

Risk Factors for Depression in Chinese Youth Population with untreated GD – A Retrospective observational study

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Abstract

Background: Graves' disease (GD) is becoming more and more prominent among the young generation of China. This disease often causes psychiatric symptoms, but there are a few studies in this field. The aim of this article is to find out the risk factors for depression in Chinese youth population with untreated GD.

Methods: 1158 patients aged 14 to 45 years, with newly diagnosed, untreated GD were enrolled. Epidemiological data was collected. Depression was defined by Hamilton Depression Scale (HAMD24) score above 20 points. Thyroid function was determined for all patients. A family questionnaire including Adaption, Partnership, Growth, Affection, Resolve (APGAR questionnaire) and a normal Chinese Life Event Stress questionnaire (LES questionnaire) were completed for the evaluation of family functioning and life stress respectively. The association between depression and the collected parameters were analyzed.

Results: The overall incidence of depression was 54.6% (male 54.0%, female 54.7%). The prevalence of depression in the 40 to 45 years old group was 72.2%. Coincidentally, in the 40 to 45 years old group, the incidence of depression in female patients was 79.8%. In the less than 20 years old group, the prevalence of depression in male patients was 38.4%. The relative risk of age, marital status, level of free triiodothyronine (FT₃), level of thyrotropin receptor antibodies (TR-Ab), Graves' Ophthalmopathy (GO), life events was 1.385, 1.412, 1.887, 2.469, 2.367, 1.003 respectively while the relative risk of income, level of thyroid stimulating hormone (TSH), and family functioning was 0.252, 0.361, 0.213 respectively.

Conclusions: Youth population with untreated GD in Shandong Province had a higher prevalence of depression. Older female patients with GD were more vulnerable to depression. Age, marital status, level of FT₃, level of TR-Ab, GO, life events were risk factors of depression in young patients with GD while income, level of TSH and family functioning were protective factors.

Key words: Graves' disease; Depression; Epidemiology; Risk factors; Protective factors

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