most of the patients are moderately disabled, and about 10% of the patients suffered from severe disability which brings the necessity of a caregiver to become the patient’s companion due to its chronic disease.\textsuperscript{2} The caregiving role can have an impact in the psychological and physical spheres of the caregiver’s life.\textsuperscript{3}

**Objectives:** The aim of this study was to explore demographic characteristics and caregiver burden within the Zarit Scale.

**Methods:** We conducted a cross sectional study in a meeting where caregivers in a rheumatoid arthritis specialised setting. We collected sociodemographic information, and applied the Zarit caregiver burden interview (ZBI) adapted to Spanish. The ZBI includes 22 questions which has 5 responses from 0 (never) to 4 (nearly always), where scores lower than 47 indicated little to no burden, 47 to 55 low burden and >55 intense burden. We calculated means, and standard deviations for continuous variables and categorical variables were presented as rates. We categorised age of caregivers and compared to it to ZBI score, we used X² to perform bivariate analysis.

**Results:** 115 caregivers were included in the study, 63% were female and 37% were male. Mean age was 49 years±18 and 35% were single. Regarding educational level 44% had college degree, most of caregivers and 37% were male. Mean age was 49 years±18 and 35% were single.

**Conclusions:** Although a high proportion of caregivers reported to have not burden, it is important to develop strategies and activities in order to attend the needs of the caregivers in order to reduce the overload of responsibilities among them. Also further research is needed in order to identify the risk factors or protector factors that can prevent disease burden in caregivers.

**REFERENCES:**


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**ARE DMARD THERAPIES EFFECTIVE ON QUALITY OF LIFE, ANXIETY AND DEPRESSION LEVELS IN PATIENTS WITH RHEUMATOID ARTHRITIS?**

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**Background:** Rheumatoid arthritis (RA) is a chronic inflammatory autoimmune disease with persistent joint inflammation manifesting as joint pain, stiffness, and swelling. Treatment of rheumatoid arthritis (RA) should be aimed at achieving the lowest possible disease activity. Conventional DMARDs (eg, methotrexate [MTX], hydroxychloroquine, and sulfasalazine) are still widely used in newly diagnosed RA patients. On the other hand, the rate of biologic therapy use in clinical practice is rising as more agents become available in spite of efficacy of these treatments is polypharmacy comparable. Depression is a common under-recognised co-morbidity in patients with RA accompanying with substantial disability, reduced quality of life.