THE EFFECTS OF DEPRESSION IN PERSONS WITH PARKINSONS DISEASE AND/OR THEIR CAREGIVERS ON THE HEALTH STATUS OF PERSON WITH PARKINSONS DISEASE

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Background: Parkinson’s disease (PD) is a progressive movement disorder that primarily affects older adults. It is characterized by tremor, rigidity, bradykinesis, and postural instability. This secondary analysis, examined the relationship between depression in people with PD and or their primary caregivers and the health status of the person with Parkinson’s disease (PWP).

Method: The CES-D Scale was used to measure depression. The PDQ-39 was used to measure the health status in PWP. Analysis of the data was done by performing descriptive statistics and Spearman’s Rho correlations.

Sample: The study consisted of 26 PWP, along with their primary caregivers (n=52). The average age of PWP was 72.38, while their primary caregivers was 70.19. 23% of the persons with PD were female, while 77% were male. The PWP had been diagnosed on average 7.77 years. 42% of the PWP had mild disease using the Hoehn and Yahr staging while 58.9% had moderate to severe disease on the Hoehn and Yahr. 100% of the PWPs were married for a mean of 42.67 years.

Results: Results indicate PWP have a higher incident of depression than their caregivers; 56% of PWP had depression, while only 23% of their caregivers had depression. A significant correlation for total PDQ-39 score and depression was not found, but was found related to the subset Mobility and Depression.

Conclusions: Depression was prevalent in PWP, indicating a need for frequent assessment by health care providers. Additionally, as a PWP disease advances, continual monitoring and assessing for depression is needed.

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