

THE RELATIONSHIP BETWEEN FEMALE OVERACTIVE BLADDER AND DEPRESSION STATUS

Hypothesis / aims of study

Overactive bladder (OAB) is a condition characterized by urinary urgency, with or without urge urinary incontinence, usually associated with daytime urinary frequency and nocturia. OAB have been shown to be associated with reduced health-related quality of life (HROL) and increased rates of depression in women. But there was no data about relationship between severity of OAB symptom and depression status. The aim of this study is to analyze the relationship between severity of OAB symptom and emotional health in women.

Study design, materials and methods

A total 101 OAB patients with an average age of 53.6 years who presented to female urology clinic were enrolled in the study. All patients were subjected to a diagnostic work-up of medical history, the overactive bladder symptom score (OABSS, scoring the daytime urinary frequency, nighttime urinary frequency, urgency and urge urinary incontinence, validated in Japan), International Consultation of Incontinence Questionnaire of Sort Form (ICIQ-SF), 3 days voiding chart, number of pad use a day, and Hospital Anxiety and Depression Scale (HADS, validated to detect anxiety and depression in a nonpsychiatric outpatient population). All participants provided written informed consent before entering the study.

All patients were classified into two groups according to OABSS: mild OAB group (OABSS: 5 or less than 5, n=35) and severe OAB group (OABSS: 6 or more than 6, n=66).

Results

The percentage of the patients who were diagnosed as having clinical anxiety status (HADS Anxiety: 8 or more than 8) in mild OAB group and severe OAB group were 22.9% and 30.3%, respectively. The percentage of the patients who were diagnosed as having clinical depression status (HADS Depression: 8 or more than 8) in mild OAB group and severe OAB group were 20.0% and 36.4%, respectively.

There were statistically significant differences between two groups in age (46.4±14.4, 57.1±15.7, respectively)(p<0.05), ICIQ-SF total score (7.8±5.1, 10.1±5.5, respectively)(p<0.05), and number of pad use a day (0.8±1.0, 1.9±2.0, respectively)(P<0.05).

There were statistically significant differences between mild OAB and severe OAB in HADS Depression score (4.1±4.2, 5.8±3.6) (P<0.05) but not in HADS Anxiety score (5.2±3.6, 6.4±3.7)(n.s.).

In 31 patients who completed anticholinergic therapy for eight weeks, there were significantly improved from base line to after treatment in OABSS total score (7.8±2.7, 4.9±3.2, respectively)(p<0.05), ICIQ-SF total score (10.8±6.3, 7.2±5.1, respectively)(p<0.05), and HADS Depression scores (5.1±3.2, 4.1±3.2, respectively)(p<0.05).

Interpretation of results

This study demonstrates that severity of OAB symptom correlates with depression status but not in anxiety status in Japanese female OAB patients.

Improvement of OAB symptoms with anticholinergics seems to provide a relief of depressive condition as well.

Concluding message

At the best of our knowledge, this is the first report that shows the relationship between severity of OAB symptom and depression status in Japanese female OAB patients.

Specify source of funding or grant	NONE
Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	No
Is this a Randomised Controlled Trial (RCT)?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	medical corporation leading girls ethics committee
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes