

ANXIETY AND ALS?

Mariam Kekenadze¹, M Beridze¹, G Chakhava⁵, Sh Vashadze³, N Kvirkevelia²,
E Kvaratskhelia⁴, M Demuria⁶

¹*Department of Neurology, Tbilisi State Medical University, Georgia*

²*Department of Neurology, Ivane Javakhishvili Tbilisi State University, Georgia*

³*Department of Neurology, Batumi Shota Rustaveli State University, Georgia*

⁴*Department of Molecular Genetics, Tbilisi State Medical University, Georgia*

⁵*Department of Neurology, Davit Tvildiani Medical University, Georgia*

⁶*Department of Neurology, Multiprofile Clinic Consilium Medulla, Georgia*

Objective

Recent studies widely demonstrate that psychological symptoms are common and are indirectly and directly related to ALS and its progression. We investigated 49 ALS patients who were evaluated with the Beck Depression Inventory-II, Hamilton Anxiety, and Depression Scale was used for evaluating anxiety severity, and the ALS Functional Rating Scale-Revised (ALSFRS-R) for disease progression, defining depression, anxiety severity, directed to The First University Clinic of Tbilisi State Medical University during years 2019-2021.

Methods

Overall 49 patients with ALS were investigated, among them 25 male (51%) , 24 female (49%) , aged 21-84, and we documented the emotional characteristics of those patients. Brain MRI and electrophysiological studies were done in all patients. Patient survey was taken using the Beck Depression Inventory-II and Hamilton Anxiety and Depression Scale used for evaluating anxiety severity.

Results

Borderline clinical depression was found in 14 (28.5%) patients, moderate depression in 19 (38.7%) and severe depression 16 (32.6%), patients revealed emotional burden such as hopelessness and irritability, cognitions such as guilt or feelings of being punished, Patients demonstrated mild to moderate anxiety levels evaluated with Hamilton Anxiety and Depression Scale. Anxiety levels correlated with ALSFRS-R, and in time it rose with disease progression (P 0.05)

Conclusions

Our results demonstrate strong evidence of ALS patients being affected with depression and anxiety. Implying that patients should be screened vigorously by neurologists and managed appropriately. After finding a strong connection between these two, questions arose, are anxiety levels escalating disease progression? Further research is needed.

