

Poster

2025年9月25日(木) 14:00 ~ 15:00 Poster Session (Foyer 2)

## Poster 5

### [P-5-02] A Relationship Between Depression and Obstructive Sleep Apnea among Patients Receiving Dialysis

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キーワード : end-stage renal disease / dialysis、mental health、sleep apnea

#### Background:

Obstructive sleep apnea (OSA) is a highly prevalent condition among patients with end-stage renal disease (ESRD). This study aims to examine the predictors of OSA in patients undergoing haemodialysis (HD) and peritoneal dialysis (PD).

#### Methods:

A total of 200 patients (comprising 150 haemodialysis and 50 peritoneal dialysis patients) were recruited from nephrotic outpatient clinics at our hospital in southern Taiwan between January 2015 and December 2015. The data collection process encompassed a range of demographic and social characteristics, dialysis-related variables, comorbidities, substance and alcohol use, and assessments using the Chinese Health Questionnaire (CHQ), the Taiwanese Depression Questionnaire (TDQ), the Pittsburgh Sleep Quality Index (PSQI), and the Berlin Questionnaire (BQ). In the subsequent phase, a psychiatrist conducted diagnostic interviews with individuals who were identified as potentially high-risk based on their questionnaire scores, with the aim of confirming any underlying psychiatric comorbidities. Structural equation modeling was employed to examine the relationship between CHQ, TDQ, PSQI and BQ.

#### Results:

The present study found that age and sleep duration had a negative effect on OSA. In addition, a higher BMI, hypertension, thyroid disease, peritoneal dialysis, and elevated post-dialysis BUN levels were associated with increased OSA severity. Furthermore, anxiety and common mental symptoms were found to be directly linked to OSA severity, and indirectly mediated by sleep disturbances.

#### Conclusion:

The results indicate a direct association between OSA and common mental symptoms, with sleep disturbances exerting an indirect influence. Addressing modifiable risk factors, comorbidities, sleep quality, and mental health may improve outcomes in this population.