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Depression and Quality of life After Stroke: A Biopsychosocial Approch

Topic: Psychology

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BACKGROUND

Stroke is one of the most common causes of disability among adults , leading to functional incapacity, cognitive and psychological deterioration and loss of quality of life. The psychosocial impact is important to assess in order to improve the management of post-stroke complications. The aim of the study was to assess quality of life and psychological impact in order to demonstrate the value of treating stroke sequelae according to a biopsychosocial model.

METHODS

This is a retrospective study spread over three years from 2020 to 2023, conducted in the department of physical medicine and rehabilitation, including 30 post-stroke patients. We used the Hospital Anxiety and Depression Scale (HAD) for psychological impact and the Short-Form Health Survey (SF-36) to assess quality of life.

RESULTS

The average age of patients in this study was 64.5 years (range: 59-70 years). The majority (75%) had experienced an ischemic stroke, while 25% had a hemorrhagic stroke. Based on depression scoring, 26.6% of the patients showed no signs of depression, 40% exhibited probable depression, and 33.3% had definite depression. For anxiety, 20% showed no anxiety, 33.3% had probable anxiety, and 46.6% had definite anxiety. All patients demonstrated reduced scores on the SF-36, with mean physical and mental scores of 40% and 30% respectively.

CONCLUSION

Post-stroke depression and deterioration in quality of life are both common sequelae following acute stroke. Our study suggests that the focus should not be limited to functional sequelae but should include systematic screening for psychosocial aspects, building a holistic bio-psychosocial approach that will enable better management of post-stroke patients.

Statement of Disclosures

None

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