

Depression, anxiety and insomnia after 7 years of untreated Obstructive Sleep Apnea: Preliminary findings

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Introduction

- Significant levels of depression, anxiety and insomnia may be present in as many as 30% of older adults diagnosed with OSA.
- Treatment of OSA has been shown to improve these symptoms, but most individuals who are prescribed treatment either discontinue it or fail to use it as recommended.
- **Question:** What is the evolution of anxiety, depression and insomnia over 7 years in individuals with diagnosed OSA and non-adherent to treatment?
- In this study, we followed the 7-year trajectory of 20 individuals with OSA, who never began their prescribed treatment and recorded the changes in their symptom profile.

Participants and procedures

- 20 consecutive older family medicine patients (age: mean=56, range=47-73)
- Measures:
 - Insomnia Severity Index (ISI)
 - Hospital Anxiety and Depression Scale (HADS)
 - Polysomnography (PSG) at baseline (2012-2013)
 - Level 3 Sleep study 7 years later (2019-2020)
- Those diagnosed with OSA at baseline were prescribed treatment and were re-contacted after 7 years to evaluate:
 - treatment adherence
 - psychological functioning

Results

- Participants did not have considerable symptoms of anxiety or depression at either baseline or 7 years later (means <8).
- Paired t-tests indicated that individuals showed improvement on both the anxiety ($p=.020$) and the depression ($p=.008$) scales.

Anxiety:	Mean	SD	N	P-value
Baseline	6.82	5.06	20	.020
7 years later	6.19	5.31		

Depression:	Mean	SD	N	P-value
Baseline	4.76	4.41	20	.008
7 years later	4.27	4.15		

Normative data for the HADS: For the Anxiety scale, mean=6.14 (SD = 3.76); for Depression, mean=3.68 (SD = 3.07) Crawford, J. R., et al. (2001). British Journal of Clinical Psychology

Results

- Participants started and remained in the subthreshold insomnia category.
- Insomnia minimally improved with time ($p=.042$).

Insomnia:	Mean	SD	N	P-value
Baseline	11.1818	5.51032	20	.042
7 years later	9.6364	5.93755		

Conclusions & Discussion

- Results of this study suggest that participants with untreated OSA had normative sleep, anxiety, and depression at baseline and these all minimally improved over time.
- Participants with OSA who do not experience symptoms of insomnia, depression, and anxiety may not be motivated to begin treatment for OSA.