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ANXIETY AND DEPRESSION IN A PREGNANCY AND RHEUMATIC DISEASES CLINIC
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Background: Preconceptional psychologic evaluation allows the identification of risks factors for perinatal disorders. Anxiety (13.4%) and depression (41.5%) has been reported in rheumatic diseases1. Hospital Anxiety and Depression Scale (HADS) is used to evaluate anxiety and depression in patients with chronic diseases2. Objectives: To describe the frequency of anxiety and depression disorders among preconceptional patients in a Pregnancy and Rheumatic Diseases Clinic.

Methods: An observational, cross-sectional, and descriptive study was conducted in the Rheumatology Consultation of Hospital Universitario Dr. José Eleuterio Gonzalez in Monterrey, Mexico. We included 100 women aged between 18 and 39 years in the preconceptional stage of the Pregnancy and Rheumatic Diseases Clinic. HADS, which is divided in two subscales, one for anxiety and one for depression, indicating a disorder when a score ≥11 was applied. To evaluate Rheumatoid Arthritis (RA) a Disease Activity Score (DAS28) was used, for Systemic Lupus Erythematosus (SLE) a Systemic Lupus Erythematosus Disease Activity index (SLE-DAI) was performed, and others (Sjögren’s syndrome, dermatomyositis and fibromyalgia) were evaluated with the Global Quality of Life (GQL). To analyze differences among groups, Gamma coefficient was used. It was considered a statistically significant p<0.05.

Results: One hundred women in childbearing age were included, with a mean age of 34.48 (SD 18.33) years. RA was diagnosed in 48%, SLE in 37%, and others in 15%. We found a mean HADS total score of 11.73 (7.29), in the anxiety subscale 6.94 (4.027), and depression subscale 4.79 (2.046). A significant correlation between SLE and a high HADS score was observed (Table 1).

Conclusion: In order to have a safe pregnancy, an early intervention to assess the psychiatric status is required in patients with rheumatic diseases.

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