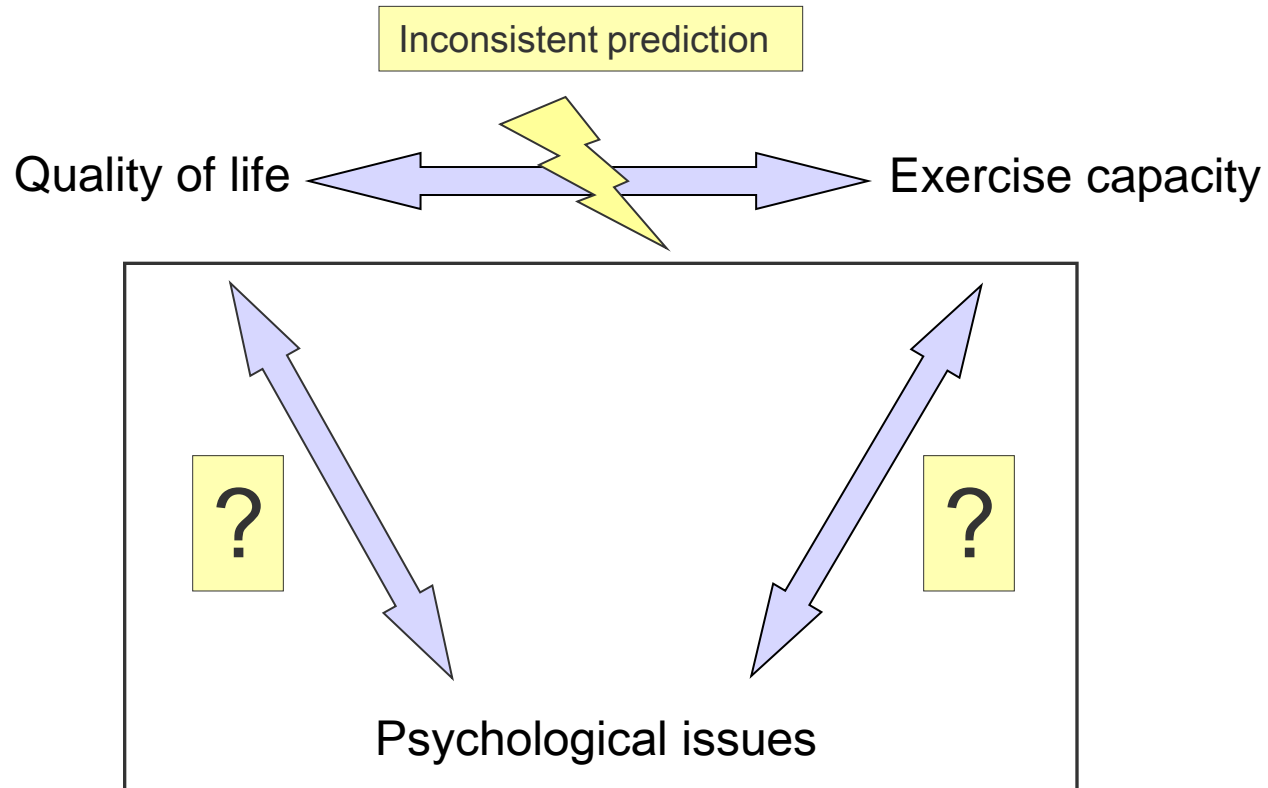


Depression in congenital heart disease

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Aims

1. Prevalence of depression and psychological problems
2. Interaction to quality of life and exercise capacity

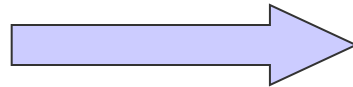
Depression: Centre for Epidemiologic Studies Depression Scale

- German translation: “Allgemeine Depressionskala” (ADS)
- self-reported symptoms associated with depression experienced in the past week.
- 20 items
- Depressed mood, feelings of guilt and worthlessness, feelings of helplessness and hopelessness, psychomotor retardation, loss of appetite, and sleep disturbance
- answers are transformed in values between 0 (good) – 60 (worst)
- Depression was defined as a ADS score higher than 23

	Rarely (< 1 day) 0 point	Some or a little of the time (1-2 days) 1 point	Occasionally or a moderate amount of time (3-4 days) 2 points	Most or all of the time (5-7 days) 3 points	Total
During the past week					
1) I was bothered by things that usually don't bother me					
2) I did not feel like eating; my appetite was poor					
3) I felt that I could not shake off the blues with help from my family or friends					
4) I felt I was just as good as other people [†]					
5) I had trouble keeping my mind on what I was doing					

