

P-762 - DEPRESSION AND ANXIETY IN INFLAMMATORY BOWEL DISEASE IN REMISSION

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Aim: The presence of anxiety and depression has important implications for Inflammatory Bowel Diseases (IBD) management. The aims of our study were to examine the levels of anxiety and depression in IBD patients in remission and compared to those without IBD.

Methods: A total of 180 patients with IBD, 88 with Crohn's disease (CD) and 92 with ulcerative colitis (UC), in remission (defined by clinical criteria), aged 19-65, of both genders (96 males and 84 females), without known or evident psychiatric disorders, without other chronic disease or the history of surgical treatment, were enrolled in the study. The control group consisted of 180 subjects without IBD. The levels of anxiety and depression were obtained by the Hamilton Anxiety Rating Scale (HAMA-14) and Hamilton Depression Rating Scale (HAMD-21).

Results: Among IBD patients 56.7% of them had no anxiety, 32.1% had mild anxiety and 11.2% had moderate anxiety. Without depression was 11.1% of patients, mild depression had a 55.6%, 32.2% had moderate depression and 1.1% had severe depression. There was a statistically significant difference in distribution of patients by categories of anxiety ($P < 0.01$) and by categories of depression ($P < 0.01$). In the control group, 94% were free of anxiety and 61.1% had no depression. There was no statistically significant difference between CD and UC.

Conclusions: There was significant difference between control and IBD group by levels of anxiety and depression.