



# Association between stress/anxiety, depression, pain and quality of life in people with chronic kidney disease

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18 October 2018



# Introduction

Chronic  
kidney disease  
patients  
undergoing  
hemodialysis



have a high  
symptom  
burden that  
contributes



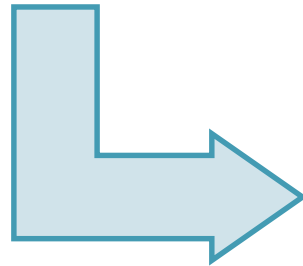
to increased  
suffering and  
diminishes  
their quality  
of life



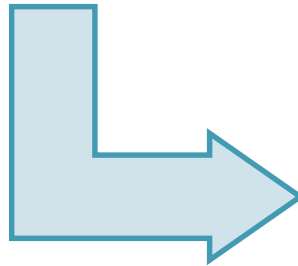


# Introduction

Cardiovascular, musculoskeletal  
and psychosocial disorders



affect their  
physical and  
functional  
capacity



**Anxiety, stress  
and depression**





# Objectives

To determine the prevalence of stress/anxiety and depression chronic kidney disease patients

To verify the association between stress/anxiety and depression with pain and quality of life.





# Methods

## Study design

- **Cross-sectional;**
- **Descriptive;**
- **Observational;**

## Sample

- **Random sample consisting of 183 patients undergoing hemodialysis;**
- **Two clinics one hospital unit in the region of Lisbon;**

## Measures

- **Depression Anxiety and Stress Scale (DASS-21);**
- **Brief Pain Inventory;**
- **SF 12**





# Methods

## Procedures

- The questionnaires were administered during the dialysis session from March to June 2015

## Statistical analysis

- Disease has a two-dimensional model "Depression" and "Stress / Anxiety".
- The cut-off scores have been developed for defining mild/moderate/severe/extremely severe scores for each DASS scale.
- Association study - Pearson correlation coefficient.

## Ethical procedures

- Was approved by the Ethics Committee.





# Results

## Sample

- Consisted mostly of men (59.6%);
- Portuguese nationality (78.7%);
- The mean age was 59.17 years (SD ± 14.64);
- Under hemodialysis treatment for 70.9 months (SD± 54.2);
- 28% of the patients were single, 53.8% married, 11.5% widowed and 6.6% divorced.
- 76% were retired and 24% had a regular job





# Results

## Prevalence

Stress and Anxiety is 24%

Depression is 37.2%.







# Results

	Stress And Anxiety (DASS)	Depression (DASS)	Physical Component Quality of Life	Mental Component Quality of Life	Pain Severity
Depression (DASS)	0.729***				
Physical Component	-0.167*	-0.248**			
Mental Component	-0.477***	-0.562***	0.200**		
Pain Severity	0.243*	0.199*	-0.341***	-0.177	
Pain Interference	0.508***	0.516**	-0.413***	-0.445***	0.533***

\* <0,05; \*\* p< 0,01; \*\*\*p< 0,001

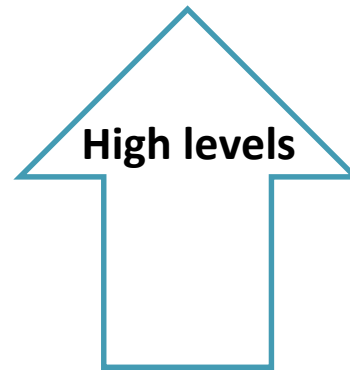




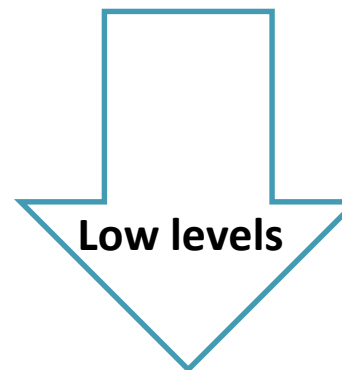
# Conclusions

**Stress/anxiety and depression are associated:**

Stress/anxiety and depression are **more prevalent** in chronic kidney disease patients .



**High levels** of pain causing an impact on activities of daily living



**High levels** of quality of life in the physical and mental components.





# Conclusions

**Nurses** should develop strategies



To improve the **mental health** of chronic kidney disease patients



To improve their **quality of life.**





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Outubro 2018