



### 3. CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND DEPRESSION

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**Introduction.** Chronic obstructive pulmonary disease encompasses various complications and comorbidities such as respiratory failure, cardiovascular disease, the development of lung cancer, osteoporosis, metabolic syndrome, diabetes and mental health issues, including a propensity towards depression. Individuals with chronic obstructive pulmonary disease often experience depression due to the significant impact of the disease on their quality of life, daily activities, and overall health.

**Aim of study.** This study aims to investigate and assess the quality of life of patients with chronic obstructive pulmonary disease associated with depression and anxiety, to provide information for more effective management of these comorbidities and to improve the quality of life of patients with chronic obstructive pulmonary disease.

**Methods and materials.** This involved conducting an analytical literature review of scientific articles associated with specific keywords. Initially, 40 articles were selected, but only 29 met the inclusion criteria for the research topic.

**Results.** Approximately 40% of study participants were identified as smokers, with an average annual cigarette consumption of 34.3 packs. Overall, the modified Medical Research Council Dyspnea Scale (mMRC) had a mean value of 2.86, and the mean Chronic Obstructive Pulmonary Disease (COPD) assessment test score was 21.75. Study participants experienced an average of 1.93 COPD exacerbations per year. For symptoms of anxiety and depression, the mean scores among COPD subjects were 10.65% and 9.93%, respectively. No significant differences were found between smokers and ex-smokers in anxiety, depression or panic attack scores. Bivariate correlation analysis revealed associations between anxiety, depression, panic attacks and disease severity as well as poor quality of life in COPD patients, regardless of their current tobacco use status.

**Conclusion.** Study results indicate that participants with chronic obstructive pulmonary disease (COPD) show a significant association between anxiety, depression, panic attacks and disease severity, also highlighting a low quality of life, with no significant differences in symptomatology between smokers and former smokers in this population.