

Faculty of Liaison Psychiatry Conference 2021

Title: Psychiatric morbidity among the patient of first ever Ischemic Stroke

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Introduction: Stroke is a growing disease according to recent reports. It is one of the leading causes of mortality and morbidity worldwide and third common cause of death in developed countries which consumes annually a great cost, directly or indirectly.

Stroke produces a wide range of mental/emotional disorders. Post stroke depression (PSD) is one of the commonest neuropsychiatric complications associated with stroke.

Studies from developed countries have reported prevalence rates of 21.6% for major depression and 20.0% for minor depression in acute rehabilitation hospitals and 24.0% and 23.0% respectively in the outpatient clinics in which duration of stroke varies between 3 months and 3 years.

There is also significant co morbidity between post stroke anxiety and PSD, reported prevalence rate ranges from 27.0% to 28.0%. Studies have shown that neuropsychiatric complications associated with stroke may have negative effect not only on the social functioning and overall quality of life of stroke survivors but also on the recovery of their motor functioning as well.

Aims and objectives of study:

To evaluate psychiatric morbidity among the patients of first ever ischemic stroke.

Materials and Methods:

This cross-sectional comparative study was carried out in the Department of Psychiatry, Sylhet MAG Osmani Medical College Hospital, Sylhet during the period from 1st July 2013 to 30th June 2014. Sixty-six ischemic stroke patients of first attack between 2 weeks to 2 years of stroke, aged above 18 years irrespective of sex and 66 accompanying healthy persons of the patients and other patients without any kind of stroke matching age and sex fulfilling inclusion and exclusion criteria were taken in Group-A and Group-B respectively. Diagnosis of ischemic stroke was made in these patients by the consultant neurologists. Psychiatric assessment was done using General Health Questionnaire (GHQ12) as screening tool. Diagnosis of psychiatric disorders of all respondents was confirmed by psychiatrist according to DSM-5 criteria.

Results: Co-morbid psychiatric disorder was found in 23 (34.8%) patients of ischemic stroke and 9 (13.6%) control subjects. The co-morbid psychiatric disorder was significantly higher in patients of ischemic stroke than that of control subjects ($p=0.004$).

Co-morbid specific psychiatric disorders were generalized anxiety disorder in 9 (13.6%) and major depressive disorder in 14 (21.2%) in stroke group.

Conclusion:

Co-morbid psychiatric disorders are quite common among patients with first ever ischemic stroke in the form of major depressive disorder and generalized anxiety disorder.