

P02-210

DEPRESSION, ANXIETY AND SLEEP DISORDERS IN PATIENTS WITH CHRONIC RHEUMATIC PAIN

J. Cerejeira, N. Madeira, C. Miguel, M. Matos, M.J. Quartilho

Psychiatry, Hospitais Universidade Coimbra, Coimbra, Portugal

Aims: Chronic pain irrespective of its origin can be a major factor of significant distress inducing high levels of anxiety, depression and sleep disturbance. These symptoms can, by their turn, aggravate the perception of pain. The objective of this study is to characterize mood, anxiety and sleep pattern in patients with chronic rheumatic pain.

Methods: Patients observed in the Psychosomatic Consultation of Coimbra University Hospitals from January 2008 with chronic rheumatologic pain were included in the study. They were prospectively assessed (twice in average) by a Psychiatrist for mood, anxiety, sleep, general status and levels of pain with standardized rating scales.

Results: Thirty-two female patients were included in the study. Mean age was $51,22 \pm 7,37$ years. Depression and levels of anxiety both correlated positively with Clinical Global Impression Scale but not with the level of pain reported by the patient. Moreover, although a significant proportion of the patients reported sleep disturbance, especially in the beginning and in the middle of the night, this was not correlated with levels of pain.

Conclusions: This study suggests that chronic pain is not a predictor of depression and anxiety and does not fully explain the distress reported by patients with chronic rheumatic disorders. Assessment of other factors such as personality traits, coping styles and maladaptative health behaviours should be part of the routine intervention in these subjects.