

SELF-RATED HEALTH, MOOD DISORDERS AND QUALITY OF LIFE IN PARKINSON'S DISEASE

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Background

RECENT RESEARCH ON PARKINSON'S DISEASE (PD) SUGGESTS THAT DEPRESSION, SELF-RATED COGNITIVE FUNCTION AND LEVEL OF FUNCTIONAL INDEPENDENCE ARE PREDICTORS OF SUBSEQUENT CHANGES IN HEALTH RELATED QUALITY OF LIFE (HRQOL). BECAUSE SELF-RATED HEALTH IS A POWERFUL PREDICTOR OF MORTALITY, MORBIDITY, UTILISATION OF HEALTH CARE SERVICES, HOSPITALIZATION OR HEALTH PROTECTIVE BEHAVIOUR, WE AIMED TO EXPLORE TO WHAT EXTEND MOOD DISORDERS ARE ASSOCIATED WITH HRQOL AMONGST THE PD PATIENTS WHO RATED THEIR HEALTH AS GOOD AND AMONGST THE PATIENTS WHO RATED THEIR HEALTH AS POOR AFTER CONTROLLING FOR AGE, GENDER, EDUCATION, DISEASE DURATION AND DISEASE SEVERITY.

Methods

SAMPLE

- 124 PATIENTS DICHOTOMISED INTO
 - GOOD SRH (N=79; 51.9% FEMALE)
 - POOR SRH (N=45; 37.8% FEMALE)

MEASURES

- SELF-RATED HEALTH: SF-36 ITEM 1/SRH
- DISEASE SEVERITY: THE UNIFIED PARKINSON DISEASE RATING SCALE: UPDRS
- HRQOL: THE PARKINSON'S DISEASE QUESTIONNAIRE-39: PDQ-39 /HRQOL
- MOOD DISORDERS: THE HOSPITAL ANXIETY AND DEPRESSION SCALE: HADS

STATISTICS

HIERARCHICAL REGRESSION MODELS WERE BUILT TO EXPLORE ASSOCIATIONS OF HRQOL AND MOOD DISORDERS WITHIN THE TWO GROUPS WITH A DIFFERENT SRH

INDEPENDENT VARIABLES: AGE, GENDER, DISEASE DURATION, UPDRS, HADS
DEPENDENT VARIABLE: PDQ-39

Results

IN PATIENTS WITH GOOD SRH, AGE, GENDER, EDUCATION, DISEASE DURATION AND DISEASE SEVERITY EXPLAINED 71% OF THE VARIANCE OF HRQOL/PDQ-39, OF WHICH MOOD DISORDERS EXPLAINED 13%

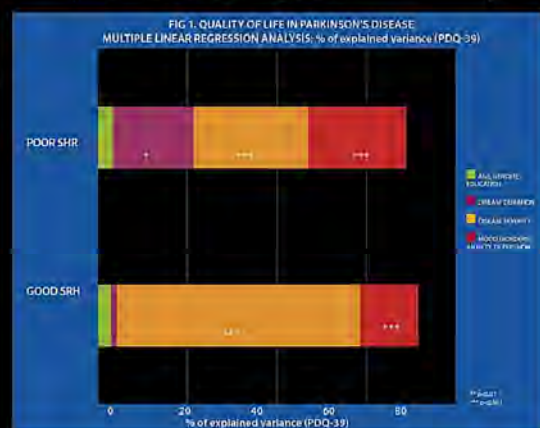
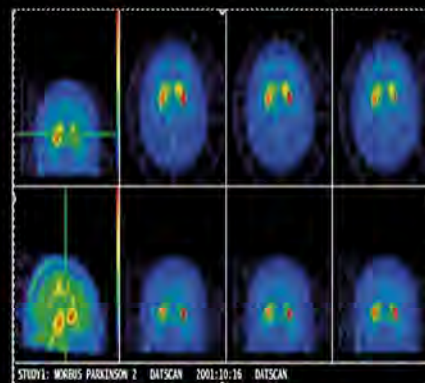
IN PATIENTS WITH POOR SRH, THE MODEL EXPLAINED 69% OF THE VARIANCE OF HRQOL/PDQ-39, OF WHICH 22% WAS EXPLAINED BY MOOD DISORDERS

Conclusions

MOOD DISORDERS SEEM TO HAVE A SIGNIFICANT CONTRIBUTION IN WORSENING HRQOL IN BOTH STUDIED GROUPS OF PD PATIENTS. HOWEVER PATIENTS WITH POORER EVALUATIONS OF HEALTH ARE AT HIGHER RISK OF HAVING WORSE HRQOL REGARDING MOOD DISORDERS

Practice implications

PSYCHOLOGICAL INTERVENTIONS AIMING TO IMPROVE HRQOL IN PD SHOULD TAKE INTO CONSIDERATION DIFFERENT LEVEL OF PATIENT'S SELF-RATED HEALTH. PRESENT RESULTS SUGGEST THAT PSYCHOTHERAPEUTIC TREATMENT OF MOOD DISORDERS IN THE PATIENTS WITH POOR SRH MIGHT BE BENEFICIAL TO THEM TO IMPROVE THEIR HRQOL.