Quality of life: MOS SF-36

- generic instrument to assess health related quality of life
- 36 items
- 8 subscales
physical components
mental components
+ health transition
- answers are transformed in values between 0 (worst) - 100 (best)



- physical functioning (10)
- role-physical (4)
- bodily pain (2)
- general health (5)

- vitality (4)
- social functioning (2)
- role-emotional (3)
- mental health (5)

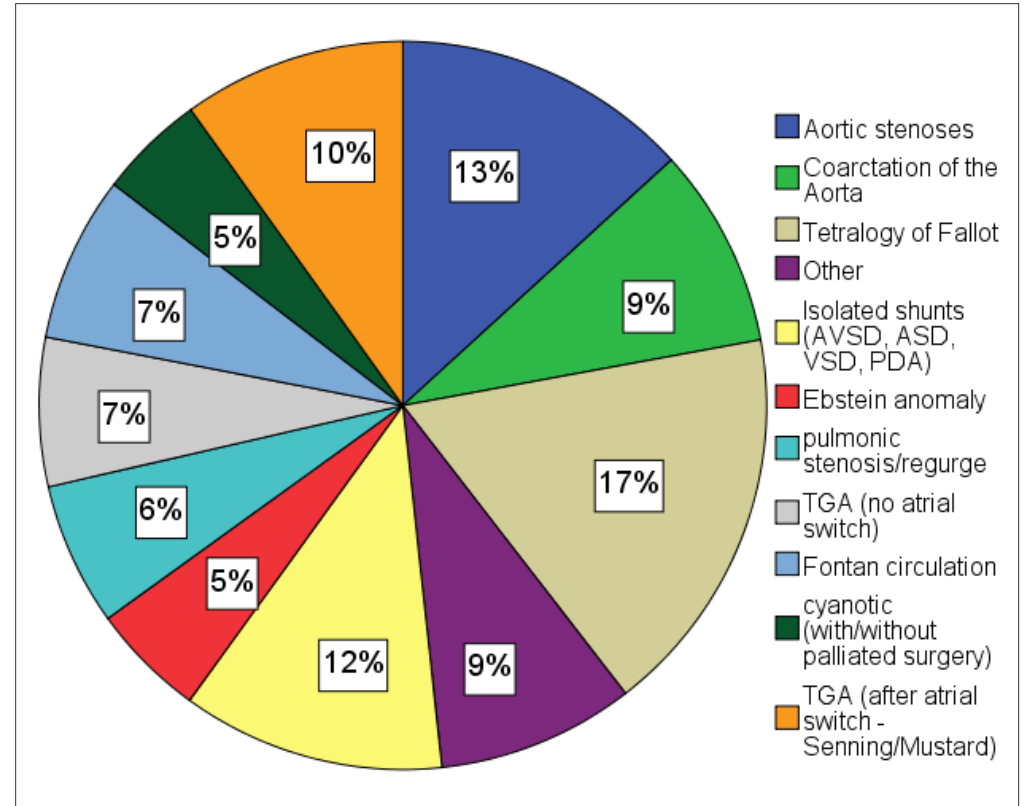
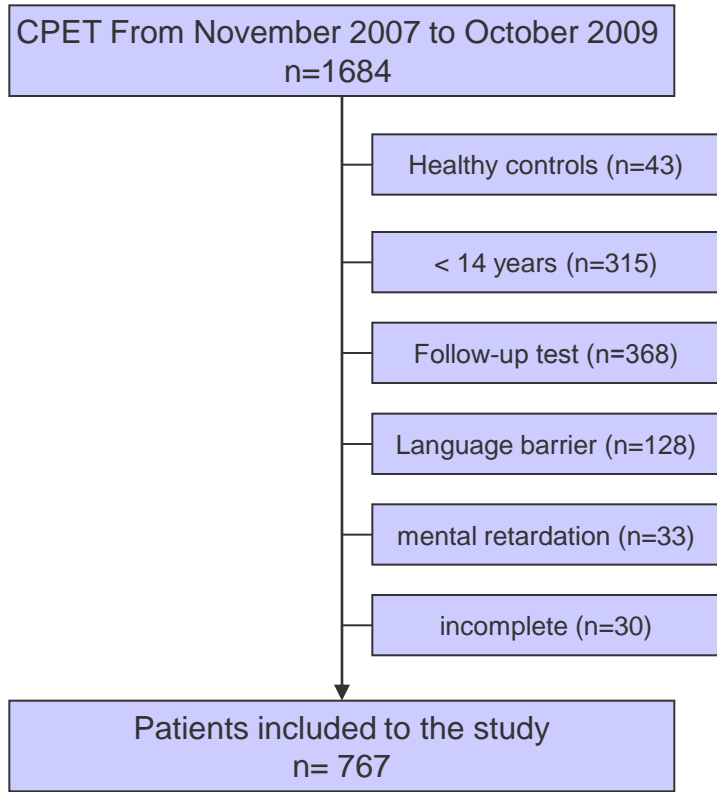
- health transition (1)

