

DEPRESSION SYMPTOMS ON CHRONIC HEMODIALYSIS PATIENTS IN NAZARETH: IDENTIFICATION AND ASSESSMENT

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Background: Psychopathological conditions such as depression illnesses are the commonest symptoms encounter Hemodialysis patients (HD), which can manipulate quality of life, morbidity and mortality of ESRD patients. Our aims were to assess the prevalence and its predictive risk factors in the Arab population undergoing Hemodialysis in Nazareth metropolitan area, Israel.

Methods: We conducted a prospective study at Hemodialysis unit and we recruited 71 patients, mean age (61.9 ± 14.13) who underwent Hemodialysis, and 26 healthy control, mean age (59.3 ± 7.3). Beck's Depression Inventory (BDI) and Hamilton Depression Scale were administered. Blood analysis for hematological, biochemical parameters was obtained. Diagnosis was made by using the (DSM-IV) for correlation of psychological variables with clinical, hematological and biochemical parameters. The statistical analysis carried out by one-way analyses of variance (ANOVA) followed by Turkey post-hoc multiple comparison tests.

Results: The prevalence of depression was 43.7%. Comparing Cortisol values, between all HD patients versus controls the result were: (16.96 ± 0.55) versus = (11.96 ± 1.17), $p < 0.0001$ (95% CI: 2.416 to 6.825)], and between depressed HD versus controls: [(16.48 ± 0.72); versus [(11.96 ± 1.17)], $p = 0.0013$ (95% CI: 1.878 to 7.184)], respectively. All results were significant in favor of patients. Hematological and biochemical parameters were compared between depressed HD versus undepressed patients and were insignificant ($p > 0.05$). Norepinephrine was insignificant.

Conclusion: Hemodialysis patients were depressed. Screening and diagnosing HD patients for depression, is important for treatment. Cortisol turnover activity has vital role in the development of neurobiologic models of depression. These findings may contribute to a better diagnosis of depression among HD patients. Notwithstanding, the warmly endeavors and the strong familial embracement found in Arabic traditions have failed to decrease the depression.