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Category: Travail de recherche / Research work

Preference: Présenter un poster / Present a poster

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Title: Cross-Sectional Study on Factors Associated with Symptoms of Depression among People with Systemic Sclerosis: A Scleroderma Patient-centered Intervention Network (SPIN) Cohort Study

Objective(s): Depression in people with systemic sclerosis (SSc) is common and may greatly impair one's ability to carry out daily activities. Depression leads to a reduction in health-related quality of life of people with SSc, but the prevalence of depression and the factors associated with depression are often overlooked in research in this population. Objectives were to assess factors associated with symptoms of depression in a large multimodal SSc cohort.

Method(s): Participants in the Scleroderma Patient-centered Intervention Network Cohort who completed depression symptoms measures (Patient Health Questionnaire depression scale 8) as part of baseline assessments were included. Associations between depression symptoms with sociodemographic variables, SS-related variables, and overlap syndromes were assessed with a complete case analysis using multiple linear regression. Continuous predictor variables were standardized.

Result(s): Among 1501 participants (mean age = 55.13 years old), 82.4% were white and 87.8% were female. Higher depressive symptoms scores were independently associated with age ($B = -.14$, $t(1500) = -5.48$, 95% CI $[-.18, -.09]$), smoking status ($B = .47$, $t(1500) = 5.45$, 95% CI $[.30, .64]$), alcohol consumption ($B = .17$, $t(1500) = 3.47$, 95% CI $[.07, .26]$), BMI ($B = .13$, $t(1500) = 5.43$, 95% CI $[.08, .17]$), exercising ($B = -.23$, $t(1500) = -4.92$, 95% CI $[-.32, -.14]$) among sociodemographic and lifestyle variables; small joint contractures ($B = .20$, $t(1500) = 3.16$, 95% CI $[.08, .33]$), GI involvement ($B = .36$, $t(1500) = 4.94$, 95% CI $[.22, .50]$) and severity of itch ($B = .30$, $t(1500) = 12.96$, 95% CI $[.26, .35]$) among SSc variables; and rheumatoid arthritis ($B = .27$, $t(1500) = 2.39$, 95% CI $[.05, .49]$) among overlap variables. Depressive symptoms were not associated with education, sex, marital status, race/ethnicity, country, time since first non-Raynaud's symptoms, disease subtype, digital ulcers, current tendon friction rubs, large joints contractures, history of renal crisis, pulmonary arterial hypertension, Sjogren's syndrome, idiopathic inflammatory myositis, primary biliary cirrhosis and autoimmune thyroid disease.

Conclusion(s): Depressive symptoms are common among people with SSc and interfere significantly with the ability to carry out daily activities for many. Research is needed to better understand patterns of depression and potential causes and to develop interventions to target depressive symptoms sources and support coping