

## Depression of Stable COPD Patients in Dr. Moewardi Hospital

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### ABSTRACT

**Introduction:** COPD patients often experience depression, but less information is available regarding javanese patients. Javanese culture with “nrimo ing pandum” and their belief that all things already are set up, affecting their mental attitude in facing of existing conditions.

**Methods:** The aim of study is to assess the depression in stable COPD patients, and corelation between depression and age, COPD assesment test (CAT) score, the frequency of exacerbations in the past year, the level of COPD, treatment of COPD, and the presence of other comorbidity. This cross sectional study was designed with 42 stable COPD outpatients in Moewardi hospital during February 2013. We assessed depression with Beck’s Depression Inventory (BDI), and evaluated components of BDI that most frequently found in respondents. Spirometry was used to assess degree of airflow limitation or COPD level.

**Results:** The study showed that prevalence depression in respondents were 31%, with majority at the level of mild depression. The analysis showed there was no significant correlation between age, CAT score, the frequency of exacerbations in the past year, the level of COPD, the presence of other comorbidity and depression ( $p > 0.05$ ), but there was significant correlation between treatment and depression ( $p=0.008$ ). The components of BDI that most frequently found in respondents were physical weakness and decrease in sexual interest.

**Conclusion:** Incidence of depression in javanese patients with stable COPD is relatively low and the majority found in mild level. The components of BDI that most frequently found are physical weakness and decrease in sexual interest. There is significant association between treatment of stable COPD and depression. The adequate treatment of stable COPD reduced depression risk.

**Keywords:** stable COPD, depression.