

# Incidence of Depression in Spine Patients



Ross Dawkins, MD

University of Alabama at Birmingham

Department of Neurosurgery



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Knowledge that will change your world

# Disclosures

- I have nothing to disclose.

## Background

- Depression is more frequently found in spine patients with higher pain scores (back and leg).<sup>1-4</sup>
- Depression is associated with worse post-operative outcomes from spinal operations.<sup>5-9</sup>

## Hypothesis

- Optimal management of depression in patients with spinal pathology will improve the functional outcomes following spine surgery.

## Goals

- Step 1: See if depression is a significant comorbidity within our patient population.
- Step 2: Determine if psychiatric care for depression improves functional outcomes after spinal surgery.

## Methods

- Cross sectional study
- Study population: all adult patients presenting for the first time to a UAB Neurosurgery Clinic for evaluation of a spinal complaint
- Screening tool: The Center for Epidemiologic Studies Depression Scale Revised (CESD-R)

**Brief Mental Well-Being Survey**

**Instructions:** I am going to read a list of ways you may have felt. Please tell me how often you have felt this way during the past week: rarely or none of the time; some or a little of the time; occasionally or a moderate amount of time; or most or all of the time.

During the past week, that would be from _____	Rarely or None of the time	Some or A little of the time	Occasionally or a moderate amount of time	Most or all of the time
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- Sadness(dysphoria):** Question numbers 2,4,6
- Loss of Interest(anhedonia):** Question numbers 8,10
- Appetite:** Question numbers 1,18
- Sleep:** Question numbers 5,11,19
- Thinking / concentration:** Question numbers 3,20
- Guilt(worthlessness):** Question numbers 9,17
- Tired(fatigue):** Question numbers 7,16
- Movement(agitation):** Question numbers 12 13

**Total Score's Indication of the Presence of Depression**

0-9 – very low likelihood

10-15 – suspicious

**16 or greater - diagnostic**

- |  |     |    |            |
|--|-----|----|------------|
| 1. Have you ever been diagnosed with depression, bipolar disorder, or an anxiety disorder? | Yes | No | Don't know |
| 2. Is the disorder major depressive disorder?  | Yes | No | Don't know |
| 3. If yes:   |     |    |            |
| a. Are you currently being treated for this disorder?                                      | Yes | No | Don't know |
| b. What medications are you currently taking for this problem? _____                       |     |    |            |
| c. Do you believe the disorder is well controlled?   | Yes | No | Don't know |

## Methods

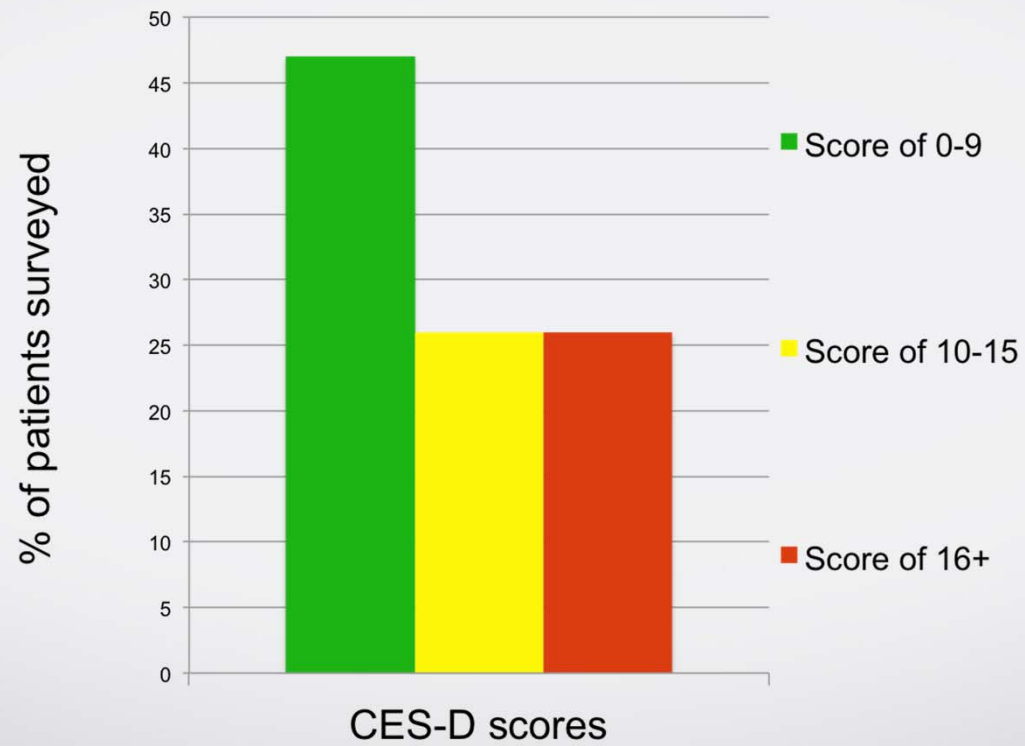
- CESD-R surveys were given to 142 consecutive patients in neurosurgery clinics over a 4 week period.
- Total scores were manually calculated and the answers to the final three questions were recorded.



