for the types of variables under scrutiny. A significance level of $p < 5\%$ was considered. Data entry was conducted using Excel 2013, and the analysis was performed with SPSS version 26 software.

Results: Our study included 209 patients, 50.7% of whom were female, with an average age of 57.84 ± 15.36 years. Chronic bronchopneumopathy was the most represented CRD (43.1%), followed by asthma (32.2%).

The prevalence of depression and anxiety was (46%, IC95% = (39.2%-52.8%)) and (57%, IC95%= (50.3%-63.7%)) respectively.

In the univariate analysis, depression was associated with the presence of dyspnea (51.3%vs32.7%; p=0.018), the presence of asthenia (56.5%vs38.5%; p=0.009), the use of oxygen therapy (66.7%vs42.7%; p=0.015), and a higher number of hospitalizations (76.9%vs44.4%; p=0.023).

87.6% of patients with depression also had anxiety (p<0.001).

Conclusion: Our findings underscore the significance of screening for anxiety and depressive disorders in individuals with chronic respiratory diseases (CRD). Integrating psychological considerations into disease management is crucial to enhance their quality of life.

Biography

Nassiba Bahra, a luminary in epidemiology and clinical research at Sidi Mohammed Ben Abdellah University, Fez, Morocco. With expertise in medicine, pharmacy, and dentistry, their contributions advance community health and medical knowledge.