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Abstracts

B. Interactive poster presentations

How do Spaniards use antimicrobials? A study to reduce self-medication and to promote the prudent use of antibiotics

Jesús Rodríguez Marín, José Joaquín Mira Solv, Ma Virtudes Pérez-Jove, Lidia Ortiz Henarejos, Mercedes Guilabert Mora, Isabel María Navarro Soler

Objective: To assess whether Spaniards do a prudent use of antibiotics. **Methods:** A cross-sectional study was conducted. A total of 1526 patients were surveyed. Sample size was determined for a sampling error of less than 3% for $p=q=0.50$, and for a 95% confidence level. Respondents were selected at random from all the patients attended at a selection of health centres or hospitals of the public health sector in Spain. **Results:** In spite of an adequate information about the prudent use of antimicrobials, the self-medication continues (OR = 0.8; IC = 0.5–1.4). Self-medication is more frequent among those who do not know that the use of antibiotics can generate resistance (OR 1.8 95% IC 1.3–2.5) and keep left-over doses (OR 3.1, 95%; IC 2.3–4.2). **Conclusions:** To transmit information, it is not enough to change self-medication.

Psychosexual factors and prostate-related problems in men

Aavik Toivo

Background: Prostate related problems may increase the level of sexual dysfunction in men. This study was designed to examine the associations between self-reported sexual behaviour, desire and sexual functioning and prostate-related problems. **Methods:** Cross-sectional study of 109 men. 56 were first-time outpatients at the Andrology Unit. Diagnosis included mainly BPH with symptoms lasting for at least 3 months prior to the visit. 53 were controls. **Measures:** International Index of Erectile Function, Giessen Prostatitis Symptom Score, Sexual Desire Inventory. **Findings:** Sexual functioning was negatively ($r = -0.54$) correlated with PRS, and age ($r = -0.37$) and positively correlated with desire ($r = 0.60$), sexual activity ($r = 0.68$) and satisfaction with orgasm ($r = 0.61$). **Discussion:** Higher degree of prostate related symptoms was negatively correlated with satisfaction with orgasm and that the patient and control group significantly differed in their orgasm rating. The results support the idea that it is important to assess sexual health in men with prostate problems.

against the HPV vaccine for themselves and for their children. In order the campaign vaccine to be accepted, information provision is likely to be a key in ensuring parents understanding the rationale for vaccination at a young age.

Prototypes explain gender differences in dieting behaviour. Do boys eat less healthy because healthy food is uncool?!?!?

Steinhilber Amina and Dohnke Birte

Background: Diet quality, in particular for boys, declines from childhood to adolescence (RKI, 2003-2006). The present study analysed gender differences in eating behaviour based on the Prototype/Willingness Model. Previous research has already shown (Gerrits et al., 2009) that adolescents have clear images of eater prototypes which are associated with eating behaviour. Both gender differences in prototype perception as well as in eating behaviour were expected: Girls' diet quality and prototype perception being more favourable. It was hypothesised that perception of healthy and unhealthy eater prototypes mediate the gender difference in eating behaviour. **Methods:** 184 students filled out a questionnaire regarding eating behaviour and eater prototype perception. Prototype perception was assessed by asking participants to freely list characteristics ($N=88$) as well as by an evaluation on a global scale ($N=184$). **Findings:** The results confirm the expectations stated above. **Discussion:** The importance of gender differences in interventions on healthy eating is discussed.

Self-rated health, mood disorders and quality of life amongst Parkinson's disease patients

Sufliarska Radka, Nagyova Iveta, Krokavcova Martina, Rosenberger Jaroslav, Gdovinova Zuzana, Groothoff J.W. and Van Dijk J.P.