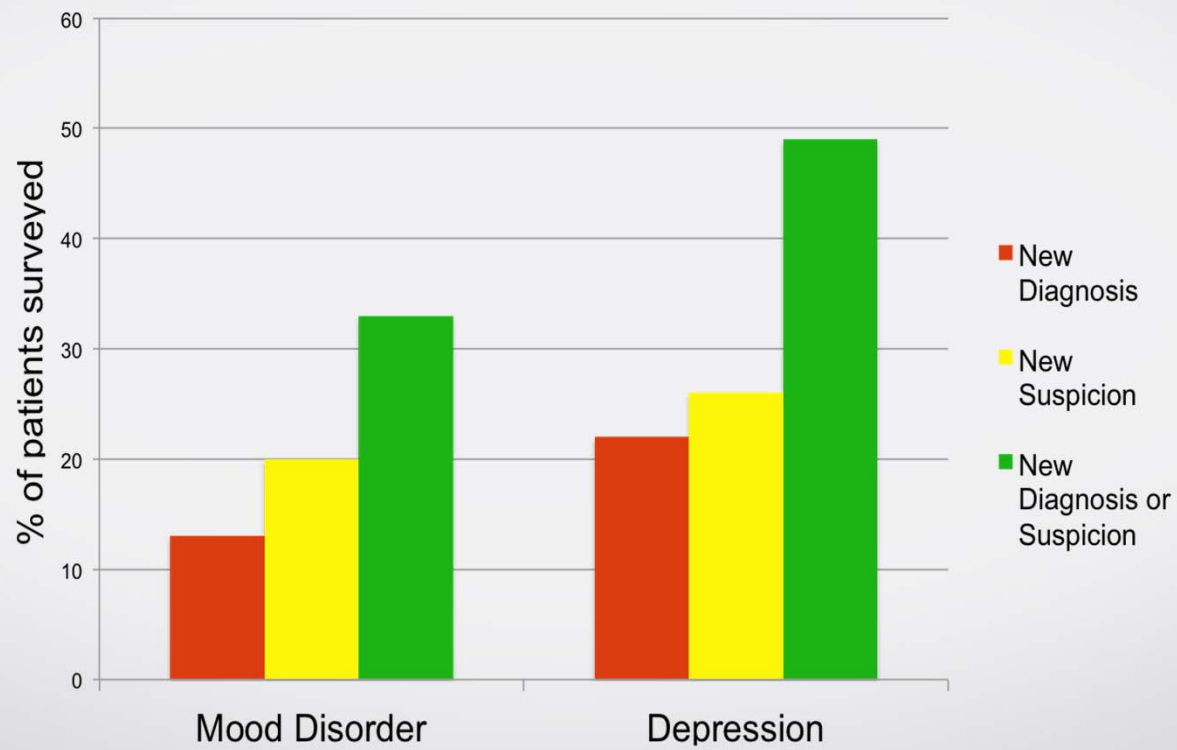
## Results

- Of the 142 patients who were identified as potential study participants, 76 (54%) completed the survey.

# Results



# Results



## Conclusions

- Depression is a common comorbidity amongst our patient population with spine pathology.

## Next Steps

- Step 1: See if depression is a significant comorbidity within our patient population. ✓
- Step 2: Determine if psychiatric care for depression improves functional outcomes after spinal surgery.

## Next Steps

- Screen patients for depression with CESD-R
- Potential Participants: CESD-R score 16 or greater, lumbar degenerative pathology requiring decompression without internal fixation, no previous diagnosis or treatment of depression

## Next Steps

- Experimental Group: pre-operative psychiatric evaluation, Control Group: no pre-operative psychiatric evaluation
- Primary Outcome: patient reported outcomes

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