

CHELATION THERAPY IMPACT AND ITS CORRELATION WITH THE PSYCHOLOGICAL PARAMETERS IN PATIENTS WITH THALASSAEMIA

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Introduction: Iron Chelation treatment (ICT) in beta-thalassemia major (beta-TM) patients undergoing blood transfusions can cause low satisfaction, low compliance, with possible negative consequences on treatment success, patients' wellbeing, and costs.

Aims: The purpose was to estimate the existing correlation between the Chelation therapy factor of the Specific Thalassaemia Quality of life instrument (STQOLI) and certain psychological assessments.

Method: The Chelation impact scale, of the Specific Thalassaemia Quality of life instrument (STQOLI), along with the Depression Anxiety Stress Scale (DASS) and the Satisfaction with Life Scale, were administered to 70 patients with thalassaemia Major on regular blood transfusion, registered with Thalassaemia unit at General Hospital of Nikaia Greece.

Results: Statistical analysis revealed that Chelation impact in health related quality of life in patients with thalassaemia has a significant and negative correlation with depression ($r = -.325$ $p < .001$), anxiety ($r = -.276$ $p < 0.05$) and total DASS ($r = -.308$ $p < .05$) and a significant positive correlation with the psychosocial impact scale of the (STQOLI) ($r = .463$ $p < .0001$), the Satisfaction with Life Scale ($r = .265$ $p < .05$) and the Total scale of STQOLI ($r = .784$ $p < .001$).

Conclusion: The better quality of life in the Chelation therapy factor a patient has the less anxious and depressed is feeling. Thalassaemia has a negative impact on emotional, social and well being in thalassaemia patients. Continuing support for better Chelation quality should be given to these patients. More understanding and support especially from health authorities, and the society is essential to enhance their quality of life.