Frequency of depression in patients who suffering from insomnia and obstructive sleep apnea syndrome diagnosed by nocturnal polysomnography

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Abstract

Background: The effect of depression upon life quality, especially upon those suffering from sleep disorders, is of considerable importance, hence in this study we have undertaken the study of depression in persons suffering from sleep disorders, on the basis of polysomnography test and have dealt with some of its important factors.

Methods: This study is a cross-sectional study which was conducted upon patients visiting the sleep disorder clinic of the Baharloo hospital, during the years 1388-1391. Polysomnography was conducted upon them and their sleep disorder was diagnosed on this basis, commencing the study on them. Every subject was then given a data collection sheet, and some of the sleep disorder questionnaires, and then the Beck questionnaire were filled up for them. After collection of this data for the patients and also for the control group, the data was analyzed and evaluated with the help of statistical software.

Results: The mean age of the patients suffering with breathing disorder during sleep was 50.22±12.13 and significantly higher than the mean age of patients suffering from insomnia 44.20±17.76 (P=0.02). Also, no significant statistical difference was noticed in this study in the Beck questionnaire scores between the two groups diagnosed for sleeplessness and obstructive apnea during sleep (P>0.05).

Conclusion: In the present study we noticed that the Beck depression score for patients suffering from sleeplessness was higher than those suffering from obstructive apnea during sleep, although this difference was not significant. This can be due to the insufficient number of sleep disturbance patients observed in this study. Hence, it is suggested that another study be conducted by taking a higher number of subjects belonging to this group.

Key words: sleep disorders, obstructive sleep apnea syndrome, depressive symptoms, heart rate variability

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