

Sleep Disorders Study in Patients with Depressive Syndrome

C. Balmon¹, J.A. Dorado¹, L. Dorado²

¹UGC Salud Mental, HOSPITAL REINA SOFIA, Córdoba, Spain ; ²UGC Salud Mental, UNIVERSITY, Sevilla, Spain

OBJETIVE

A study that aims to evaluate some variables that can influence the sleep disorders.

It is a descriptive, observational and transverse study that pretends to investigate diverse psychopathological aspects and sleep disorders in patients diagnosed of depressive syndrome, in follow-up for an ambulatory service of mental health by means of a battery of widely recognized tests.

METHOD

In the first consultation in addition to clinical evaluation of our investigation team, we have used questionnaires in relation to 136 socialdemographic, demanding of consultation and clinical – therapeutic variables. Likewise, we have applied the following battery of tests: BDI, HARS, WHOQOL-BREF, CGI and PSQI.

To comparative effects we have established two groups using the Pittsburg Sleep Quality Index:

Group 1: Score 0-8 (disturbance mild)

Group 2: Score >8 (disturbance moderate/severe).

84 patients initially evaluated by the different tests, 59 female and 25 male.

RESULTS

GROUP 2: 51 patients (60,71%): 39 female (76,47%) and 12 male (23,53%)

= Variables with higher scores showing a significant difference compared to group 1 have been: Married, Suicidal ideation, Abuses substances, Somatic diseases, Headache, Alteration memory and Dizzines.

= Tests PSQI 11,41 and in all domains: Quality 2,16, Efficiency 1,35, Latency 0,96, Disturbances 2,14, Daytime Dysfunction 1,95 and Use of Sleeping Medication 2,75.

CONCLUSIONS

60,72% of depressed patients with the high scores in the PSQI test (>8), and poorer quality of sleep, are those in our study have more gravity in the symptoms of depression, anxiety, somatization and quality of life more severe involvement.