



## ORIGINAL ARTICLE

## Hospital Anxiety and Depression Scale (HADS): Validation in Mexican patients with inflammatory bowel disease<sup>☆</sup>

Q2 Jesús K. Yamamoto-Furusho<sup>a,\*</sup>, Andrea Sarmiento-Aguilar<sup>a</sup>, Mario García-Alanis<sup>b</sup>,  
Luis Enrique Gómez-García<sup>a</sup>, Joel Toledo-Mauriño<sup>a,c</sup>, Laura Olivares-Guzmán<sup>a</sup>,  
Ana Fresán-Orellana<sup>d</sup>

<sup>a</sup> Clínica de Enfermedad Inflamatoria Intestinal, Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Ciudad de México, Mexico

<sup>b</sup> Departamento de Neurología y Psiquiatría, Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Ciudad de México, Mexico

<sup>c</sup> Plan de Estudios Combinados en Medicina (PECEM), Facultad de Medicina, Universidad Nacional Autónoma de México (UNAM), Ciudad de México, Mexico

<sup>d</sup> Subdirección de Investigación Clínica, Instituto Nacional de Psiquiatría Ramón de la Fuente Muñiz, Ciudad de México, Mexico

Received 18 December 2017; accepted 1 May 2018

### KEYWORDS

Anxiety;  
Depression;  
Inflammatory bowel  
disease;  
Validation

### Abstract

**Introduction:** The Hospital Anxiety and Depression Scale (HADS) is a self-administered instrument for outpatients, but its behaviour differs according to the clinical population to which it is applied. In Mexico it is not validated in patients with inflammatory bowel disease (IBD).

**Objectives:** To validate the HADS scale in the Mexican population with IBD.

**Methods:** 112 patients with IBD from the "Salvador Zubirán" National Institute of Medical Sciences and Nutrition were included, to whom the HADS was applied and some demographic and clinical characteristics of the disease were evaluated. An exploratory factor analysis was performed and factorial congruence was calculated to determine the construct validity of the HADS, while reliability was evaluated using Cronbach's alpha.

**Results:** The result of the varimax rotation of the 14 items of the HADS explained 50.1% of the variance, having two main factors. Ten items showed high factor loading for the dimensions originally proposed. The internal consistency of the HADS was high (alpha=0.88) with high values for the congruence coefficients.

<sup>☆</sup> Please cite this article as: Yamamoto-Furusho JK, Sarmiento-Aguilar A, García-Alanis M, Gómez-García LE, Toledo-Mauriño J, Olivares-Guzmán L, et al. Escala de Ansiedad y Depresión Hospitalaria (HADS): Validación en pacientes mexicanos con enfermedad inflamatoria intestinal. Gastroenterol Hepatol. 2018. <https://doi.org/10.1016/j.gastrohep.2018.05.009>

\* Corresponding author.

E-mail address: [kazuofurusho@hotmail.com](mailto:kazuofurusho@hotmail.com) (J.K. Yamamoto-Furusho).

32  
33  
34  
35

**Conclusions:** The HADS scale is a valid instrument to detect possible cases of Anxiety and Depression in Mexican patients with IBD. The validation of this instrument allows its routine use for the integral evaluation of the patient and their timely referral to mental health.

© 2018 Elsevier España, S.L.U. All rights reserved.

36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57

## PALABRAS CLAVE

Ansiedad;  
Depresión;  
Enfermedad  
inflamatoria  
intestinal;  
Validación

## Escala de Ansiedad y Depresión Hospitalaria (HADS): Validación en pacientes mexicanos con enfermedad inflamatoria intestinal

### Resumen

**Introducción:** La Escala de Ansiedad y Depresión Hospitalaria (HADS) es un instrumento autoadministrable para pacientes ambulatorios cuyo comportamiento difiere según la población clínica a la que se aplica. En México no está validada en pacientes con enfermedad inflamatoria intestinal (EII).

