



Status of Anxiety and Depression among Chronic Dialysis Patients in Japan

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BACK GROUND

The ratio of people who have experienced depression in Japan is 3-7%, lower than the West's 3-16%. However, we suspected that the level would be higher for cases of patients living with chronic diseases, so in 2011, we conducted a survey of the actual conditions of anxiety and depression, using the HADS yardstick, of 826 cancer survivors aged between 30 and 60. The results showed that 13.2% had anxiety scores of 9 or higher (judged to be a state of anxiety), 18.0% had depression scores of 9 or higher (judged to be a state of depression), and 29.8% had total scores of 13 or higher (there is a close relationship between anxiety scores and depression scores, and a total of 13 or higher strongly suggests anxiety or depression), which is a higher figure than the West. We conducted a new survey to compare the ratios of anxiety and depression in chronic dialysis patients.

PURPOSE

The results of this survey showed the necessity of psychological care for people living with chronic diseases, and in addition, it showed clear differences in the conditions of anxiety and depression suffered by cancer survivors and chronic dialysis patients.

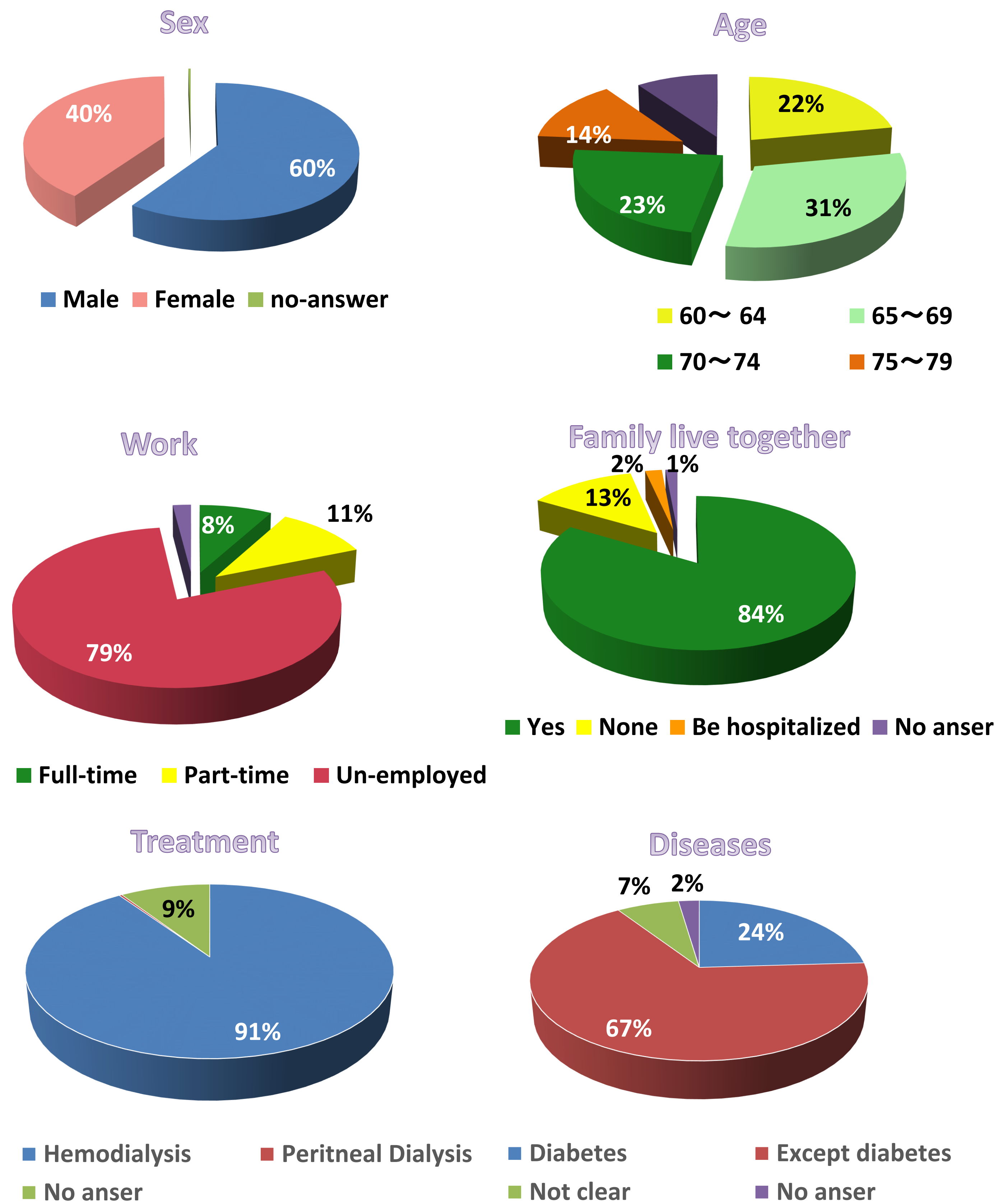
METHODOLOGY

A survey of the actual conditions was carried out, using a HADS yardstick, of chronic dialysis patients aged 60 or over in 2017.

Before starting the survey, approval was obtained from the Research Ethics Committee of the researcher's university. The survey was carried out with the cooperation of DLN (Dialysis Leading Nurses) trained and approved by the Journal of Japan Academy of Nephrology Nursing. There are about 1,000 DLNs in Japan nationwide as of 2017, and they are at the forefront of clinical treatment in their institutions. The survey form was sent to all DLNs via the Academy Secretariat. Each DLN was asked to provide details on 1 to 2 target patients.

