E-Poster

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Relationship of Vitamin D Levels With Disease Activity, Anxiety and Depression in Ankylosing Spondylitis Patients

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Ankylosing spondylitis (AS) is a chronic and progressive inflammatory disease primarily affecting the axial spine, sacroiliac joints, and hip joints. Vitamin D may play a significant role in the progression of this disease. Beyond its critical functions in bone and mineral metabolism, vitamin D also alleviates inflammatory responses by reducing pro-inflammatory markers. Research suggests that vitamin D deficiency may be associated with the progression of various autoimmune diseases such as multiple sclerosis and Crohn's disease. Additionally, some studies have reported significant differences in serum 25OHD levels between healthy individuals and patients with AS. This study aims to evaluate the potential relationship between vitamin D levels and anxiety, depression, and disease activity indices in AS patients.

METHODS

A total of 95 AS patients who visited our hospital between 09.01.2023 and 22.12.2023 and had their vitamin D levels measured within the past three months were included in the study. Demographic data and disease activity were assessed using the BASDAI (Bath Ankylosing Spondylitis Disease Activity Index) score, while functional status was determined using the BASFI (Bath Ankylosing Spondylitis Functional Index). Anxiety and depression levels were evaluated using Hospital Anxiety and Depression Scale (HADS). Disability were assessed using Health Assessment Questionnaire (HAQ). 25OH vitamin D levels were analyzed.

RESULTS

A significant correlation was found between vitamin D levels and the BASFI score (p0.05). BASDAI, anxiety, depression, and HAQ scores were significantly correlated with each other ($p < 0.05$). In female patients, BASDAI, HAQ, anxiety, and depression scores were significantly higher. However, no significant difference was detected in vitamin D levels between genders.

CONCLUSION

Higher disease activity correlates with increased depression and anxiety, particularly in females, who require closer evaluation. No link was found between vitamin D levels and BASDAI, depression, or anxiety. However, a weak positive correlation was noted between vitamin D levels and BASFI.

Statement of Disclosures

None

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