

憂鬱症及焦慮症患者下泌尿道症狀

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LOWER URINARY TRACT SYMPTOMS IN THE PATIENTS WITH DEPRESSION OR ANXIETY

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Purpose: A growing literature shows the association between lower urinary tract symptoms (LUTS) and psychological disorders. The aim of the present study was to evaluate the presentations of LUTS in the patients with depression or anxiety.

Materials and Methods: We carried out a prospective study of patients with depression or anxiety. All patients visited Psychiatric clinic of China Medical University Hospital for depression or anxiety. Depression and anxiety were ascertained based on criteria set by the Diagnostic and Statistical Manual of Mental Disorders, using Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI). Each patient was evaluated by American Urological Association symptom score (AUASS). Uroflowmetry was arranged for the patients if AUASS ≥ 8 . Sleep disorder was evaluated by Pittsburg Sleep Quality Inventory (PSQI).

Results: From April 2008 to January 2009, a total of 51 patients with a mean age plus or minus standard deviation of 40.7 ± 13.6 years were evaluated. The mean AUASS was 6.8 (SD ± 6.9). Thirteen of them (25.5%) the AUASS ≥ 8 (mean: 16.6 ± 8.4), 38 (74.5%) the AUASS < 8 (mean: 3.45 ± 2.34). The mean AUASS was 7.00 (SD ± 6.93) in patients with depression ($n=14$) and 6.29 (SD ± 8.42) with anxiety ($n=37$), which showed no significant difference. In the patients AUASS ≥ 8 need to get up to urinate 3.1 times compared with 1.8 times in the patients AUASS < 8 ($p < 0.05$). In PSQI, "sleep latency" had correlation with AUASS ≥ 8 . Uroflowmetry in the 13 patients who had obvious LUTS showed normal flow pattern, no sign of obstruction.

Conclusions: These data suggest about one-fourth of depression or anxiety patients have obvious LUTS. The major presentations of LUTS in depression or anxiety patients are irritative symptoms and nocturia. Uroflowmetry showed normal flow pattern in these patients. Further observation of the efficacy of serotonergic based antidepressants in the treatment of depression and LUTS is indicated.