E-Poster

EP-247

Psychosocial Impact of Stroke: Quality of Life, Depression, and Anxiety in the First Two Years

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

Aymen Hadj Salah, Imen Dghim, Soumaya El Arem, Ikram Haddada, Bassem Krifa, Mouna Sghir, Wassia Kessomtini

Department of Physical Medecine and Rehabilitation, University Hospital of Taher Sfar Mahdia, Mahdia, Tunisia

BACKGROUND

Stroke remains a leading cause of long-term disability, significantly affecting both medical and social well-being. While functional recovery has been extensively studied, its impact on quality of life (QoL) remains less explored. This study aims to evaluate post-stroke QoL and assess the prevalence of depression and anxiety within the first two years following an ischemic stroke.

METHODS

We conducted a cross-sectional study including patients with a first ischemic stroke of mild to moderate severity. Quality of life was assessed using the Short Form-36 (SF-36) questionnaire, while the Hospital Anxiety and Depression Scale (HADS) was used to determine the prevalence of anxiety and depression.

RESULTS

A total of 60 patients were included, with a mean age of 54.5 years (32 men, 28 women). Quality of life was significantly reduced in 76% of participants. The most affected domains of the SF-36 were physical functioning (36.5%), limitations due to physical health (24%), emotional well-being (39.7%), energy/fatigue (57%), social functioning (32%), pain (47.5%), and general health perception (41%). Depression (moderate severity) was observed in 13.5% of patients, while 9.65% exhibited mild anxiety symptoms.

CONCLUSION

Post-stroke impairment in QoL, alongside depression and anxiety, is highly prevalent in the first two years after an ischemic event. Targeted interventions, including psychological support and optimized social reintegration, are essential to mitigate the long-term psychosocial burden of stroke.

Statement of Disclosures

none

Corresponding Author:
Aymen Hadj Salah
Department of Physical Medecine and Rehabilitation, University Hospital of Taher Sfar Mahdia, Mahdia, Tunisia
Email: haj.salah.eymen@gmail.com

Doi: 10.5606/archisprm.2026.EP-247