

Depression in Egyptian thyroid cancer patients with hypothyroidism : A preliminary study

Amer, Dalal. Quttb, M.

Cairo Univ. (EGY). Fac. of Med.

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This study aimed to evaluate depression and relate the severity of depression and anxiety symptoms with areas of concern in the lives of patients with differentiated thyroid cancer under short-term hypothyroidism. Twenty-eight post thyroidectomy thyroid cancer patients were successively recruited. Depression was diagnosed using the ICD-10 symptom checklist, depression and anxiety symptoms' severity using the Montgomery and Asberg depression rating scale and Hamilton anxiety rating scale. The effect of the disease and its management on the quality of life was explored using the QOL scale/thyroid.

Serum TSH was measured. The results showed that the prevalence of depression was 64.3% amounting to moderate severity in 21.4%. The occurrence of depression was not affected by age, education, gender, marital status, work, residence, duration since diagnosis and TSH level. Depression and anxiety were associated with QOL areas reflecting the personal meaning of the disease, person's role in life, prospective fears of cancer recurrence and metastasis, physical wellbeing, thyroid therapy withdrawal and some follow up tests.

Other areas that raised distress, but did not correlate with depression, included family distress and support, financial burden, effect on work, and distress to initial diagnosis, surgery and hospitalization for radio-iodine ablation.