

## PATIENTS AND CORTICOSTEROIDS: EFFECT ON MOOD, QUALITY OF LIFE AND ADHERANCE TO TREATMENT

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**Objective:** The objective of this study is to investigate the quality of life of patients receiving oral corticosteroids, his impact on the occurrence of depressed or hypomanic mood and on the adherence to corticosteroids.

**Materials and methods:** This descriptive study was held in the department of Internal Medicine, during 04 months (From July to October 2012). We included 50 patients, having corticosteroids with a dose equal or greater than 10 mg of prednisone per day for a period exceeding one month. We used, the HAD scale, the SF-36 to investigate the quality of life of these patients, the ANGST scale of hypomania and Morisky scale for the dherence to treatments.

**Results:** The average age was  $43.43 \pm 16.11$  years. The age of discovery of the disease was  $38.24 \pm 14.28$  years. An average score of anxiety was  $10.6 \pm 3.89$ . An average score of hypomania was  $8.43 \pm 4.025$ . We noted that 53.7% of patients belong to level 3 of anxiety, and 40.56% have some level depression by the HAD score. Psychiatric complications were noted in 58.5% of patient with a major depressive state in 12.2%. Patients reported sleep disturbances in 24% with behavioral problems in 9.6% of cases. The average score of SF36 was  $56.55 \pm 15.21$ , and 74% of patients had distorted quality of life, mainly affecting psychic health (92.54%).

**Conclusion:** Our results suggest the interest of a psychiatric examination before the introduction of corticosteroids, in order to detect patients requiring special supervision.