Mood disorders in multiple sclerosis: About 100 Patients from the Neurology Unit of the Tlemcen Hospital

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Introduction

During the disease of the Multiple Sclerosis (MS), the most common, non-traumatic, neurological disease in young adults, mood disorders and an emotional manifestations are observed. They constitute a handicap often unrecognized whose impact on the daily living of patients and their families is a source of difficulty of relational and social adaptation.

Objectives

Study the prevalence of mood disorders a major depressive episode, dysthymia and hypomania of patients with multiple sclerosis.

Patients and Methods

Our study is transversal in the department of Neurology of the CHU of Tlemcen, it is extended over a period of 3 months (from March to May 2016).

We collected 100 patients with MS who underwent a specialized consultation or were diagnosed according to the McDonald 2010 criteria.

The evaluation of mood disorders was done using a questionnaire MINI DSMIV.

The MINI DSMIV is a structured interview exploring the main psychiatric disorders of axis I of DSM IV. Expected answers are binary (yes or no).

The statistical tests used: For the comparison of the averages: the test of χ2 and for the comparison of the percentages: the t student. Data entry and analysis is done on SPSS 17.0.

Results

- 100 patients are included in the study with an average age of 36.6 ± 10, 78 of which 80% are women and 20% of them are men and a sex ratio of 0.25. 26% of patients have familial MS. 86% are treated with interferon therapy (Rebif, Avonex and Betaferon).
- The mean duration of the disease is 7.38 ± 6.52. Mood disorders were present in 85% of the patients who are distributed as follows:
  - Dysthymia
  - Hypomania
  - A major depressive episode

Types of mood disorders and their distribution

- 85% are under interferon whose distribution according to the type of treatment is: Avonex, Bétaferon and Rebif.

Disorders Based on Treatment Received

- 15% refused any medication. The onset of treatment was 4.3 ± 3.73 [1-16]. 79.01% of patients have a disease course of less than 10 years with a non-significant chi-square of 0.26. Number of hospitalizations 2.32 ± 2.22 [0-10] and an Odds Ratio of 1.417 [0.369 - 5.432].

Discussion

Mood and emotional disorders are frequent and early onset in MS.

Its estimated frequency is similar to that of the international literature [1]. The woman is very sensitive to this pathology and consequently develops major thymic disorders that can aggravate her EDSS, even her mental state.

Depression is one of the most common and embarrassing symptoms in MS. A Canadian study [2] compared the prevalence of depression in patients with MS and healthy subjects. The results show that the prevalence of depression is the P highest in MS patients.

Some manic or hypomanic episodes inaugurates MS or appear in the first stages of its evolution.

Mood disorders are not correlated with age, length of illness, occupation or hospitalization [3]. Patients on interferons were the most likely to have mood disorders [4]. On the other hand, there is no relationship between the type of interferon and mood disorders [5].

Conclusion

Our results emphasize the importance of mood disorders in the MS population and their correlation with interferons in order to detect them as soon as possible. Because of their frequency and impact on the quality of life, it seems necessary to take particular attention to these disorders.

References