

## SCREENING FOR DYNAMICS OF ANXIETY AND DEPRESSION OF NEUROLOGICAL, CEREBROVASCULAR AND CARDIOVASCULAR PATIENTS DURING THEIR INPATIENT REHABILITATION PERIOD

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**Introduction** – Balanced psycho-emotional state can improve patients care and its measurement is becoming more essential. The self-assessment scale found to be a reliable instrument for detecting states and severity of depression and anxiety in the setting of an inpatient clinic.

**Purpose** – To evaluate the dynamics of psycho-emotional state of neurological, cerebrovascular and cardiovascular patients undergoing inpatient rehabilitation program.

**Method** –The Hospital Anxiety and Depression (HAD) rating scale of Zigmond and Snaith is a commonly used questionnaire in hospitals. The data obtained during 2011-2017 period, only completed HAD scale forms ( $n=775$ ) were analysed using software SPSS for descriptive statistics.

**Results** – Patients with neurological ( $n = 176$ ), cerebrovascular ( $n = 345$ ), cardiovascular ( $n = 254$ ) (51.2 % female, 48.8 % male) diseases were evaluated. At the time of the initial assessment nearly half of the patients (45.4 %) anxiety and more than one forth (27.4%) depression scores were higher according to the clinical criteria for expression of symptoms. The re-evaluated after rehabilitation program psycho-emotional condition showed positive dynamics, - the anxiety and depression scores decreased significantly ( $p < 0,001$ ). The decrease in anxiety scores was significantly bigger than of depression ( $p = 0,027$ ). The comparison of anxiety and depression before and after inpatient rehabilitation with different diseases is on the table.

**Conclusions** – The anxiety and depression symptomatology seem due to the psychological reaction to the devastating consequences of neurological and cerebrovascular (after stroke) diseases. The rehabilitation program and teamwork proves its usefulness, the patients after learning new skills can more easily adapt to the life quality changes. The HADS appeared to be a useful clinical indicator for depression and anxiety

