

Study of anxiety disorders among elderly patients with chronic obstructive pulmonary disease

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This study aimed to assess the relationship between COPD and anxiety disorders in elderly. A case-control study was done on 92 elderly persons, aging 60 years and older selected as two groups.

The first group (case group) included 46 elderly who had been diagnosed as COPD patients. The second group (control group) included 46 healthy elderly. Each participant was subjected to geriatric depression scale (GDS), activities of daily living (ADL) (MMSE) and Spielberger anxiety state and trait scale.

The study showed that elderly with COPD had high anxiety scores in both state and trait compared to control elderly group. The results showed that anxiety was more common among females. The results of anxiety scales were directly related to severity of COPD and functional impairment.

Also, anxiety scores were higher among COPD patients using mixed treatment for COPD, followed by those using bronchodilators only.