

W09-03

## ASSOCIATIONS OF AFFECTIVE DISORDER IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

B.J. Baig<sup>1</sup>, C.W. Lees<sup>2</sup>, E.C. Johnstone<sup>1</sup>, V. James<sup>1</sup>, J. Satsangi<sup>2</sup>, S.M. Lawrie<sup>1</sup>

<sup>1</sup>Division of Psychiatry, <sup>2</sup>Department of Gastroenterology, University of Edinburgh, Edinburgh, UK

**Introduction:** Inflammatory Bowel Disease (IBD) is associated with co morbid depression and anxiety of up to 42%. Corticosteroids, used commonly in IBD, are known to cause psychiatric side-effects and could be an independent risk factor for affective illness. Recent studies show that depression is also associated with raised CRP and IL6.

**Aims:** This study aims to show which demographic, clinical, medication and immunological factors are predictors of anxiety and depression in IBD.

**Methods:** The IBD, Steroids and Affective Disorder (ISA) study is a cross-sectional study of IBD patients in Edinburgh, UK. Out patients underwent assessment including Hospital Anxiety Depression Scale (HADS) past psychiatric history, steroid medication history, inflammatory markers, the Medication Adherence Rating Scale (MARS) and Altman Self Rated Mania Scale (ARSM).

**Results:** 326 patients with Crohns and 256 with Colitis (72% of clinic attendees) were recruited. 251 (43%) patients scored 12 or above on the HADS questionnaire. 45% of patients had previously suffered from affective illness. Patients on Prednisolone and Budesonide scored significantly higher on HADS Depression ( $p=0.03$  and  $p=0.002$ ) as did those who had been on Prednisolone for more than 8 weeks ( $p=0.041$ ). Being on prednisolone was not associated with increased Colitis and Crohns activity indices ( $p=0.2$ ). HADS scores were measured against other disease and demographic variables.

**Conclusion:** Affective illness is common in the IBD population and the prescription and duration of systemic corticosteroids are associated with depression. Biological and disease variables may play an important role in co morbid affective illness in IBD