

## Depression and Medical Conditions in a Screening Program

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### Abstract:

Depressive disorder plays an important role in the evolution of associated somatic comorbidities, the most important of which being cardiovascular and cerebrovascular diseases, oncological diseases, neurodegenerative disorders, diabetes mellitus, or chronic liver disease. Presence of depression in individuals with somatic diseases could lead to non-adherence to the therapeutic program and pharmacological interferences, having as outcome a worsened evolution of all medical conditions.

Our results are parts of a multidisciplinary screening program developed between September 1st 2016 and December 31st 2017, in order to detect multiple medical conditions and depression. The study sample included 54 individuals (30 females, respectively 24 males), and their medical status was assessed through clinical and laboratory examinations. In order to detect presence of depression it was used Hamilton Depression Rating Scale.

Depressive disorder was identified in 16 subjects (29.63%), as following: mild depressive symptoms (HAM-D scores 8-13) were identified in 7 persons (12.96%), moderate depression (HAM-D scores 14-18) in 5 individuals (9.26%), while in 4 subjects (7.41%) HAM-D scores were over 19 – severe and very severe depression. Depression was associated with diabetes mellitus, respectively arterial hypertension in 14 subjects (25.93%), while liver steatosis was comorbid in 13 subjects (24.07%), and dyslipidemia in 12 individuals (22.22%). Moreover, for 9 subjects (16.67%), clinical data showed that they had a complex of all four medical and psychiatric diagnosis mentioned above.

Considering these elements and the risk induced by the presence of this pathological complex, it becomes important to develop and implement a multidisciplinary screening program in multiple settings, in order to detect and intervene in proper time for the treatment of depression.

*Acknowledgments:* Results were obtained in the framework of the implementation of the project Innovative Method of Prevention, Early Diagnosis, Monitoring and Treatment for Chronic Diabetic Disease, Major Cause of Morbidity and Mortality - MIPRED, code MySMIS 104769, ID P\_38\_313, implemented by INTERLAB MEDICAL, co-financed by the European Regional Development Fund under the Operational Program Competitiveness 2014-2020.

### Keywords:

Depression, Arterial Hypertension, Diabetes Mellitus, Liver Steatosis