ABSTRACT BOOK
ABSTRACTS

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PSYCHODERMATOLOGY

QUALITY OF LIFE, DEPRESSION AND ANXIETY IN PATIENTS WITH MELANOMA

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INTRODUCTION: Recent investigations have established a significant correlation between melanoma and quality of life, as well as anxiety and depression in these patients.

OBJECTIVE: Analyzing the quality of life, anxiety and depression in patients with a diagnosis of melanoma at different stages of the disease.

METHODS: In our cross-sectional study were included 40 consecutive patients with melanoma at diagnosis, which are the part of patients diagnosed and treated at Department of Dermatology and Venerology Military Medical Academy. 20 respondents were in stage I and stage II and 20 respondents in stage IV. We used EORTC Quality of Life Questionnaire (EORTC QLQ 30), Beck anxiety inventory (BAI) and Beck depression inventory (BDI). The statistical analysis included parametric and non-parametric descriptive statistics.

RESULTS: In stage I and II anxiety scores were higher in comparison to stage IV disease patients (37.5 vs 14.5, $p < 0.05$), but depression was more pronounced (6 vs 2.5, $p < 0.05$) in IV stage. There were statistically significant differences in all segments of quality of life between patients that were in I and II stage and patients in IV stage of the disease. The global quality of life was significantly worse for patients in the IV stage (33.5 vs 83), the symptomatology was more pronounced (78.5 vs 0) and the functioning was significantly worse (31 vs 85) in relation to patients at the I and II stages ($p < 0.01$) for all segments of quality of life.

CONCLUSION: The need for adequate social and family support as well as psychological assistance in order to achieve better and better coping with illness is necessary in patients with melanoma. Further studies are needed for monitoring of anxiety, depression and quality of life from the moment of diagnosis of the disease over time, as well as the impact of new treatment modalities on these parameters.

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