

P01-02 - DEPRESSION AND OBSTRUCTIVE SLEEP APNEA - RESULTS FROM A 12-MONTH SURVEY IN ROUTINE CLINICAL PRACTICE

J. Acker, A. Piehl, J. Herold, F. Scholz, J. Ficker, G. Niklewski, K. Richter

Klinikum Nürnberg, Nürnberg, Germany

Objectives: Patients with untreated obstructive sleep apnea often report depressive symptoms, such as low mood, loss of interest and reduction of drive. In this study we examined the frequency of significant depressive symptoms amongst patients with untreated obstructive sleep apnea over a one year period.

Methods: From January to December 2008 we screened 1260 consecutive patients with untreated obstructive sleep apnea (AHI > 9) seen at our Center for Sleep Medicine were screened for depression. Based on self-administered questionnaires, patients with significant depressive symptoms were defined as having either a BDI II score ≥ 14 or WHO-5 ≤ 13 . Additionally, severity of depression was rated based on BDI II scores.

Results: Depressive symptoms were reported frequently. Based on BDI-II, 27.9% of patients report significant depressive symptoms. Of these, 46.2% were mild, 35.9% moderate and 17.9% severe. In addition, 52.6% of patients self-reported feeling unwell based on their WHO-5 scores.

Conclusions: Significant depressive symptoms measured by standardised self-rating scales were detected in over a quarter of our patients with untreated sleep apnea. It remains unknown whether treatment of OSA alone abolishes depressive symptoms, or whether depressive mood may reduce the compliance with treatment. Patients may need an interdisciplinary approach to initial treatment.

Keywords: Depression, sleep apnea, comorbidity