Exercise capacity: Cardiopulmonary exercise test

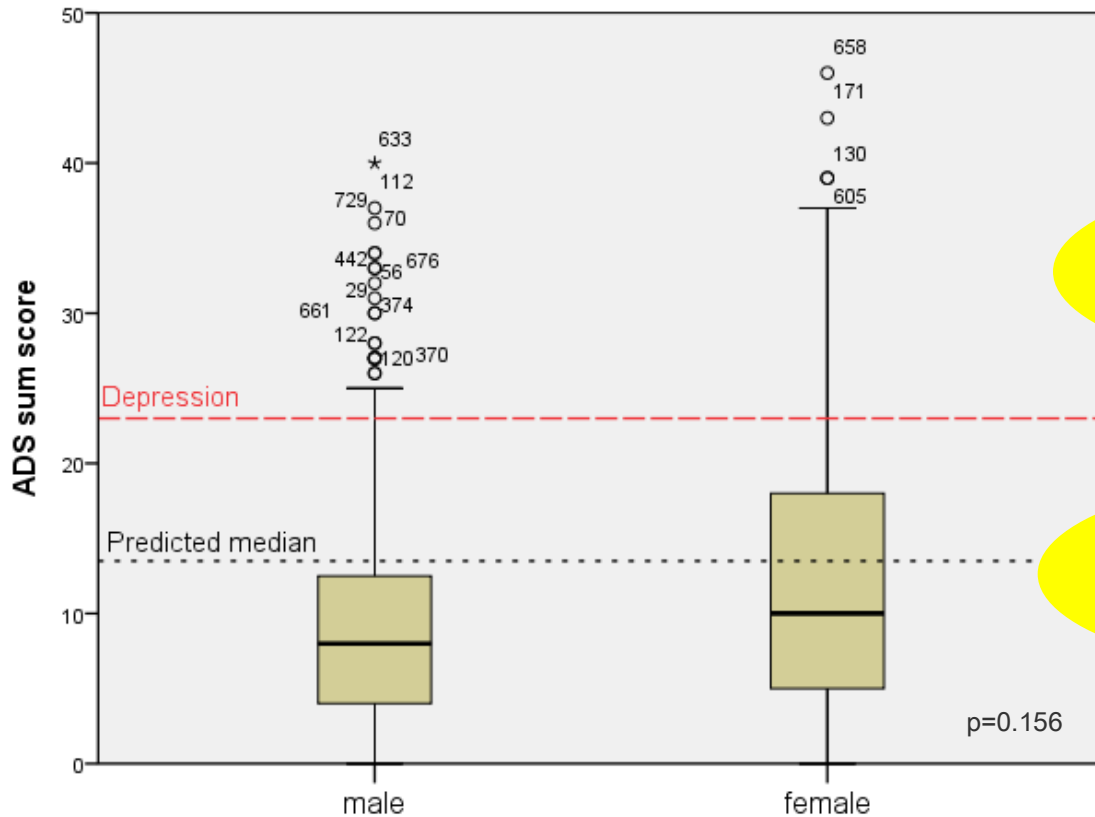
- symptom limited to maximum exhaustion
- bicycle ergometer in sitting position
- exercise protocol:
 - 3 min. rest to define baseline
 - 3 min warm-up without load
 - ramp-wise increase of work rates
- ECG, SpO₂ were measured continuously
- Ventilatory rate, volume, O₂-uptake, CO₂ elimination measured breath by breath
- RR was measured every 2 minutes



