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새로 복막투석을 시작하는 환자들의 우울증과 삶의 질의 시간적 변화

가톨릭대학교 의과대학 내과학교실 신장내과, QOLD 연구 연구자모임

윤혜은, 김용수

Temporal Changes in Depression and Quality of Life in Incident Peritoneal Dialysis Patients

Hye Eun Yoon, Yong-Soo Kim

Division of Nephrology, Department of Internal Medicine, College of Medicine,
The Catholic University of Korea
The QOLD Study Investigators

Aim: Temporal changes in depression and health-related quality of life (HRQOL) over time are not well described in peritoneal dialysis (PD) patients.

Methods: A multicenter prospective observational study was conducted in 343 incident PD patients. Beck's Depression Inventory (BDI) and Kidney Disease Quality of Life short form, version 1.3 were used to evaluate depression and HRQOL, respectively, at baseline and after 12 months.

Results: The BDI score significantly increased after 12 months ($p=0.039$). Scores of physical role significantly increased, but scores of kidney disease-related symptom/problem list, sleep and social support significantly decreased after 12 months. Increase in serum albumin significantly predicted decrease in BDI score ($\beta=-3.7$, $p=0.011$). Charlson comorbidity index ($\beta=-3.51$, $p=0.028$) and increase in plasma hemoglobin ($\beta=5.01$, $p=0.001$) and serum albumin ($\beta=11.29$, $p=0.048$) were independently associated with increase in physical QOL scores. Decrease in adipose tissue index ($\beta=-0.83$, $p=0.006$) and increase in serum albumin ($\beta=6.88$, $p=0.001$) significantly predicted increase in mental QOL scores. Charlson comorbidity index ($\beta=-1.35$, $p=0.035$) and decrease in peritoneal KT/Vurea ($\beta=-2.7$, $p=0.007$) significantly predicted increase in kidney-disease related QOL scores.

Conclusion: In conclusion, depressive symptom is aggravated and HRQOL is impaired during 12 months in incident PD patients. Changes in nutrition, anemia, adipose tissue and dialysis adequacy are associated with changes in depressive symptoms and HRQOL.

Key Words: 복막투석, 우울증, 삶의 질

Peritoneal dialysis, Depression, Quality of life