

Article: 0608

Topic: EPW02 - e-Poster Walk Session 02: Consultation Liaison Psychiatry and Psychosomatics, Oncology and Psychiatry, Pain and Treatment Options

The Psychosomatic Health of the Spouses of Chronic Kidney Disease Patients

A. Paschou¹, D. Damigos¹, P. Skapinakis¹, K. Siamopoulos¹

¹Medicine, University of Ioannina, Ioannina, Greece

Background: According to numerous studies, living with a chronic patient relates to higher depression and impaired state of bio-psychological health. The patients with chronic kidney disease live as a 'psychosocial dyad' with their spouse.

Objectives: The main objective of the present study was to investigate the bio-psychological impacts of living with a spouse suffering from a chronic kidney disease.

Aims: The evaluation of the real and perceived state of health of the spouses of patients with chronic kidney disease.

Methods: The current study took place at the Department of Nephrology of University Hospital of Ioannina. The sample consists of 45 subjects (34 women, 11 men). In addition to a semi structured interview, the questionnaires used were: Patient Health Questionnaire (PHQ-9), Anxiety Test Questionnaire (GAD-3), The Zarit Burden Interview Questionnaire, The Health Related Quality of Life Questionnaire (EQ 5D), Other as Shamer Scale (OAS), a list of health problems and a questionnaire of social-demographic data.

Results: The spouses had a mean age of 62,02±11,78. Most spouses report a satisfactory state of health (72,9%), but generally they postpone their own medical exams or routine surgeries. Their perceived burden of care increases as their economic state worsens ($p=.015$) and the increased burden relates to worse self-report state of bio-psychological health is ($p=.000$).

Conclusions: The spouses of renal patients experience the impact of living with a life-threatening disease. An effective health care planning should contribute to their own welfare.