Patients



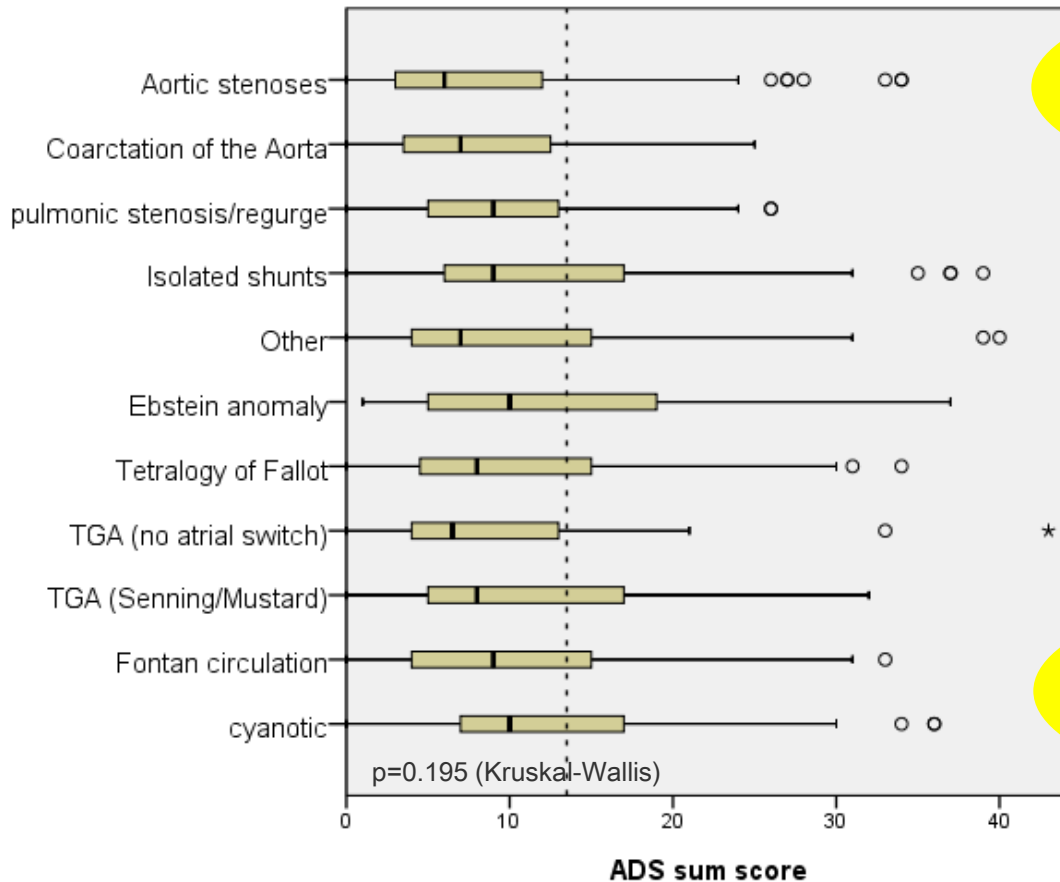
Prevalence of depression



Only 66 (8.6%) Exceed the cut-off point for depression

Patients reported less symptoms of depression than predicted

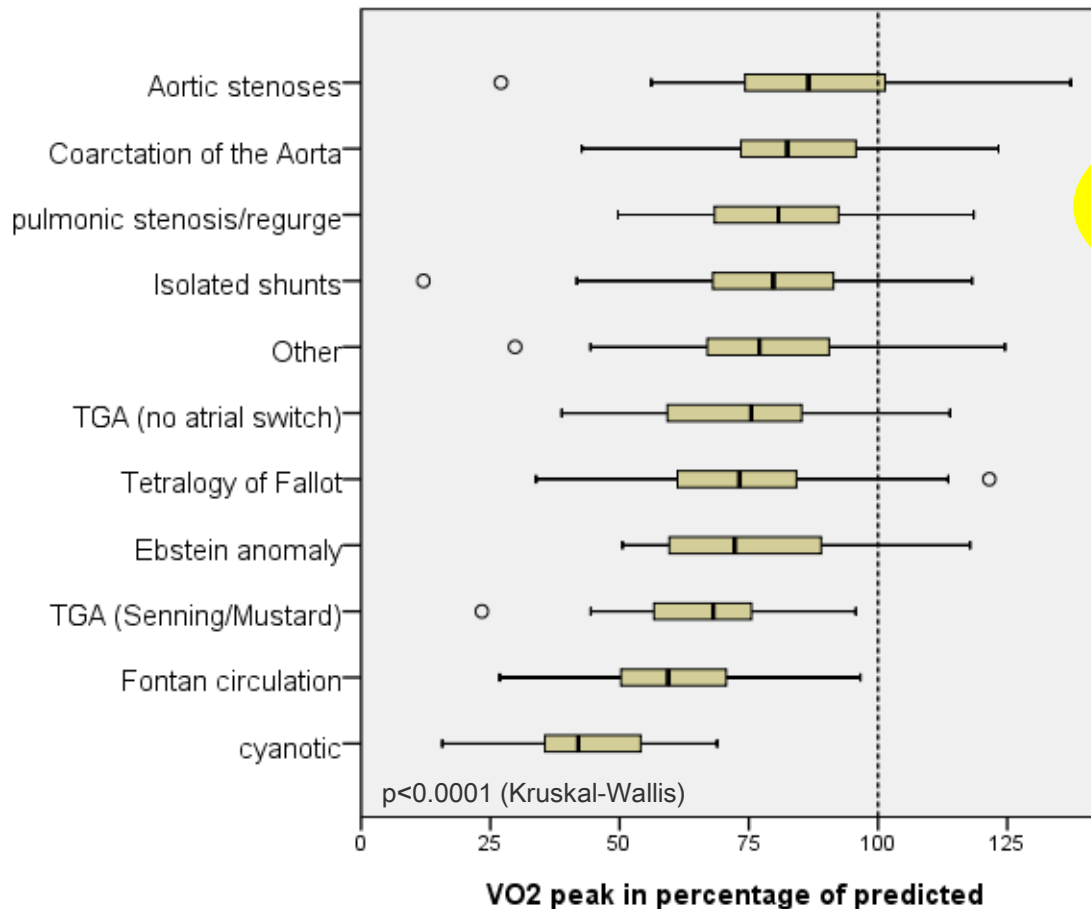
Depression according to subgroups



