

Restless Legs Syndrome in Patients with Depressive Disorders

Svenja Happe¹, Bernhard T. Baune², Michael Lanz¹, Klaus Berger³, Magdolna Hornyak⁴

¹Department of Clinical Neurophysiology, Klinikum Bremen-Ost/University of Göttingen, Germany

²Department of Psychiatry, James Cook University Queensland, Australia

³Department of Social medicine and Epidemiology, University of Münster, Germany

⁴Department of Psychiatry and Pain Medicine, University of Freiburg, Germany

It is known that symptoms of depression and anxiety are frequent in patients with restless legs syndrome (RLS). RLS patients are at risk of having specific depressive and anxiety disorders with a considerable proportion of the excess morbidity might be due to RLS symptomatology.¹ A recent community-based study suggested a strong association between RLS and major depressive disorder and/or panic disorder.² However, little is known about whether patients with a manifest depressive disorder who are treated in an in-patient setting have an increased prevalence of RLS and whether there is an association to different depressive disorders.

Three large psychiatry departments in Bremen, Freiburg (Germany), and Queensland (Australia) each asked 100 consecutive patients to complete a standardized questionnaire. All patients were treated in an in-patient setting because of a manifest depressive disorder. The questionnaire included standardized diagnostic questions for RLS, the Center for Epidemiologic Studies Depression Scale (CESD), and the RLS severity scale (IRLS), if RLS was present. The treating doctors completed a second standardized questionnaire including RLS-diagnostic questions and comorbidities. We will present data out of this study and would like to discuss the association between depression and RLS.

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References

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