

P01-275

PSYCHOLOGICAL MANIFESTATION IN ADOLESCENTS WITH THALASSEMIA

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Objective: β -thalassemia major and its complications carry a significant psychological impact, causing emotional burden, hopelessness, and difficulty with social integration.

Method: Cross-sectional study which includes thirty adolescents with diagnosis of thalassemia & another group of thirty adolescents from gastrointestinal outpatient clinic were selected. All participants were subjected to Semi structured interview, Patient Health Questionnaire, Hospital Anxiety Depression Scale, Middlesex Hospital Questionnaire, and McGill Quality of Life Questionnaire.

Results: Thalassaemic adolescents shows statistically significant higher depression ($p < 0.001$), and higher anxiety ($p < 0.001$) compared to adolescents from gastrointestinal outpatient clinic. There was highly statistical significant difference regarding Middlesex Hospital Questionnaire ($p < 0.001$), and McGill Quality of Life Questionnaire. ($p < 0.001$).

Conclusion: Depressive and anxiety disorders were more prevalent among adolescents with thalassemia. Also, among the same group there was higher degree of Free Floating Anxiety, Phobic Anxiety, Obsessive Symptoms, Somatic Symptoms, Depressive Symptoms, and hysteria. Quality of life was highly affected among adolescents with thalassemia.