No significant difference in-between diagnostic subgroups

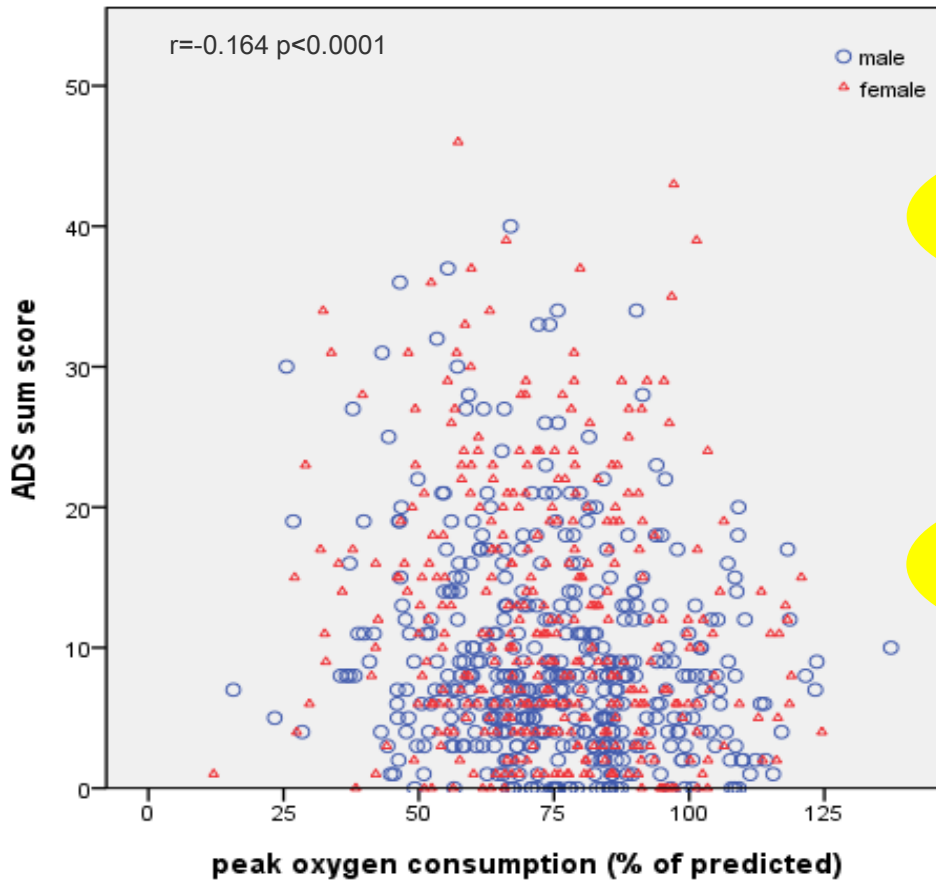
prevalence of depression in cyanotic was highest with 13.5%

Exercise capacity according to subgroups



degree of exercise intolerance was related to the severity of the underlying anatomical feature

