

ASSOCIATION BETWEEN PATTERNS OF FRAILTY AND COGNITIVE IMPAIRMENT WITH THE PRESENCE OF DEPRESSION SYMPTOMS IN COMMUNITY-DWELLING ELDERLY PEOPLE MEXICAN

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Objective: Determine the association between patterns of frailty and cognitive impairment with the presence of depression symptoms in community-dwelling elderly people.

Methods: Data corresponds to a random sample from the Study on Aging and Dementia in Mexico (SADEM). The frailty phenotype was determined with Fried criteria, modified by Ottenbacher. Cognitive function was assessed with the Mini-Mental State Examination (MMSE). Depression symptoms were assessed using the Center for Epidemiologic Studies Depression scale (CES-D). These instruments have been adapted and validated for Mexican elderly population.

Results: This study included 1,943 elderly individuals from 60 or more years old from Mexico City. The association for depression symptoms in the pattern of non-frail/cognitive impairment OR = 2.7 (95% CI = 2.5-2.8), Pre-frail/Without cognitive impairment OR = 4.9 (95% CI = 4.7-5.0), Pre-frail/Cognitive impairment OR = 4.7 (95% CI = 4.5-5.0), Frail/Without cognitive impairment OR = 13.9 (95% CI = 13.4-14.5) and Frail/Cognitive impairment OR = 20.9 (95% CI = 19.8-22.0). Using the pattern of Non-frail/Without cognitive impairment as the comparison category and the association adjusted for sex, age, education, marital status and living alone.

Conclusions: Frailty is strongly associated with the presence of symptoms of depression, but this association is greatly increased in the presence of frail and cognitive impairment in community-dwelling elderly people.