

CATEGORY: Neurological Sleep Disorders Affecting Sleep/Waking

NUMBER: 101

TITLE: Sleep Quality Of Patients With Parkinson's Disease With And Without Comorbid Depression

INTRODUCTION: Patients with Parkinson's disease (PD) often suffer from sleeping problems and had poorer sleep quality. On the other hand, patients with PD often comorbid depression. The aim of this study is to investigate the sleep quality and parameters in patients with PD with or without comorbid depression.

MATERIALS AND METHODS: We enrolled 40 patients with PD from Neurosurgery Department of Local Medical Hospital and suggested for pre-Deep Brain Stimulation (DBS) evaluation. They were interviewed by board-certified psychiatrists for diagnosis of psychiatric disorders, if any, and they were assessed with Beck Depression Inventory (BDI), and Pittsburg sleep Quality Index (PSQI).

RESULTS: Twenty-nine patients had complete data. Fourteen patients (48%) patients with PD had moderate depression (BDI>19). When we compared the sleep quality and other sleep factors of the depressed group and non-depressed group (BDI<14), the depressed group had poorer sleep quality, shorter sleep duration, and lower sleep efficiency.

CONCLUSION: Although patients with PD had been reported to have poor sleep quality and sleep problems, our study showed that patients with PD with depression had poorer sleep quality, sleep efficiency, and shorter sleep duration when compared to those patients with PD but without depression.