

[P1.128] Prevalence of Sleep Disturbances, Fatigue, Anxiety and Depression in Multiple Sclerosis (MS)

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OBJECTIVE: To determine prevalence of sleep disturbances, fatigue, anxiety and depression in MS in a population-based study.

BACKGROUND: Sleep disturbances, fatigue, anxiety and depression are major determinants of quality of life in chronic disease. Unsystematic studies with limited numbers of patients provide heterogeneous data on frequency of these conditions in MS.

DESIGN/METHODS: German nationwide survey in 25 centers addressing sleep disturbances, fatigue, anxiety and depression in MS.

RESULTS: Interims analysis included 1675 patients (486 males and 1189 females) with MS: RRMS>2y, n=1018 (61%); RRMS<2y, n=196 (12%); SPMS, n=281 (17%); PPMS, n=92 (6%). Prevalence of sleep disturbances (Pittsburgh sleep quality questionnaire score ≥ 5) in MS in general was 60%, in RRMS<2y 60%, RRMS>2y 59%, SPMS 60% and PPMS 65%. Symptoms of fatigue (Modified Fatigue Impact Scale Median-Split ≥ 34) were reported by 50% of all MS patients, i.e. by 45% with RRMS<2y, 50% with RRMS>2y, 49% with SPMS and 56% with PPMS. Anxiety (Hospital Anxiety and Depression Scale, HADS, anxiety subscale ≥ 11) was present in 65% of MS patients including 62% of patients with RRMS<2y, 66% with RRMS>2y, 63% with SPMS and 61% with PPMS. Prevalence of depression (HADS depression subscale ≥ 11) was 60% in MS in general, 62% in RRMS<2y, 61% in RRMS>2y, 58% in SPMS and 55% in PPMS. For comparison, in the German normal population, prevalence of sleep disturbances is at 10%, anxiety at 7% and depression at 18%.

CONCLUSIONS: Sleep disturbances, anxiety and depression are highly prevalent in MS independent of disease stage and subtype. Hence, special surveillance of these conditions and psycho-social care at early stages of disease is required. The higher prevalence of sleep disturbances compared to fatigue may suggest that sleep disturbances are an independent feature of disease rather than an epiphenomenon of fatigue. The relationship between depression and sleep disturbances needs further clarification.

Study Supported by: Novartis

Category - MS and CNS Inflammatory Disease: Clinical Science

Session: P1: Poster Session I: MS and CNS Inflammatory Diseases: Symptoms, Specific Symptomatic Treatments, Co-morbidities, and Costs (2:00 PM-6:30 PM)

Date/Time: Monday, April 20, 2015 - 2:00 pm

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