

P01-36 - DEPRESSION AND PSYCHOSOMATIC DISEASES

M. Gabos Grecu¹, I. Gabos Grecu², T. Moica¹, A. Vesa¹, C. Gabos Grecu³

¹*First Clinic of Psychiatry*, ²*Psychiatry, First Clinic of Psychiatry*, ³*University of Medicine and Pharmacy, Târgu-Mures, Romania*

The aim of our retrospective study was to evaluate patients with depressive mood disorder, hospitalized in First Psychiatry Clinic of Tirgu Mures, Romania, between 01.01.2008 - 31.12.2008. We tried to demonstrate the link between depressive mood disorders and certain psychosomatic diseases associated, such as hypertension, coronary artery disease, hypothyroidism, gastrointestinal disorders, diabetes and duodenal ulcer.

Methods: 517 patients with a diagnosis of major depressive disorder were evaluated in the period January to December 2008 in First Psychiatry Clinic of Tirgu Mures. The data obtained were entered into computer, processed and were compared statistically with data from literature.

Results: 380 of the 517 patients suffer from one or more psychosomatic diseases. The majority patients with depressive mood disorders and psychosomatic illness associated were between 50 and 59 years old. The incidence of these diseases is more common in female sex. 75% of all patients hospitalized for these diseases are women. The most common disease associated with depression was hypertension. It is followed by coronary artery disease, gastrointestinal disorders, hypothyroidism, type 2 diabetes mellitus and duodenal ulcer. The most common gastrointestinal disorders were chronic gastrointestinal, chronic recto colitis and gastro duodenal ulcer.

Conclusions: Depression is one of the most common disease for which patients are presented in specialty medical practices and psychiatric hospitals. Frequently, the psychiatric disorder is associated with some psychosomatic diseases that can decrease compliance of these patients and worsen long-term prognosis of the psychiatric disease.