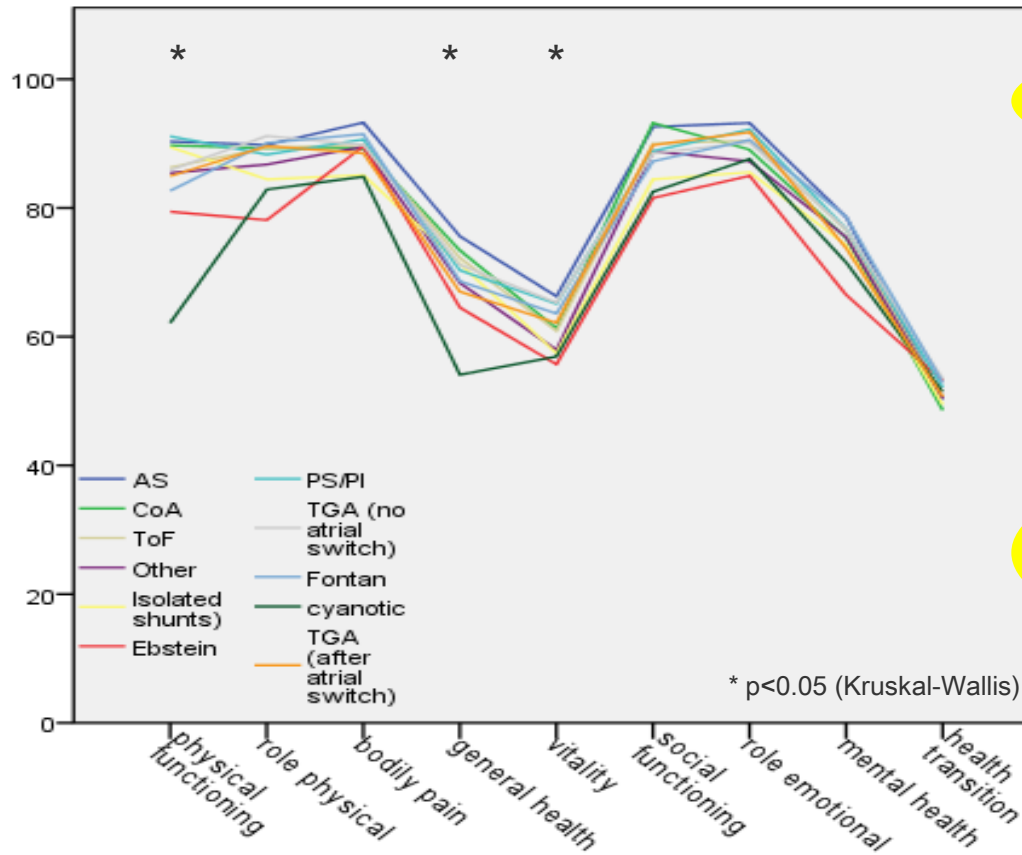
Correlation between exercise consumption and depression



shifts in the psychological status are of weak influence on exercise capacity

Psychological problem result not from the patients exercise ability

Quality of life according to diagnostic subgroups

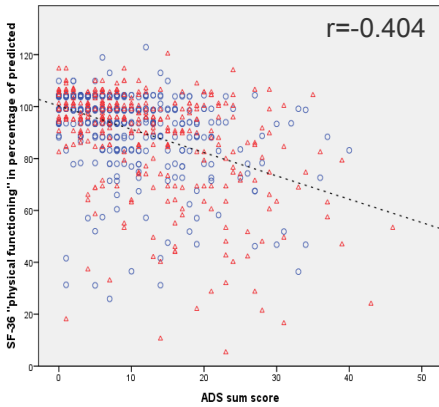


Quality of life was fairly good

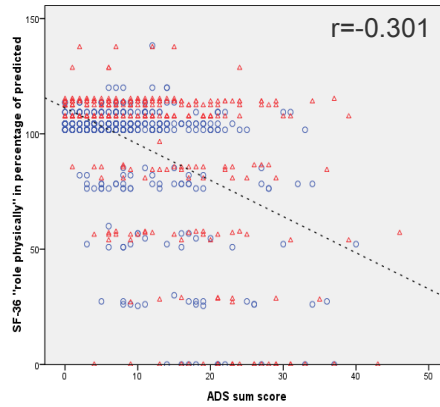
Differences in between the groups especially in the physical domains

