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DEPRESSION AND LIFE QUALITY IN PATIENTS WITH EATING DISORDERS - A TWO YEAR FOLLOW UP

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Introduction: The symptoms of depression are often found in patients suffering from eating disorders.

Aims: The aims of this research were to find out if depression in patients with eating disorders (ED) like anorexia nervosa (AN) or bulimia nervosa (BN) is an additional condition accompanying the ED diagnose, or if it is an integral element being part of emotional problems related to maturation. The estimation of patients' social condition is also considered in comparison to matched group with no ED diagnose.

Methods: Subjects: Group B - 19 females diagnosed, age 12 - 24; group C - matched control group of 30 healthy females, group F - 19 patients out of group B examined in a follow up research two years after hospital treatment. Tools used: Beck Depression Inventory (BDI) , Life Quality Questionnaire (Q), Body Mass Index measurement (BMI).

Results: BDI results: depression symptoms are more intense in the early phase of the treatment of ED (group B) than in the follow up -group F (two years after hospitalization) and also more intense than in group C (controls). Q Questionnaire shows no differences between groups B, C, and F.

Conclusions: Depression is an additional condition in patients diagnosed with ED mostly in the early phase of the treatment. No differences have been found in the social condition between groups B, C, and F.