

한국인 혈액투석 환자에게서 화병(분노증후군)과 삶의 질의 관계

연세대학교 강남세브란스병원 내과부 신장내과¹, 연세대학교 강남세브란스병원 정신과²
연세대학교 용인세브란스병원 내과부 신장내과³

김태훈¹, 최아란¹, 조미옥¹, 배성창¹, 이정은³, 최훈영¹, 하성규¹, 석정호², 박형천¹

Relationship between Anger Syndrome “Hwa-byung” and Health Related Quality of Life in The Korean Hemodialysis Patients

Tae Hoon Kim¹, Ah Ran Choi¹, Mi Ok Cho¹, Sung Chang Bae¹, Jung Eun Lee³
Hoon Young Choi¹, Sung Kyu Ha¹, Jeong-Ho Seok², Hyeong Cheon Park¹

Yonsei University College of Medicine¹, Gangnam Severance Hospital,
Department of Internal Medicine, Division of Nephrology
Yonsei University College of Medicine², Gangnam Severance Hospital, Department of Psychiatry
Yonsei University College of Medicine³, Yongin Severance Hospital,
Department of Internal Medicine, Division of Nephrology

Introduction: Hwa-byung (HB), a Korean culture-bound syndrome, is caused by long-standing accumulation of unfair social trauma and anger and has a comparable comorbidity profile as major depression. Depression is the most common psychological problem among hemodialysis patients and it strongly impacts the patients' quality of life (QoL). The study aim was to investigate the prevalence of HB in Korean hemodialysis patients and its relationship between health-related QoL and other clinical characteristics.

Methods: Clinically stable patients from 6 hemodialysis centers were enrolled. Thirty-six-item Short-Form Health Survey and temperament and symptom scale of HB, Hospital Anxiety and Depression Scale were used to diagnose and assess health-related QoL and psychological distress, respectively. Sociodemographic factors such as age, sex, education and hemodialysis-related clinical factors (hemodialysis vintage and frequency, Kt/V), and laboratory parameters were assessed.

Results: Two hundred and seventy one patients on hemodialysis were enrolled in this study. Fifty-one patients were diagnosed with HB, which was significantly more prevalent than that of general population (18.9% vs. 4.1%, $p < 0.01$). HB patients were less educated, more depressive and anxious and reported lower level of QoL than the patients without HB. The severities of HB and depressive symptoms were significantly associated not only with mental QoL but also with physical QoL in the final regression models. Anxiety symptom severity and other psychological variables were not associated with QoL in the final regression model. C reactive protein level was negatively associated with both QoL level in this group.

Conclusion: After controlling multiple clinical variables, HB, depressive symptoms, and CRP level were significantly associated with mental and physical QoL in hemodialysis patients. Chronic ongoing distress related to hemodialysis may contribute to increased prevalence of HB and depression in hemodialysis patients. More attention to emotional distress of the hemodialysis patients is warranted to improve their health-related QoL.

Key Words: 말기신부전, 혈액투석, 삶의 질

End stage renal disease, Hemodialysis, Quality of life