

## IS DEPRESSION A MORE FREQUENT COMORBID CONDITION IN FAMILY PRACTICE?

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Health is defined as the state characterized by a physical, psychological and social wellbeing. In the primary care practice - Individual Medical Practice Popa-Nedelcu Eusebiu MD, 80 patients with various types of depression were identified within 6 months, out of a database of approximately 4000 patients. The aforementioned 80 patients, aged between 35 and 88, were divided into 2 groups: 54 patients with depression and comorbid chronic conditions and 26 patients with depression, without comorbid chronic conditions. Each subject included in the study was assessed with 3 questionnaires: MADRS, M.I.N.I., General Assessment of Functioning (GAF).

**Results:** The incidence of the depressive disorder in the studied time frame was 2%, and female gender subjects were more frequently involved. MADRS scores were significantly higher (scores higher than 30) in patients with depression associated with chronic conditions (cardiac, oncological, respiratory). The most frequent condition associated with depression was arterial hypertension (38%). Both MADRS scores, and GAF scores were influenced by antidepressant therapy. Patients under long-term treatment due to medical comorbid condition (74%) have a less satisfactory evolution and prognosis than those without somatic comorbid condition.

**Conclusions:** Depression has a too large incidence in primary care.

Family physicians need to be familiar with the features and monitoring of antidepressant therapy, as therapeutic compliance is the sine-qua-non prerequisite of remission and relapse prevention in depressive disorder.

The severity, prognosis and evolution of patients with depression are more reserved in those with associated medical conditions, than in those without co-occurring conditions.