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EFFECT OF CONTINUOUS POSITIVE AIRWAY PRESSURE TREATMENT FOR DEPRESSION AND ANXIETY AMONG PATIENTS WITH SLEEP APNEA

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Introduction: Obstructive Sleep Apnea Syndrome (OMAS) is the most common respiratory sleep disorder which is associated with increased mortality and reduced quality of life. The aim of this research is to evaluate and compare the prevalence of anxiety and depression symptoms among the patients with obstructive sleep apnea syndrome before and after the continuous positive airway pressure treatment.

Methods: 2015-2019 a prospective study using the Clinical Anxiety and Depression Scale (HADS) at the Centre of Pulmonology and Allergology of Vilnius University Hospital Santaros Clinics was performed. Increased anxiety has been determined by collecting > 10 points on the anxiety scale, increased depression by collecting > 10 points on the depression scale. The questionnaire was filled by patients diagnosed with OSA for the first time. The change of anxiety and depression symptoms was evaluated at repeat visits after 3 and 9 months, once again by completing the HADS questionnaire. The statistical significance is calculated from the chi square test. Data is considered statistically significant at $p < 0,05$.

Results: 138 newly diagnosed patients have completed the questionnaires. 103 (73,6%) men and 35 (25,4%) women, average age $55,48 \pm 11,03$. Depression symptoms were detected for 38 out of 138 (27,5%) newly diagnosed patients, anxiety symptoms - 36 out of 138 (26,1%). After 3 months, 60 patients arrived for the second visit. Depression symptoms were detected for 6 out of 60 (10%) patients, anxiety symptoms - 2 out of 60 (3,3%) patients. After 9 months, 33 patients arrived for the third visit. Depression symptoms were detected for 3 out of 33 (9,1%), anxiety symptoms - 2 out of 33 (6,1%) patients. The symptoms of depression and anxiety decreased statistically significantly with repeated visits ($p < 0,05$).

Conclusions: Anxiety and depression symptoms are highly prevalent in patients with obstructive sleep apnea. Continuous positive airway pressure treatment helps to reduce depression and anxiety symptoms.

Keywords: anxiety, depression, obstructive sleep apnea, continuous positive airway pressure.