

Factors Affecting the Levels of Anxiety and Depression among Patients with End Stage Renal Disease Undergoing Hemodialysis

العوامل المؤثرة على مستويات القلق والاكتئاب لدى مرضى الديليز الدمويه في مرحله الفشل الكلوي النهائية"

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Abstract

Back ground: Hemodialysis is a lifesaving procedure required for many patients with end stage renal disease (ESRD) who are not able to undergo a kidney transplant. However, it could cause anxiety and depression for those patients.

Objective: This study aimed to assess the levels of anxiety and depressive symptoms and find out the predictors affecting them.

Methods: A cross-sectional, descriptive design was adopted on a sample of 230 patients who received HD. Patients answered the Hospital Anxiety and Depression Sscale along with demographic, clinical, and psychological characteristics.

Results: The results showed that patients with ESRD undergoing HD had high level of anxiety (mean =10.59 SD =2.78) and depression (mean=10.86 SD =2.49). Also, co-morbidity, Creatinine level, fatigue, HD duration, number of dialysis sessions, vascular access type, and fear of death and disability were significantly associated with anxiety and depressive symptoms. Financial status was only associated with anxiety. Additionally, age and blood urea nitrogen predicted increase depressive symptoms. also, gender, antihypertensive medication, body mass index, educational status, marital status, employment status, and smoking statuses were not associated with anxiety and depressive symptoms.

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Conclusion: Anxiety and depression are under diagnosed in Jordanian patients with end ESRD undergoing HD. Screening and referral to psychological health specialists are needed.

Keyword: End stage renal disease; depressive symptoms; anxiety; hemodialysis; and Jordan.