

Stress factors and anxiety-depressive spectrum disorders are risk factors for system lupus erythematosus onset



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Background:

- stress factors (SF) are related to anxiety-depressive spectrum disorders (ADSD) and rheumatic disorders (RD).

Objective:

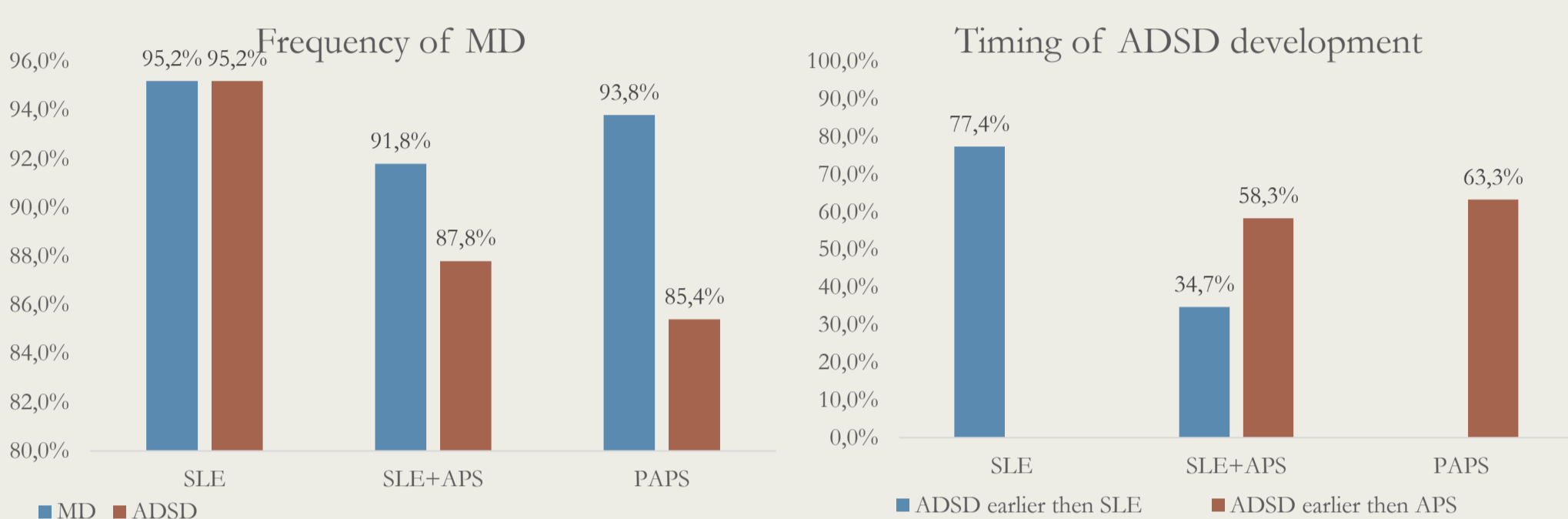
- to describe SF meaning for patients with system lupus erythematosus (SLE) and antiphospholipid syndrome (APS).

Methods:

