

Depression and nocturia may be bidirectionally linked

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Image courtesy of Blausen Medical

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(HealthDay)—There may be a bidirectional association between depression and nocturia, according to a review published in the September issue of *The Journal of Urology*.

Benjamin N. Breyer, M.D., from the University of California in San Francisco, and colleagues conducted a literature review to identify abstracts and original, review, and editorial articles on nocturia and [mood disorders](#), specifically depression and anxiety.

The researchers observed a strong association between nocturia and depression/anxiety based on cross-sectional (level 3) data. A single prospective study found a unidirectional relationship with depression

leading to nocturia. Nocturia posed a greater risk for depression in men than in women. The effect of serotonin reuptake inhibitors on nocturia demonstrated conflicting results.

"Practicing clinicians should consider administering a brief self-administered scale to assess for depression in patients with nocturia," the authors write.

Several authors disclosed [financial ties](#) to the pharmaceutical industry.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

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