

# Depression in Patients with Rheumatoid Arthritis in a Teaching Hospital



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## ■ Objectives

- This cross-sectional comparative study was carried out in the Department of Medicine, Rajshahi Medical College Hospital to evaluate the association between rheumatoid arthritis and depression.

## ■ Research design and method

- A total of 61 patients were selected, RA group comprising of 30 patients and Non RA healthy group comprising of 31 patients. Diagnosis of rheumatoid arthritis was based on ARA criteria and diagnosis of depression was carried out by “Criteria for depressive episode” in ICD 10 and severity (grading) of depression was assessed by the *Hamilton Rating Scale for Depression*.

## ■ Results

- Among the RA group (30 patients) 7 (23.3%) persons were found to have depressive illness while 3 (10%) patients had depression as symptoms, 5 (16.7%) had mild depression and 2 (6.7%) had moderate depression. None suffered from severe depression. Among the healthy (control) group 1 (3.2%) person had mild depression.

**Table : Depression grade in Case and control group**

<b>Depression grade</b>	<b>RA group</b>		<b>Healthy group</b>	
	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>
<b>Asymptomatic</b>	<b>20</b>	<b>66.7</b>	<b>30</b>	<b>96.8</b>
<b>Depression as a symptom</b>	<b>3</b>	<b>10.0</b>	<b>0</b>	<b>0</b>
<b>Mild depression</b>	<b>5</b>	<b>16.7</b>	<b>1</b>	<b>3.2</b>
<b>Moderate depression</b>	<b>2</b>	<b>6.7</b>	<b>0</b>	<b>0</b>
<b>Total</b>	<b>30</b>		<b>31</b>	

**Hamilton Rating Scale for Depression:**

Score 0-13 = Asymptomatic

Score 13-16 = Depression as a symptom


Score 17-20 = Mild depression

Score 21-24 = Moderate depression

Score >25 = Severe depression

## ■ DISCUSSION

- Dicken C, Creed F found that subjects with RA are more likely to be depressed than healthy control subjects. The excess of depression in the patients with RA when compared with healthy control subjects was likely due to the presence of RA and not the result of socio-demographic differences between patients and control subjects.
- Pincus T, Callahan LF, Bradley L, et al observed that depression is increased significantly in patients with RA compared to non-RA controls. It is related both to pain levels and to work status. The prevalence of self reported depressive symptoms found in this case-control study was 15%.



This prevalence rate is lower than that previously reported in similar groups. This may be a result of sample size, but may in fact be a better indication of the true state of affairs as the current study used non-communicated measurement to assess depression.

Cris Dickens, JUDY Jackson, Barbara Tomensen et al had shown that anxiety and depressive disorders do occur in 20%-25% of patients with rheumatoid arthritis.



## ■ Conclusion

Depression is increased significantly in patients with RA compared to non-RA controls. We feel that a greater emphasis on recognizing and treating depression in RA is warranted.



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**THANK YOU.**