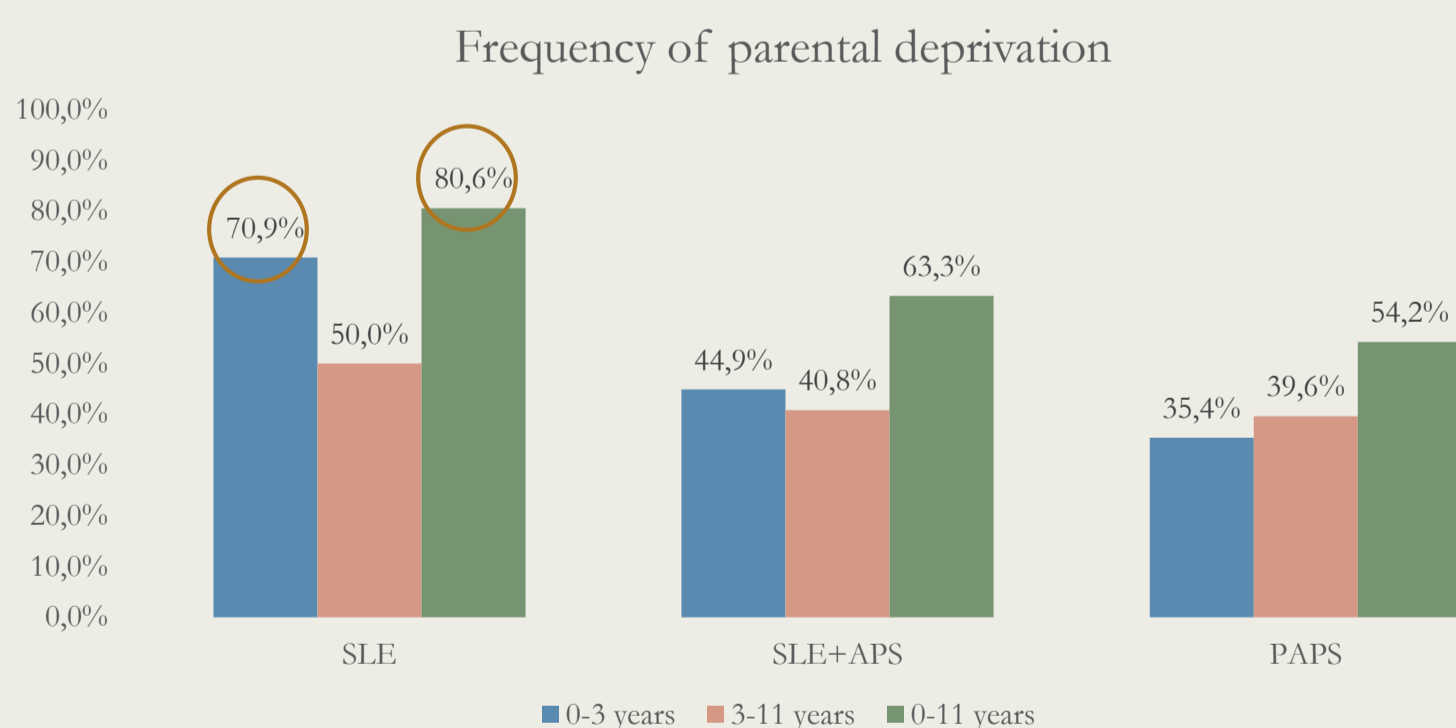
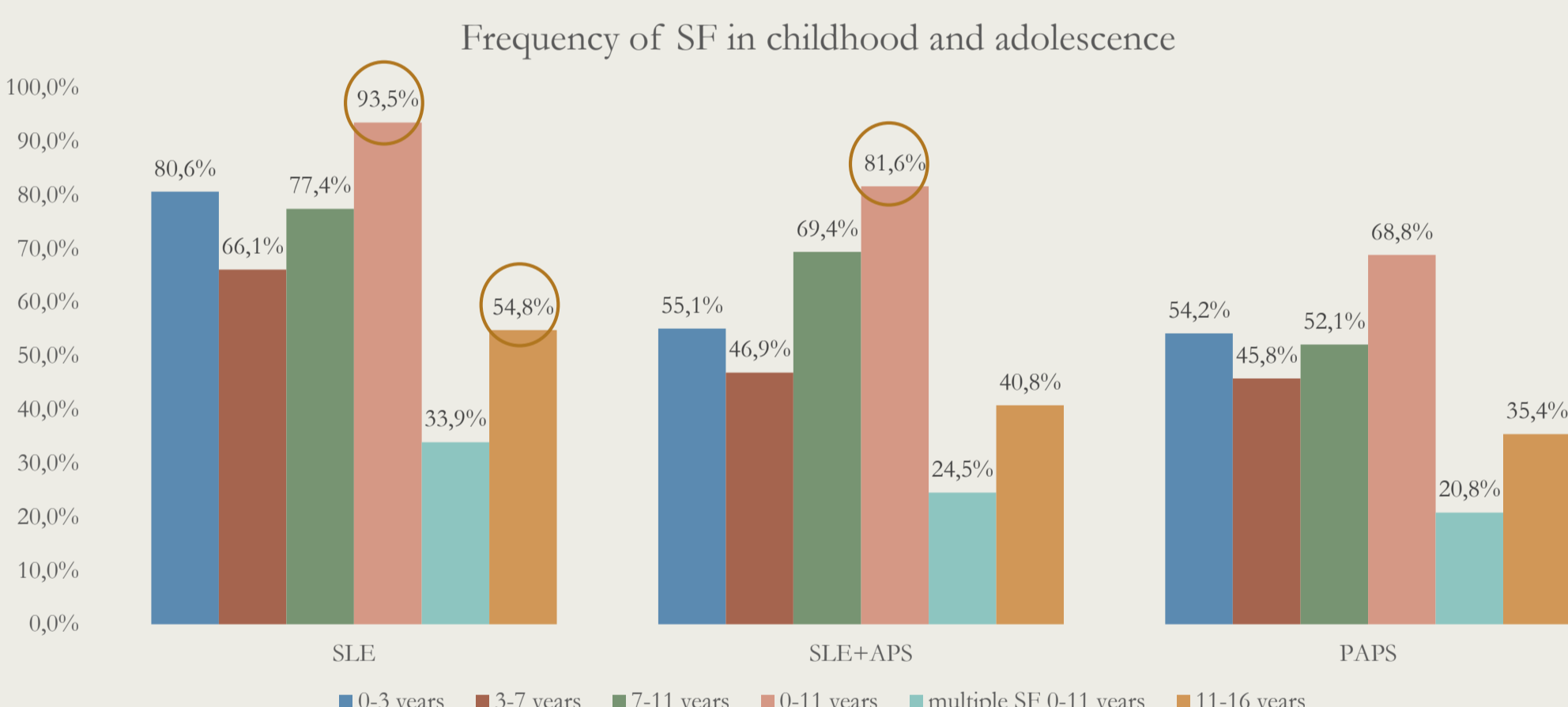
- 159 patients (62 - SLE, 49 - SLE+APS, 48 - primary APS (PAPS)), mostly women (120 (75,5%)), were consecutively enrolled in the study. The mean (M±SD) age was 37,5±12,2 years. SF and mental disorders were detected by psychiatrist in semi-structured interview.