Impact of depression on quality of life

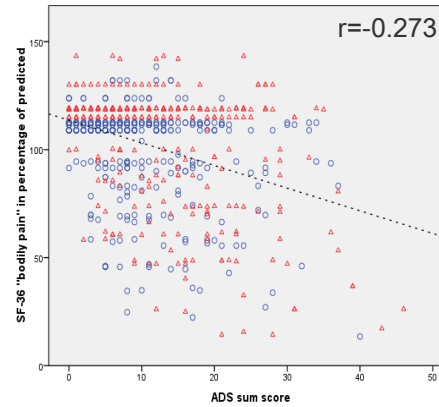
Physical functioning



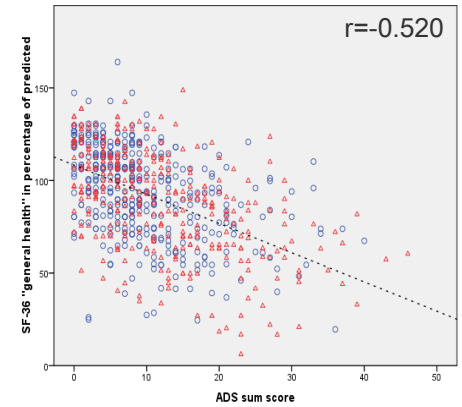
Role physicaly



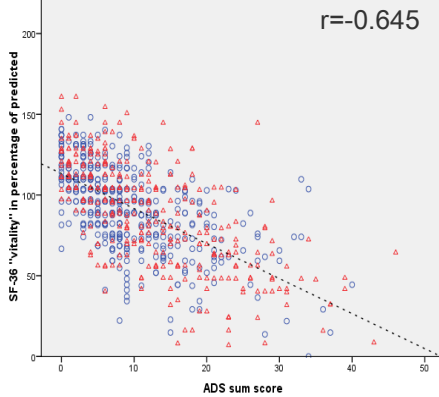
Bodily pain



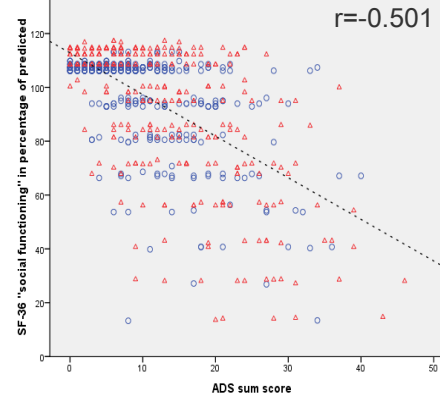
General health



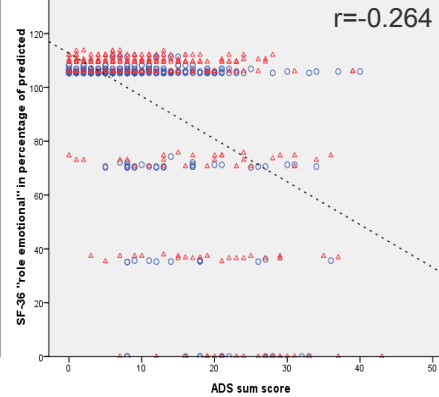
Vitality



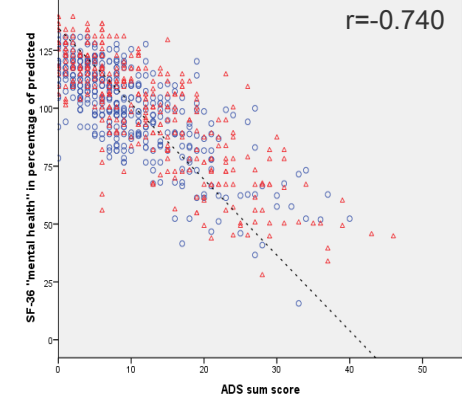
Social functioning



Role emotional

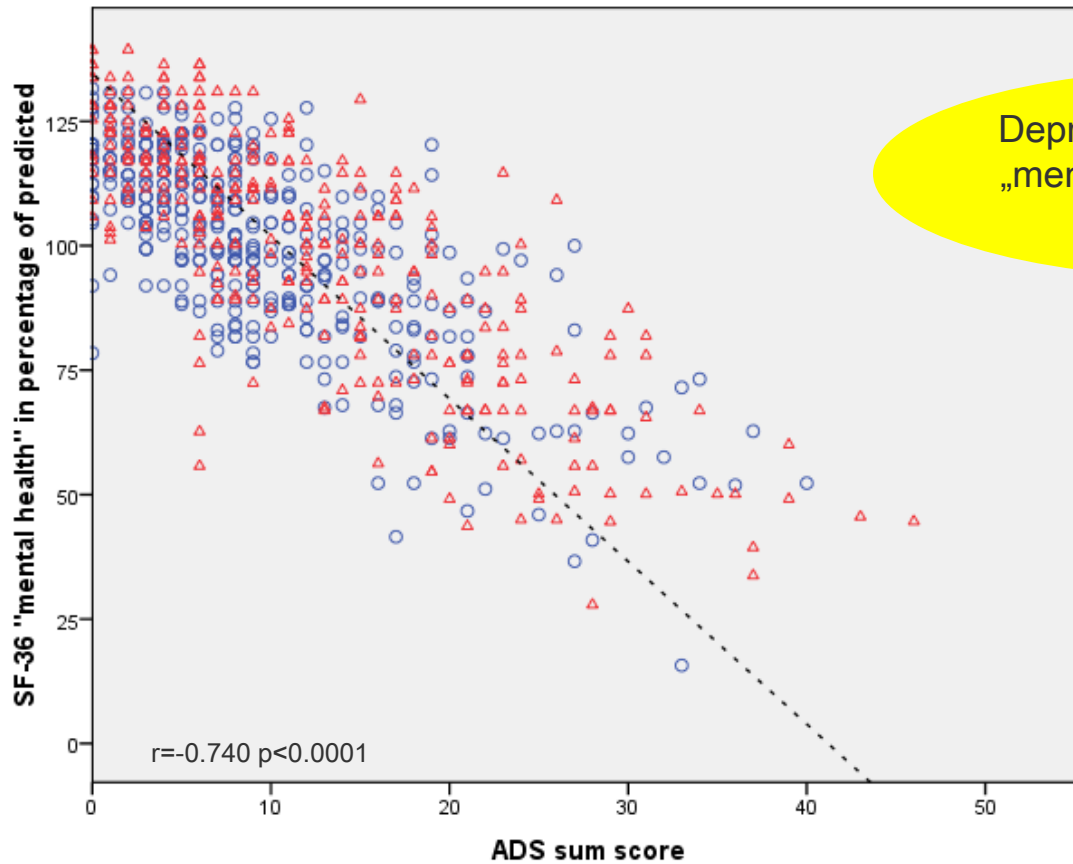


Mental health



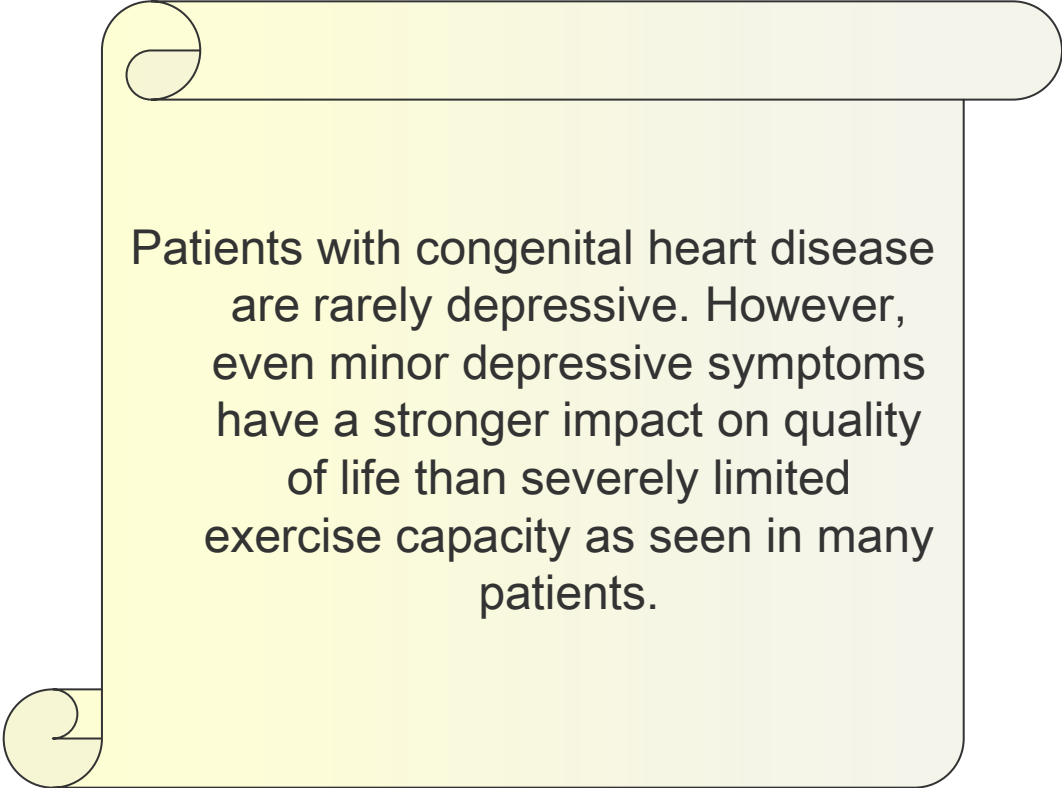
In all dimensions $p<0.0001$

„ADS score“ vs. „mental health score SF36“



Depression pictured in the „mental health“ dimension of the SF-36

Conclusion



Patients with congenital heart disease are rarely depressive. However, even minor depressive symptoms have a stronger impact on quality of life than severely limited exercise capacity as seen in many patients.

Thank you very much for our attention

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