Factors affecting psychological wellbeing in women with multiple sclerosis

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Abstract

Introduction: Multiple sclerosis due to change in the physical functioning, psychological, social and cognitive status. In addition, impact of MS on quality of life in patient and her family were determined. Although depression is common in patients with MS, but to the best of our knowledge there was few studies have been addressing on variables that influenced on depression in this community. The aim of present study was to determinant risk factors related to the mental health of women with multiple sclerosis.

Methods: This was cross sectional study. Participants were recruited from the MS outpatient clinic in referral hospitals affiliated to Tehran University of Medical Sciences. Diagnosis of MS was determined according to the McDonald Revised criteria by neurologist. 226 samples were analyzed. .Information was collected through questionnaires and clinical neurologist examination. The questionnaire included demographic characteristics, Beck Depression Inventory-II (BDI-II) and Dyadic Adjustment Scale (DAS), and all patients underwent clinical examination and clinical characteristics of patients and extent of physical disability (EDSS) was determined. Analysis was done by SPSS statistical software program using chi-square and Spearman correlation tests.

Results: The mean age of participants was 35.7 years (SD=8.07). Overall, 91 women (40.2%) had moderate to severe depression. This survey indicated that depression with demographics , clinical characteristics, functional systems have had significant correlation as follows : education (P = 0.019) , cognitive status (P <0.001), bladder function (P <0.001), sexual problems (P <0.001), marital adjustment (P <0.001) and negatively correlated with disease duration (P = 0.012), level of physical disability (EDSS) (P <0.001) , but have had no significant correlation .with age, income, length of marriage , the function systems of sensory , vision , brain and cerebellum and pyramidal .

Conclusion: This study was shown that severe physical disabilities, sex and marital problems are important variables correlation with depression Therefore, in order to control depression symptoms, health care providers must be trained in these areas to provide appropriate information and counseling to patient, as well as we suggested a similar study on men to study the impact of gender differences on the factors affecting depression.

Keywords: Multiple sclerosis, depression, health provide.