

## MOOD AND QUALITY OF LIFE IN PATIENTS WITH SYSTEMIC SCLEROSIS

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**Introduction:** Systemic sclerosis (SSc) is a chronic connective tissue reaching the skin and blood vessels, responsible for disability and impaired quality of life.

**Objective:** The objective of this study was to evaluate the quality of life and mood in a group of patients with SSc.

**Methods:** Our study was descriptive, conducted between October 2011 and June 2012; Among the 15 women hospitalized with SSc, 10 agreed to participate in the study. Quality of life was assessed by the WHOQOL BREF scale (World Health Quality of Life-Brief Version). Emotional disorders have been evaluated by the "Hospital Anxiety and Depression Scale" (HAD).

**Results:** The average age was  $52.4 \pm 8.2$  years (38-65 years). Our patients were estimated to have a quality of life overall average with a total score scale WHOQOL BREF close to 60 of 120. The values of the four domains were: physical health  $46 \pm 8.8$  [31-56], psychological health  $50.7 \pm 11.2$  [31-69], social relations  $57.5 \pm 15.5$  [25-75], environment  $52 \pm 11$  [31-63]. Eight women had a score HAD A  $>10$  defining an anxious states certain. Seven patients had a score HAD D  $> 10$  defining a depression certain. 7 out of 10 women said they needed psychological help and were supported jointly in psychiatry.

**Conclusion:** Our results underline a high frequency of emotional disorders in patients with SSc. Similarly, the quality of life has been altered. These results suggest a widespread screening for anxiety and depression.