

Conclusions: The current study showed that the prevalence of depression and anxiety in hemodialysis patients is important and correlates with clinical variables, so effective interventions for mental health should be taken into consideration and the impact of these interventions should be investigated.

Keywords: Depression; Anxiety; Hemodialysis; Associated factors

EPP0208

Depression and anxiety among diabetics in primary care : a cross-sectional study

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Introduction: Diabetes mellitus is one of the most frequent chronic diseases in Tunisia. Individuals with diabetes mellitus may have concurrent mental health disorders and are shown to have poorer disease outcomes.

Objectives: The aim of this study was to determine the prevalence of depression and anxiety in diabetics attending the primary care setting.

Methods: This was a cross-sectional survey carried out over two months and including diabetic patients followed up at the consultation for chronic diseases at the primary care center of Hiboun, in Mahdia, Tunisia. The validated Hospiatal Anxiety and Depression scale (HAD) questionnaire was used as a screening tool for the symptoms of depression and anxiety.

Results: A total of 64 patients (24 men and 40 women) was enrolled. The average age was 54.5 ± 7.2 years. The mean duration of diabetes was 8.2 ± 2.3 years. The average HbA1c level was 9.1%. Over 48% of patients were overweight. The prevalence of Depression and anxiety among patients with diabetes from our study was 29.6% and 40.6%, respectively. Depression was found to be significantly associated with marital status of widowed, HbA1c level of more than 8.5%, and a family history of psychiatric illness. anxiety was significantly associated with females, unemployment and HbA1c level of more than 8.5%.

Conclusions: Screening of high risk Type II diabetics for depression and anxiety symptoms in the primary care setting is recommended at regular intervals.

Keywords: diabetes; anxiety; depression; cross-sectional study

EPP0209

Depressive symptoms and related factors in elderly diabetic patients

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Introduction: Diabetes is a major public health problem in Tunisia. Its prevalence increases with age. In addition, depression, at the top of mental disorders list, mainly remain undiagnosed, in particular in the elderly and consequently untreated.

Objectives: The aim of this study was to estimate depressive symptoms and related factors in elderly diabetic patients.

Methods: This is a cross-sectional study, conducted among type 2 diabetic patients aged ≥ 60 years old, attending Mahdia's primary health center, from January 2019 to March 2019. Depressive symptoms were assessed by using the Geriatric Depression Scale (GDS).

Results: 95 diabetic patients were recruited. The average age was 75 ± 7.4 years and the sex ratio was 0.9. In our sample, 68.4% of patients were categorized according to having depressive symptoms. The proportion of participants with mild and severe depression symptoms were 25.3% and 43.1%, respectively. Analytical results demonstrate many factors which were significantly associated with depressive symptoms: female gender, living alone, history of hypertension, presence of complication, and using insulin ($p < 0.05$).

Conclusions: Our study shows that depressive symptoms are common in elderly subjects with diabetes, and there have been many significant risk factors associated with it. So there is need for physicians to detect, confirm, and treat depression in elderly diabetic patients.

Keywords: diabetes; depression; elderly

EPP0211

Morbidity and mortality in schizophrenia with comorbid substance use disorders in Finland and Sweden

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Introduction: Schizophrenia is highly comorbid with substance use disorders (SUD) but large epidemiological cohorts exploring the prevalence and prognostic significance of SUD are lacking.

Objectives: To investigate the prevalence of SUD in patients with schizophrenia in Finland and Sweden, and the effect of these co-occurring disorders on risks of psychiatric hospitalization and mortality.

Methods: 45,476 individuals with schizophrenia from two independent national cohort studies, aged <46 years at cohort entry, were followed during 22 (1996-2017, Finland) and 11 years (2006-2016, Sweden). We first assessed SUD prevalence (excluding smoking). Then we performed Cox regression on risk of psychiatric hospitalization and mortality in patients with schizophrenia and SUD compared with those without SUD.

Results: The prevalence of SUD in specialized healthcare ranged from 26% (Finland) to 31% (Sweden). Multiple drug use and