**Objetivos:** Validar la HADS en la población mexicana con EII.

**Métodos:** Se incluyeron 112 pacientes del Instituto Nacional de Ciencias Médicas y Nutrición «Salvador Zubirán» con EII a los cuales se les aplicó la HADS y se valoraron algunas características demográficas y clínicas del padecimiento. Se realizó un análisis factorial exploratorio y obtención de la congruencia factorial para determinar la validez de constructo de la HADS y la confiabilidad se evaluó mediante el alfa de Cronbach.

**Resultados:** El resultado de la rotación varimax de los 14 ítems de la HADS explicó el 50,1% de la varianza, teniendo 2 factores principales. Diez ítems mostraron altas cargas factoriales para las dimensiones originalmente propuestas. La consistencia interna de la HADS fue alta (alfa = 0,88) con altos valores en los coeficientes de congruencia.

**Conclusiones:** La HADS es un instrumento válido para detectar posibles casos de ansiedad y depresión en pacientes mexicanos con EII. La validación de este instrumento permite su utilización rutinaria para la evaluación integral del paciente y su referencia oportuna a salud mental.

© 2018 Elsevier España, S.L.U. Todos los derechos reservados.

58

## Introduction

Inflammatory bowel disease (IBD) includes ulcerative colitis and Crohn's disease, both chronic diseases of unknown aetiology, involving genetic, environmental and immunological factors.<sup>1</sup> Ulcerative colitis and Crohn's disease are characterised by chronic inflammation of the gastrointestinal tract and a remitting/relapsing clinical course which has a significant impact on the individual's quality of life,<sup>2</sup> working life,<sup>3</sup> finances and mental health.<sup>4</sup> Greater importance has been given to this aspect in recent years, as the incidence of emotional disorders is high in patients with IBD.<sup>5</sup> Approximately, 19.1% of patients with IBD have anxiety and 21.2% depression,<sup>6</sup> and these problems affect the clinical course and severity of the disease.<sup>7</sup> The causes of this relationship may range from the complex interaction that takes place directly through the gut-brain axis<sup>8</sup> to the development of other stressors, such as disturbed sleep pattern, which lead to an increase in inflammatory cytokines and acute phase reactants, triggering the inflammatory cascade and, consequently, altering the clinical course of the disease.<sup>9</sup> Other studies have reported that patients with Crohn's disease who have depression or a generalised anxiety disorder are at an increased risk of needing surgery<sup>10</sup> and, in general, depressive and anxiety symptoms in patients

with IBD are related to a larger number of relapses and less time between them.<sup>11</sup> On the basis of these findings, it is therefore currently recommended that patients with IBD be assessed and appropriately treated for any psychological problems, as such interventions can improve their quality of life and reduce their relapse rate.<sup>8</sup> This is particularly relevant when we consider the large discrepancies recently identified between the degree of importance the patient gives to the psychological aspects of IBD and the way the doctor perceives, detects and treats such aspects. These findings came from surveys in the ENMENTE project, which detected that healthcare personnel frequently reported not feeling qualified to detect this type of problem,<sup>12</sup> and emphasise the role of effective mental health assessment in patients with IBD. The Hospital Anxiety and Depression Scale (HADS)<sup>13</sup> is a self-administered instrument created to identify symptoms of anxiety and depression in patients without diagnosed psychiatric disorders. The items on the scale put more emphasis on the psychological rather than the somatic symptoms of anxiety and depression, which makes it easier to properly identify the symptoms and helps avoid errors of attribution to physical illnesses.<sup>14</sup> The HADS has been used before in patients with IBD, with depression and anxiety reported in a large proportion of these patients (11% and 41%, respectively) and suffering from a disease with a severe

82  
83  
84  
85  
86  
87  
88  
89  
90  
91  
92  
93  
94  
95  
96  
97  
98  
99  
100  
101  
102  
103  
104  
105  
106

Download English Version:

<https://daneshyari.com/en/article/11017025>

Download Persian Version:

<https://daneshyari.com/article/11017025>

[Daneshyari.com](https://daneshyari.com)