Results:

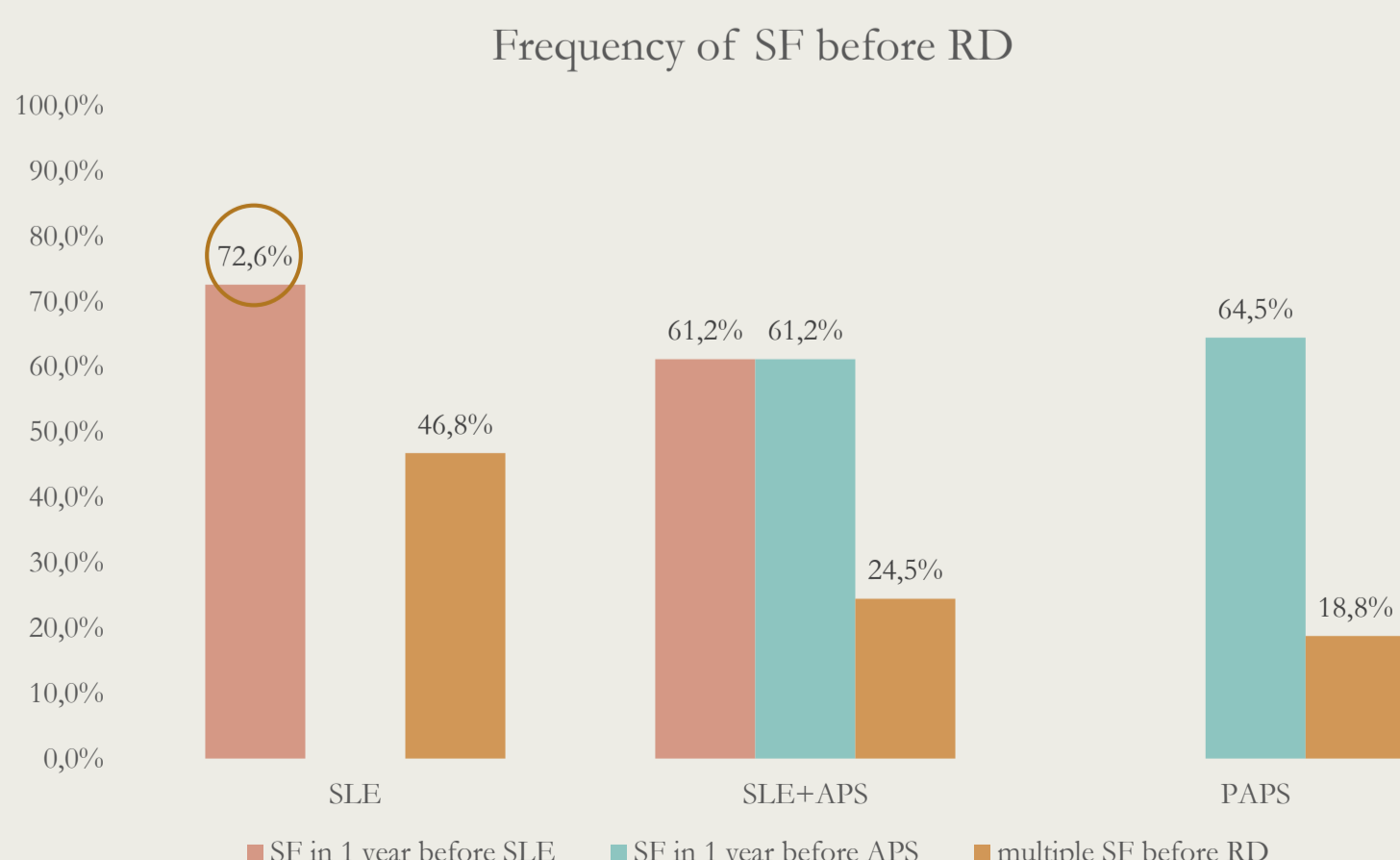
- The majority of patients had mental disorders (149 (93.7%)) with a predominance of ADSD (143 (89.9%)). ADSD were mostly related to SF and developed earlier than RD in 48 (77.4%) SLE; 31 (63.3%) PAPS patients and in SLE+APS group - 17 (34.7%) before SLE and 28 (58.3%) before APS.



- SF in childhood (0-11 years) were found more often in SLE (58 (93,5%), p=0,001) and SLE+APS (40 (81,6%), n\ s) vs PAPS (33 (68,8%)) patients; in adolescence (11-16 years) - among SLE but not PAPS patients (34 (54,8%) vs 17 (35,4%), p=0,03). Parental deprivation in 0-3 years was detected mainly in SLE compared to SLE+APS (44 (70,9%) vs 22 (44,9%), p=0,005) and PAPS (44 (70,9%) vs 17 (35,4%), p=0,0001).



- SF during 1 year before the RD onset were experienced by 45 (72,6%) SLE, 37 (75,5%) SLE+APS, 31 (64,5%) PAPS patients. SLE patients (29 (46,8%)) were significantly more likely to be exposed to multiple stress factors before RD than SLE+APS (12 (24,5%), p=0,01) and PAPS (9 (18,8%), p=0,002).



Conclusion:

- SF in childhood and ADSD are risk factors for SLE onset.