

PS1.178

The relationship between sleep quality in patients with chronic diseases and newly diagnosed depression

A Erdem(2), Vidan Mevsim(1), I Günes(1)

(1) Eylül Tip Fakültesi, Department of Family Medicine, Balçova, İzmir, Turkey

(2) Hacı Yusuf Aile Sağı, Kahta, Adıyaman, Turkey

Corresponding author: Professor Vildan Mevsim, Dokuz Eylül University Faculty of Medicine, Family Medicine, İzmir, Turkey. E-mail: vildan.mevsim@deu.edu.tr

To determine sleep quality in patients with chronic diseases and newly diagnosed depression. A cross-sectional study was completed with 89 participants newly diagnosed depression 44.9% (n=40) of the participants had in addition to one or more of chronic diseases, depression, respectively participants in the study consent form, after filling, sociodemographic, data collection form, the Pittsburgh Sleep Quality Inventory, the Beck Depression Inventory, Beck Anxiety Scale 58.4% of the volunteers were females and 41.6% were male the age distribution varies between 18-79. 52% married 83.1% live in cities. Bad quality of sleep 80% of those with chronic disease, while 67.3% of those without chronic disease thirds impaired sleep quality. The difference between the two groups was not statistically significant ($p=0,664$). The majority of patients moderate and severe depression sleep quality was bad ($p=0,000$). People with chronic disease needed longer time to fall asleep ($p=0,008$) Quality of sleep was worse in patients with chronic disease, while no statistically significant difference was present between two groups may be due to number of patients involved were not enough, more comprehensive studies should be made.