

The Prevalence of Anxiety and Depression Symptoms in Obstructive Sleep Apnea

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ABSTRACT

Study Design: Cross sectional

Background: Obstructive sleep apnea (OSA) is the most frequent type of sleep-disordered breathing, and it's linked to higher mortality and morbidity, as well as a lower quality of life. It is characterized by nocturnal hypoxemia, hypercapnia, and sleep fragmentation caused by recurring episodes of upper airway obstruction during sleep. Obstructive sleep apnea (OSA) is associated with mood problems, albeit the relationships are not well understood

Methods: Patients who visited the KKU ENT clinic between December 2020 and October 2021, were given the Hospital Anxiety and Depression Scale (HADS) to complete. The presence of obstructive sleep apnea on a diagnostic or split-night sleep study, completion of the HADS questionnaire, and age >18 years were all required for inclusion. All records that met the inclusion criteria were chosen for review; records were excluded if the patient did not complete the HADS or the PSG.

Results: This study contained 126 records, 55 of which were females and 71 of which were males. There were 55 people who tested positive for anxiety and 49 people who tested positive for depression. The demographics and features of persons with and without anxiety symptoms. The AHI was lower in patients who reported anxiety symptoms. The anxiety group had a greater peripheral oxygen saturation (SpO₂) than the non-anxiety group. In addition, the anxiety group spent less time with SpO₂ 90% compared to the control group.

Conclusion: The inverse association between anxiety and OSA severity, in particular, is intriguing and deserves additional research. Understanding these connections could provide crucial information for bettering patient care and identifying patients with underlying psychiatric illness.

Keywords: Anxiety, Depression, Symptoms, Obstructive, Sleep Apnea

Bahrain Med Bull 2024; 46 (3): 2322 - 2324

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