

RISK FACTORS FOR DEPRESSION IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

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Depression, anxiety, and, in particular, panic disorders are common in chronic obstructive pulmonary disease (COPD) and are important for the further course of the disease, since they are associated with increased hospital admissions, longer hospital stays, more frequent doctor visits, and a worsened quality of life. There are also indications of premature death in the affected patients. Therefore, knowledge of the risk factors for depression in patients with COPD is all the more important for early detection and treatment. For this purpose, Embase, Cochrane Library, and MEDLINE/PubMed databases were analysed for studies of risk factors for depression in COPD patients. Numerous risk factors were identified as the most important ones: female gender, both high/low age, living alone, high education, unemployment, retirement, low quality of life, social isolation, both high/low income, high cigarette and alcohol consumption, poor physical fitness, severe respiratory symptoms, both low/high body mass index, degree of airway obstruction, dyspnea, exercise capacity index, number of comorbidities (mainly heart diseases, cancer, diabetes, and stroke). The analysed medical literature will be presented.