

MAJOR DEPRESSIVE EPISODE, COGNITION, QUALITY OF LIFE, AND EPILEPSY

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Major depressive episode in adult patients with epilepsy (PWE) is frequent, but the associated factors remain controversial.

Objective: To study the occurrence of depression in PWE and relate it to their clinical characteristics and quality of life (QoL).

Sample and procedures: The study included 200 consecutive PWE from the neurology outpatient clinic of PUC-Campinas. The association between Neurological Disorders Depression Inventory for Epilepsy (NDDI-E) data and their clinical, cognitive, and QOLIE-31 characteristics was investigated at a significance level of $p < 0.05$.

Results: The sample had the following characteristics: 52.5% females; mean schooling of 5.7 years; mean age of 47.6 (± 15.1) years; mean age at first epileptic seizure (ES) of 24.1 (± 18) years; and 75 (37.5%) PWE had psychiatric disorders. The mean NDDI-E score was 10.3 (± 4.0). NDDI-E was negatively correlated with age (Spearman correlation; -0.204 ; $p = 0.004$); age at first ES (-0.168 ; $p = 0.018$), and QOLIE-31 (domain and total scores). High ES frequency was associated with higher NDDI-E score (Kruskal-Wallis; $p = 0.006$). Twenty-six cases had NDDI-E score ≥ 15 , suggestive of major depressive episode, which was associated with lower performance in semantic verbal fluency and QOLIE-31 scores.

Discussion and Conclusion: Major depressive episode was found in 13% of the cases. Clinical, cognitive, and quality of life aspects were correlated with NDDI-E scores.