

Poster presentation

## Depression and anxiety in epilepsy: the association with demographic and seizure-related variables

Vasilios Kimiskidis\*<sup>1</sup>, Nikolaos Triantafyllou<sup>2</sup>, Eleni Kararizou<sup>2</sup>, Stergios-Stylianos Gatzonis<sup>3</sup>, Konstantinos Fountoulakis<sup>4</sup>, Anna Siatouni<sup>2</sup>, Panagiotis Loucaidis<sup>2</sup>, Dimitra Pseftogianni<sup>1</sup>, Nikolaos Vlaikidis<sup>1</sup> and George Kaprinis<sup>4</sup>

Address: <sup>1</sup>Aristotle University of Thessaloniki, Department of Neurology III, Thessaloniki, Greece, <sup>2</sup>University of Athens, Neurological Clinic, Eginition Hospital, Athens, Greece, <sup>3</sup>University of Athens, Department of Neurosurgery, Athens, Greece and <sup>4</sup>Aristotle University of Thessaloniki, Department of Psychiatry III, Thessaloniki, Greece

\* Corresponding author

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### Background

Depression and anxiety are common psychiatric symptoms in patients with epilepsy exerting a profound negative effect on health-related quality of life. Several issues, however, pertaining to their association with psychosocial, seizure-related and medication factors, remain controversial. Accordingly, the present study was designed to investigate the association of interictal mood disorders with various demographic and seizure-related variables in patients with newly-diagnosed and chronic epilepsy.

### Materials and methods

We investigated 201 patients with epilepsy (51.2% males, mean age 33.2 ± 10.0 years, range=16-60) with a mean disease duration of 13.9 ± 9.5 years. Depression and anxiety were assessed in the interictal state with the Beck Depression Inventory, 21 item version (BDI-21) and the State and Trait subscales of the State-Trait Anxiety Inventory (STAI-S and STAI-T), respectively. The association of mood disorders with various variables was investigated with simple and multiple linear regression analyses.

### Results

High seizure frequency and symptomatic focal epilepsy (SFE) were independent determinants of depression,

together accounting for 12.4% of the variation of the BDI-21. The STAI-S index was significantly associated with the type of epilepsy syndrome (SFE). Finally, high seizure frequency, SFE and female gender were independent determinants of trait-anxiety accounting for 14.7% of the variation of the STAI-T.

### Conclusions

Our results confirm the prevailing view that depression and anxiety are common psychological disorders in epileptics. It is additionally concluded that female gender, high seizure frequency and a symptomatic epilepsy syndrome are independent risk factors for the development of anxiety and/or depression.