Background: Depression and self-rated health are predictors of health-related quality of life (HRQOL). We aimed to explore how mood disorders are associated with HRQOL in PD patients with good and poor self-rated health (SRH). **Methods:** The sample consisted of 124 patients dichotomised into good SRH ($N=79$; 51.9% female) and poor SRH ($N=45$; 37.8% female). Disease severity was measured with the Unified Parkinson Disease Rating Scale, HRQOL with the Parkinson's Disease Questionnaire-39, mood disorders with the Hospital Anxiety and Depression Scale. Data were analysed using multiple linear regression. **Results:** In patients with good SRH, age, gender, education, disease duration and disease severity explained 66% of the variance of HRQOL, of which mood disorders explained 13%. In patients with poor SRH, the model explained 52%, 21% of which was explained by mood disorders. **Conclusions:** Mood disorders might play a significant role in worsening HRQOL, which subsequently might influence global self-ratings on health.

Ethnic diversity and child and adolescent mental health

Svirydzienka Nadzeya, Dogra Nisha and Vostanis Panos

Background: This paper aims to provide reliable evidence on mental health needs of young people from Indian ethnic minority background in the UK as current research on the subject is limited and remains largely inconclusive, thus failing to appropriately guide policy and practice. **Methods:** Extensive survey examined the prevalence rate of mental health problems (SDQ) and service needs of adolescents of Indian descent ($Mean = 13.74$, $SD = 0.66$; $N = 557$) while controlling for a range of other factors like the socio-economic status. **Findings:** Preliminary analysis showed that, comparable to the prevalence rates in the ethnic majority population, 10% of Indian adolescents were at threat of having or developing mental health

problems. **Discussion:** This paper shows that ethnic background alone may not serve as a reliable benchmark for developing appropriate mental health policy and services. This paper further suggests new strategies of including ethnicity in health research for evidence-based improvement of both.

Relations between candidate nurses' health locus of control and health behaviours

Tabak Ruhi Selcuk and Sarlak Kader

As a psycho-social behaviour determinant, health locus of control (HLC) plays an important role in adopting and maintenance of health behaviours. Candidate nurses are expected to be aware of their health locus of control, especially as the role models of healthy lifestyles. Hence, this descriptive study was carried out to define the candidate nurses' HLC levels and their relations with certain health behaviours in terms of health promotion. Nursing students (608) in two different Schools of Health Sciences were included in this study. The B form of the Multidimensional Health Locus of Control Scale (Wallston, Wallston, & DeVellis) was used as the data collection tool. Significant differences were estimated in HLC levels by gender and schools. Candidate nurses who received information about HLC were found to have significantly higher Internal HLC scores and lower Chance HLC scores. Positive correlations were estimated between IHCL and healthy nutrition, exercise and non-smoking habits.

Burnout among teachers. An application of job demands-job resources (JD-JR) model

Taddei Stefano, Caria Mariella, Contena Bastianina, Venditti Francesca and Venturini Eva

Background: The JD-JR model is used to study the processes involved in teachers' burnout. Recent researches highlight the role of JD and JR respectively on burnout and work engagement and underline the importance of JR for adaptation of the subject in his work environment. This research intends to investigate the relationship between (a) physical and psychological JD, and the three dimensions of burnout; (b) JR as social support, task autonomy, decision-making and the work engagement. **Methods:** It was administered to 215 teachers a questionnaire consisting of Job Content Questionnaire, Maslach Burnout Inventory-General Survey, Utrecht Work Engagement Scale. The data were subjected to descriptive and multivariate analysis. **Findings:** The results allow to underline a relationship between JD and emotional exhaustion ($r=0.45$; $p \leq 0.001$), and between JR, personal accomplishment ($r=0.20$; $p \leq 0.001$) and work engagement ($r=0.24$; $p \leq 0.001$). **Discussion:** The results provide suggestions for prevention programs to burnout.

Supporting children using play in Japanese hospitals

Takahashi Ryo, Inoue Yukiko, Yamamoto Keiko, Toshiko Kazama and Osada Hisao

Supporting children in hospitals using play was investigated. Nurses ($n=4$) conducted eight types of play: drawing, puzzles, ball play, reading, handicraft, clay, blocks, and colouring, with infants ($n=10$) and their parents (mothers: 9, fathers: 1) in hospitals in Japan. A total of 13 cases were examined from the following perspectives: the reason for choosing the play, effects of play on children, the condition of children and children's reactions. The results indicated the following. Nurses chose the type of play after considering the developmental stage and the medical condition of the children. From the perspective of nurses, children enjoyed themselves and concentrated, although some children had negative reactions. Some parents responded that they had a good time, whereas others responded that it was boring. It is suggested that the