

Depression and psychosocial factors in Turkish women with fibromyalgia syndrome

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Aim. The aim of this study was to evaluate the demographic qualifications, frequency of depression, degree of pain, and the correlations between these factors in Turkish women with fibromyalgia syndrome (FS).

Methods. Fifty-three women with FS and 54 healthy women were included in the study. The visual analogue scale (VAS) was applied to evaluate the degree of pain and Beck depression inventory (BDI) for depression.

Results. Mean age of the FS and the healthy women groups was 42.6 ± 9.6 (21-63) and 39.4 ± 13.2 (24-60) years respectively; which were statistically similar ($P > 0.05$). Of the patients, 69.8% were married, and the mean years of education was 8.7 ± 4.8 years. Marriage among relatives was found in 18.4% of the patients. The mean VAS score of the patients was 7.2 ± 1.7 cm with the mean duration of pain 5 ± 4.6 years. Mean BDI scores of FS patients and the healthy group were 15.7 ± 8.7 and 10.2 ± 5.5 respectively; the difference between the 2 groups was statistically significant ($P < 0.05$). According to the BDI scores, 90% of FS patients were classified as depressed; among them, 50% had minor, 38% moderate, and 2% severe depression. FS patients who were married to a relative had higher scores of BDI ($r = 0.414$, $P = 0.013$). There was negative correlation between BDI score and patients' total year of education ($r = -0.295$, $P = 0.037$); and the husband's education level ($r = -0.367$, $P = 0.030$). According to BDI, the χ^2 test revealed significant depression in patients with sleep-disorders ($P = 0.009$).

Conclusion. We found a significant degree of depression in Turkish female FS patients. This situation is found to be correlated with the education level of both patient and husband; marital status, and sleep-disorder;

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it is suggested that these factors should be taken into consideration in the diagnosis, treatment and follow-up of FS patients.

Key words: Fibromyalgia syndrome - Depression - Beck Depression Inventory.

Fibromyalgia syndrome (FS) is a chronic musculoskeletal disorder characterized by widespread pain and tenderness, reduced pain threshold, presence of hypersensitive points within some specific and predictable anatomic sites called tender points, fatigue, sleep disorder and morning stiffness. Additionally patients may complain of other ancillary symptoms such as subjective soft tissue swelling, paresthesias, dysmenorrhoea, headache, variations in bowel habits, depression, anxiety and personality disorders. It is the commonest cause of chronic and widespread musculoskeletal pain.^{1, 2}

The prevalence rate varies according to the population investigated as well as the criteria accepted to define the disease and it is estimated to be between 2% to 13%.³ Two thirds of the patients are middle-aged women, but all ages including children can experience the symptoms and signs of FS.⁴

Various diagnostic criteria and classifications have been used since the 70ies. The currently accepted criteria for the diagnosis and classification of FS are those published by the American College of Rheumatology

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