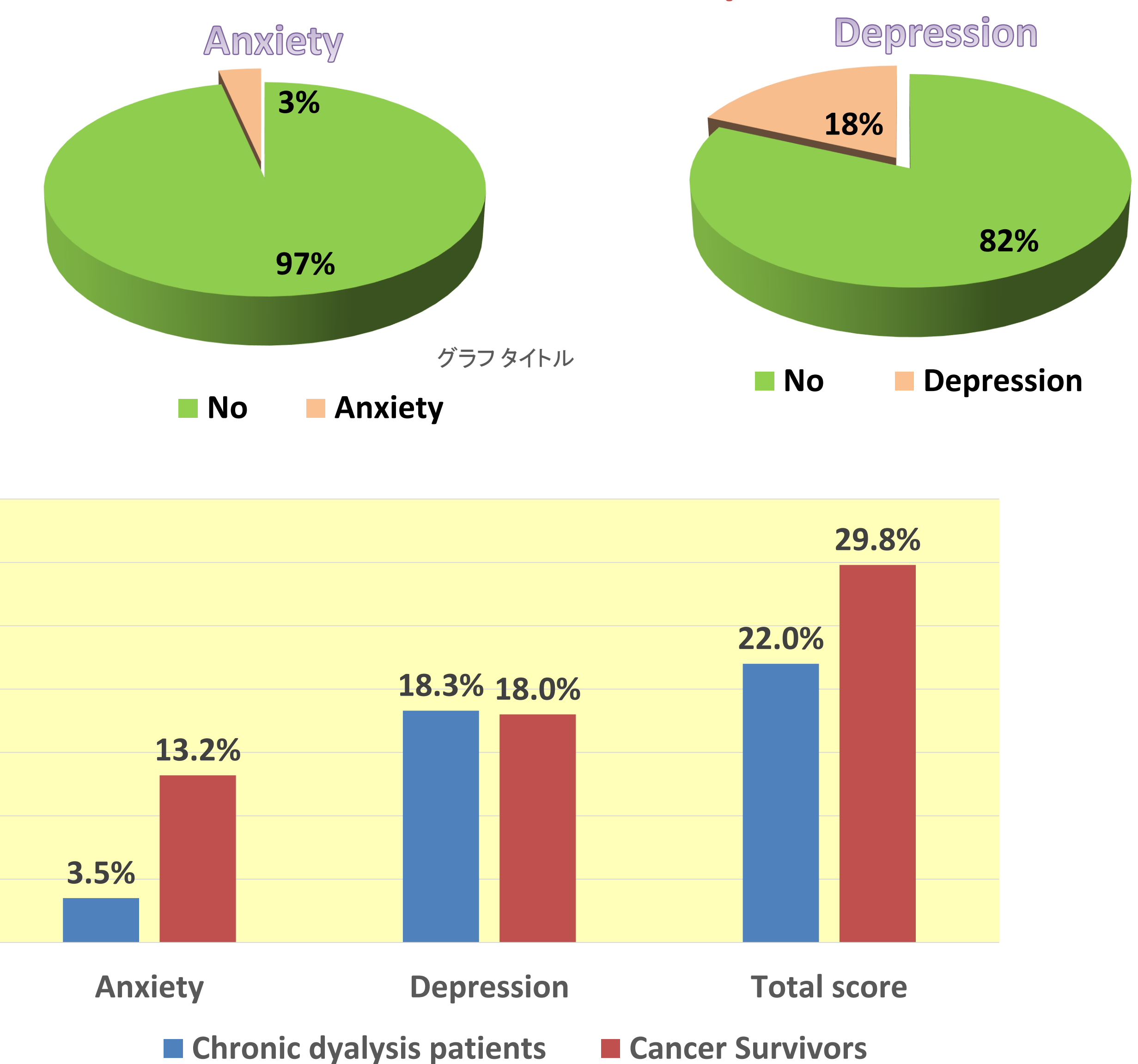
Participants

We obtained responses from 345 people.



RESULTS

Mental and Emotional aspects



Responses were obtained from 345 people. The demographics of the responders was as follows: ages ranged from 60 to 86 (average: 69.9); the sex ratio was 60% male, 40% female; 19% were employed while 79% were not; 84% lived with their families, and 13% lived alone.

The results showed 12 people with anxiety scores of 9 or higher (3.5%), and 63 with depression scores of 9 or higher (18.3%), and 76 with total scores of 13 or higher (22.0%). Compared to cancer survivors, chronic dialysis patients showed lower rates of anxiety and about the same rate of depression.

CONCLUSION

These results suggest that compared to cancer survivors, chronic dialysis patients have less anxiety regarding facing their life and about the same amount of depression caused the stress of chronic illness. This suggests the necessity of care for chronic dialysis patients, and the importance of the role of the nurse. For nursing staff, as dialysis is a treatment involving circulation outside the body, the focus of their role tends to be on safe operation of devices and maintenance of blood pressure for patients, as well paying attention to changes in patients' blood data, as the goal of dialysis treatment is eliminating waste matter from the blood. However, it is important to develop care that carefully considers the stress of dialysis patients who have to live with chronic disease, and be able to prevent anxiety and depression.

REFERENCES

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