

The Relationship of Dry Eye Disease with Depression and Anxiety: A Naturalistic Observational Study



Shabbir Saifuddin

Jansons Medical Centre, Dubai University, U.A.E.

Abstract

Purpose: In recent years, the relationship between dry eye disease (DED) and psychiatric disorders has been gaining attention. The relationship between dry eye symptoms and psychiatric symptoms has been reported in multiple retrospective studies. However, in previous studies there have been limitations to these observations, such as a lack of close examination of either DED or mood symptoms.

Methods: In this study, we evaluated the psychological state and social functionality of DED patients by administering validated psychiatric tests as well as ophthalmologic examinations twice during the course of DED treatment. Forty subjects (61.3 ± 18.1 -years old) received the primary psychiatric assessments and 26 received the secondary psychiatric assessments.

Results: In a cross-sectional examination, we found patients with depressive and/or anxiety symptoms had higher Dry Eye Related Quality of Life Score (DEQ) scores, whereas the objective symptoms of DED did not differ between groups. We also found a positive relationship between depression/anxiety scores and DED subjective symptoms. On the other hand, in longitudinal examination, we found psychiatric symptoms had no impact on subjective and objective DED symptoms throughout the course of DED symptoms.

Conclusions: We found depression and anxiety were related to the subjective symptoms of DED but not the objective symptoms.

Key Words: Dry eye disease, Depression, Anxiety, Stress, Psychiatric symptoms

Translational Relevance: It is important to pay attention to psychiatric symptoms in patients with DED and an investigation into appropriate treatment strategies for patients with DED in combination with psychiatric symptoms is needed in the future.



Biography:

Shabbir Saifuddin received post-graduate degree in Ophthalmology in 1987 from Mangalore University in India and has undergone clinical trainings at London MOORFIELDS Eye Hospital) and Munich (University Eye Hospital) and has 35 years of experience as an Ophthalmologist. He has published over 30 papers in journals and at various regional and international conferences. He is presently undergoing training for the MCh Ophthalmology degree.

Speaker Publications:

1. "Scleral changes due to mitomycin C after Pterygium excision: A report of two cases" vol/93, issue-2, published in 1995.
2. "Recurrent pterygia--laser therapy : A preliminary report", indian journal of ophthalmologist, vol-41, issue-1.

[International Summit on Depression, Anxiety and Stress](#)

[Management](#): August 10-11, 2020 Webinar.

[Abstract Citation:](#)

DR.SHABBIR SAIFUDDIN, The Relationship of Dry Eye Disease with Depression and Anxiety: A Naturalistic Observational Study, Stress Meet 2020, International Summit on Depression, Anxiety and Stress Management, Webinar, August 10-11, 2020.

<https://stressdisorder.psychiatrycongress.com/abstract/2020/the-relationship-of-dry-eye-disease-with-depression-and-anxiety-a-naturalistic-observational-study>