E-Poster

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Risk Factors of Depression in Patients With Knee Osteoarthritis

Topic: Pain

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BACKGROUND

Knee osteoarthritis (KOA) is among the mean sources of chronic pain and functional disability which may lead to anxiety and depression.

The aim of this study was to determine risk factors of depression in patients with KOA.

METHODS

We conducted an analytical cross-sectional study over a three-month period, including patients presenting with KOA. Demographic data, history of KOA and Kellegren and Lawrence radiographic stage were collected. Functional discomfort was assessed by the Lequesne knee index and catastrophizing was assessed by the Pain Catastrophizing Scale (PCS) questionnaire. Psychological assessment was performed by the Hospital Anxiety and Depression (HAD) scale.

RESULTS

Ninety patients with KOA were included. The mean age was 58.76 ± 9.1 years. The mean body mass index (BMI) was 30.19 ± 5.54. The average Lequesne index was 11.33 ± 3.53 and the average PCS was 23.91 ± 11.28. A high depression score was noted in 58.9% of patients. Depression was significantly associated with sex (p = 0.001), BMI (p = 0.03), Lequesne index (p = 0.02) and PCS (p = 0.00009).

CONCLUSION

Pain catastrophizing thoughts in KOA and obesity worsen patients' attitudes and psychological profile towards pain leading to depression.

Statement of Disclosures

None

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