Prevalence of Depression in an Otolaryngology Patient Population

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Abstract

OBJECTIVE: Several chronic intractable medical conditions are associated with depression. We sought to determine and compare the prevalence of depressive diagnoses and antidepressant use in various subsets of otolaryngology patients.

METHODS: A large tertiary care, university-based EMR database was queried. The study group included over 12,800 distinct otolaryngology patients who were analyzed in three groups: group 1 (tinnitus, vertigo, peripheral vertigo, positional vertigo), group 2 (chronic sinusitis, allergic rhinitis, deviated septum), and group 3 (sleep apnea related diagnoses). The number of patients with depressive diagnoses and/or taking antidepressive medications was determined.

RESULTS: Overall, 30% of patients either had been diagnosed with a depressive illness or took antidepressants. The prevalence of depression was 13% in Group 1, 10% in Group 2, and 14% in Group 3. The percent of patients on antidepressant medications was 21%, 15%, and 28%, respectively. The primary encounter diagnosis with the highest incidence of depression and antidepressive medication use was sleep apnea with insomnia (21%); 46%.

CONCLUSION: Otolaryngology patients exhibited a greater prevalence of depression and antidepressant use than is observed in the general population (9.5%). Highest prevalence was found in patients with inner ear disease and sleep apnea. Depression may be a cause of significant comorbidity in patients with chronic intractable otolaryngologic conditions.

Introduction

- In any given year period, 9.5% of the population, or about 18.8 million Americans, suffer from a depressive illness.
- Psychiatric comorbidity or psychological distress may directly alter the pathophysiology of disease through downstream effects on the central nervous system and on the hypothalamic-pituitary-adrenal axis.
- In patients with SINONASAL symptoms, Brandstedt et al determined the prevalence of depression to be 28%.
- Depressed CRS patients had poorer disease-specific and overall QOL outcomes after sinus surgery.
- In the VERTIGINOUS patient population gathered from a community sample, Ketola et al quotes prevalence of depression to be 19%.
- In OSA patients, Schwartz et al reviewed 114 consecutive cases referred to their center...
- 30% were receiving antidepressant medication at the time of referral.
- When evaluated with the Beck Depression Inventory (BDI), 41% of these patients had a score suggesting at least mild symptoms of depression, and 12% had a score suggesting moderate-to-severe.

Methods

Northwestern EMR database (EPIC) was queried.

Study group included 12,516 distinct adult ENT patients with the following primary encounter diagnoses:

- Tinnitus
- Vertigo
- Peripheral vertigo
- Positional vertigo
- Meniere’s
- Chronic sinusitis
- Allergic rhinitis

Patients were analyzed in three groups:

Group 1

- Tinnitus
- Vertigo
- Peripheral vertigo
- Positional vertigo
- Meniere’s
- Chronic sinusitis
- Allergic rhinitis

n = 3747

Group 2

- Chronic sinusitis
- Allergic rhinitis
- Deviated Septum

n = 4136

Group 3

- Sleep apnea syndrome
- Sleep apnea hyporsomnia
- Sleep apnea insomnia

n = 1715

The number of patients with depressive diagnosis and taking antidepressants was determined by searching the data base for the following diagnoses and medications:

Diagnosis

- Depression
- Manic depression
- Depression w/anxiety
- Major Depression
- Paroxetine
- Fluoxetine
- Prozac
- Paxil
- OCD
- Insomnia
- Major Depression completures treatment
- Trazodone
- Venlafaxine
- Modem recurrant Major Depressjon
- COMA
- Adjustment not well and depression

Medication

- Trazodone
- Prozac
- Paxil
- Alprazolam
- Venlafaxine
- Bupropion
- Remeron
- Zoloft
- Modem recurrant Major Depressjon
- COMA
- Adjustment not well and depression

Conclusion

- Otolaryngology patients exhibited a greater prevalence of depression and antidepressant use than is observed in the general population.
- Highest prevalence of depression and antidepressant use was found in patients with inner ear disease and sleep apnea.
- Depression may be a cause of significant comorbidity in patients with chronic intractable otolaryngologic conditions.

References