

# Mood disorders common with rheumatoid arthritis

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(HealthDay)—Depression and anxiety are common in patients with

rheumatoid arthritis (RA), according to a study published online Jan. 6 in the *International Journal of Rheumatic Diseases*.

Wanruchada Katchamart, M.D., from Mahidol University in Bangkok, and colleagues used data from patients with RA enrolled in either the Siriraj Rheumatoid Arthritis Registry or the Thai Army Rheumatoid Arthritis Cohort to assess the prevalence of depression and anxiety and factors associated with them. The analysis included 464 patients (mean age, 59 years; median disease duration, 9.9 years; 85 percent female).

The researchers found that 12.5 percent of [patients](#) had depression and 14.5 percent had anxiety using the Thai version of the Hospital Anxiety and Depression Scale. The global health score was the only factor independently negatively associated with depression (risk ratio [RR], 0.98). Functional disability (RR, 2.46) and married status (RR, 2.43) were significantly associated with an [increased risk](#) for anxiety, while disease duration >10 years (RR, 0.45) and global health score (RR, 0.97) were significantly associated with a decreased risk for developing anxiety.

"Mental health status, especially mood disturbances, should be addressed in routine practice to improve quality of life in RA," the authors write.

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

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