

Post-stroke depression in young adults

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Introduction. In the past years, research attention was paid to psychosocial consequences of stroke. It is believed that 5-20% of all cerebrovascular insults occur in young adults, but stroke itself still remains obscure entity in this age group due to high prevalence of undetermined causes of stroke. Previous research suggested the predicting role of vascular risk factors in developing post stroke mood disorders. Material and methods. We conducted a cross sectional study which enrolled 40 patients (aged ≤ 50 years) with clinical symptoms of first or recurrent ischemic stroke, and 30 nonstroke controls (aged ≤ 50 years). These risk factors were recorded: hypertension, diabetes mellitus, dyslipidemia, history of coronary heart disease, fibrillation, obesity, smoking, alcohol abuse, physical activity, use of oral contraceptives, previous TIA, previous stroke and positive family history of stroke. Hamilton depression scale (HAMD) was used to assess for depressive symptoms in acute phase of stroke, one month after discharge and six months after discharge. Results. Diagnosis of stroke in young adults was a significant risk factor for developing depression in acute stroke phase (OR, 21.2; 95% CI, 15,24-26,2) , one month after discharge (OR 23.4; 95% CI 17,2-35,2) and six months after discharge (OR 30,2; 95% CI 12,5-40,2). Among vascular risk factors, hypertension ($\chi^2=5,145$; $p=0,021$) and dyslipidemia ($\chi^2=14,069$; $p=0,0001$) were significantly associated with risk of stroke but did not present a significant risk factors for developing post-stroke depression. Six months after discharge, only 30% of the patients returned to work compared to 86.7% of controls. Conclusion. The negative effects of stroke among young patients should be a subject of further research.