

中文題目：類風濕性關節炎病患的 RAID 分數與憂鬱和焦慮的相關性

英文題目：Correlation of Rheumatoid Arthritis Impact of Disease (RAID) Score with Depression and Anxiety Among Rheumatoid Arthritis Patients.

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Objectives

To evaluate the association of Rheumatoid Arthritis Impact of Disease (RAID) score with depression and anxiety among patients with rheumatoid arthritis (RA).

Methods

This cross-sectional observational study was conducted at rheumatology outpatient clinic from August of 2017 to April of 2018. A total of 625 RA patients were included in this study. RA disease activity was measure with Disease Activity Score over 28 joints based on erythrocyte sedimentation rate (DAS28–ESR) and Rheumatoid Arthritis Impact of Disease (RAID) score. Depression and anxiety were measured with Hospital Anxiety and Depression Scale (HADS). Logistic regression modelling was apply to evaluate the associations between RAID score and HADS.

Results

A total of 96 subjects (15.4%) and 65 subjects (10.4%) were classified as having depressive and anxiety symptoms, respectively, based on HADS-D ≥ 8 and HADS-A ≥ 8 . In the univariate analysis, RAID was significantly associated with depression ($\beta = 2.23$; CI 95% 1.84 – 2.63, $p < 0.001$), anxiety ($\beta = 2.16$; CI 1.67 – 2.64, $p < 0.001$), DAS-28 ($\beta = 0.95$; CI 0.86 – 1.04, $p < 0.001$), CRP ($\beta = 0.15$; CI 0.03 – 0.28, $p = 0.016$), female ($\beta = 0.60$; CI 0.23 – 0.98, $p = 0.002$), retired ($\beta = 0.45$; CI 0.09 – 0.81, $p = 0.015$), low income ($\beta = 0.96$; CI 0.48 – 1.44, $p < 0.001$), religious belief ($\beta = 0.85$; CI 0.15 – 1.56, $p = 0.018$), and comorbidities ($\beta = 0.73$; CI 0.40 – 1.06, $p < 0.001$). After adjusting

for all confounders, multivariate analysis showed depression ($\beta = 1.22$; CI 0.88 – 1.56, $p < 0.001$), anxiety ($\beta = 0.98$; CI 0.58 – 1.38, $p < 0.001$), and DAS28–ESR ($\beta = 0.82$; CI 0.74 – 0.91, $p < 0.001$) remained significant. Secondary analysis of RAID questionnaire showed the strongest correlation between the emotional well-being NRS and depression ($\beta = 2.44$; CI 1.97 – 2.90, $p < 0.001$) and also anxiety ($\beta = 2.33$; CI 1.77 – 2.88, $p < 0.001$).

Conclusions This study suggests that RAID questionnaire, particularly the sixth question, is strongly correlated with depression and anxiety among RA patients. Further investigations are warranted to validate the usefulness of RAID in evaluating depression and anxiety.