MENTAL DISORDERS IN SYSTEMIC LUPUS EURYTHEMATOSUS AND ANTIPHOSPHOLIPID SYNDROME PATIENTS

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Background Mental disorders (MD) in systemic lupus erythematosus (SLE) and antiphospholipid syndrome (APS) patients has been poorly described and recognized.

Objective To describe the frequency and spectrum of mental disorders in SLE and APS patients.

Methods 71 patients with mean (M±SD) age 38.8±11.7 years were enrolled in the study: 21 of proven SLE patients, 26 – with secondary APS and 24 – with proven primary APS (PAPS). 54 (76,1%) patients were women. SLE activity was measured by SLEDAI score. MD were diagnosed by psychiatrist in accordance with the Hospital Anxiety and Depression Scale (HADS) and ICD-10 in semi-structured interview. The severity of depression and anxiety was evaluated by Montgomery–Asberg Depression Rating Scale (MADRS) and Hamilton Anxiety Rating Scale (HAM-A). CD were diagnosed with psychology and neuropsychology methods.

Results The patients with SLE, SLE+APS and PAPS didn’t differ in age, but in PAPS group men met more often. The groups didn’t differ in SLE activity. The rate of MD (mainly anxiety-depressive disorders) were high, highest in SLE patients. Recurrent depressive disorder met more often. The prevalence of anxiety-depressive disorders: recurrent depressive disorder, single depressive disorder, dysthymia, generalized anxiety disorder was significantly higher in SLE than in SLE+APS groups (p=0,03). Bipolar disorder didn’t met in PAPS patients. Epileptic syndrome met more often (ns) in SLE+APS patients. The prevalence of schizotypal disorder was higher (ns) in patients with SLE (SLE and SLE+APS groups) (also higher than in population). Vascular dementia was diagnosed more often (ns) in APS patients (SLE+APS and PAPS groups). The rate of cognitive difficulties was very high in all groups, with predominance of mild and moderate impairment.

Conclusion Chronic depressive and cognitive disorders are typical for patients with SLE, SLE+APS and PAPS. Mild and moderate cognitive disorders diagnosed in PAPS-patients significantly more often (p<0,05) than in SLE patients without APS.

LUPUS EUROPE – EXERCISE PROGRAM FOR LUPUS PATIENTS

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Background Up to 80% of all Lupus patients experience fatigue and most of them report this as the most severe symptom. One of the major causes of morbidity in SLE patients is...
chonic, debilitating fatigue, decreasing quality of life, increasing risk of work disability with associated cumbersome healthcare costs.

Several research papers show that the only thing clinically proven to have an effect on Lupus fatigue is moderate exercise. If you tell this to a Lupus patient experiencing fatigue, however, you will find it very difficult to motivate them to exercise. The challenge is to make them realise that exercise does not necessarily mean running a marathon or going to the gym – a little movement goes a long way.

Objectives To get lupus patients to exercise and thereby experience less fatigue/better manage their disease.

Methods Develop an exercise program, that is approved by physiotherapists and leading lupologists, easy to do and inspires Lupus patients to keep active even when they feel exhausted.

Results In collaboration with physical therapists Lupus Europe has developed an exercise program from our own experiences and had it approved by leading European lupologists. The program has five levels; from lying in bed until being able to run and jump. All exercises can be done at home without training tools. In order to make it accessible we have made five videos, showing how to do each exercise and five connected pamphlets. The materials will be made available to all Lupus patients on the Lupus Europe web site and YouTube channel free of charge.

Conclusion We have already seen good results within the Lupus community, where people are finding the program easy to use and a help to keeping them active. Our hope is, that doctors/nurses/HCPs will find it a useful tool to help fight fatigue and recommend it to their patients.

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Abstracts

**P111** HEALTH-RELATED QUALITY OF LIFE ASSESSED BY LUPUSQOL QUESTIONNAIRE AND SF-36 IN RUSSIAN PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS

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The LupusQol is a disease-specific health-related quality of life (HRQoL) measure for patients with lupus. We conducted this study to compare the efficiency of LupusQol with the 36-item Short-Form Health Survey (SF-36), a generic quality of life (QoL) scale, in Russian patients with lupus. Both questionnaires were conducted at a single visit to the clinic. Disease activity was evaluated by the SLEDAI 2K, and chronic damage by the Systemic Lupus International Collaborating Clinics Damage Index score (SDI). Associations between the LupusQol and SF-36 domains were examined, while also examining age, disease duration, and disease activity for each questionnaire. Descriptive statistics, Spearman’s correlation coefficients, and Students t test were performed to analyze the data.

A total of 328 patients with lupus (F/M 298:30, mean age 34.4±11.5 years, mean disease duration 106.3±91.9 months) were included, and 65.3% of these were active and 56.5% of these had SDI ≥1. The mean SLEDAI 2K score was 9.6±8.0.

QoL as assessed by SF-36 and LupusQol was low in this group of patients with SLE. The mean scores for each of the domains of the LupusQol and SF-36 are shown in table 1. The mean scores are <60 in 8 domains of the SF-36 but not in social functioning (62.0±27.19) and physical function (62.35±28.53).

The MCS and PCS scores were both <50. Despite the fact that the mean score in LupusQol was always higher than in SF-36 for each of the comparable domains, 3 standardized p values were not statistically significant (mean score in 328 patient visits: physical health/physical function, 66.20±23.18/62.35±28.53, p = 0.96; emotional health/mental health, 64.65±24.75/50.51±8.40, p=0.94; and fatigue/vitality 62.70±24.73/53.04±22.59, p=0.83), 1 standardized p value was statistically significant pain/bodily pain 70.03±24.68/47.00±8.86, p=0.02. The correlation of the comparable domains of LupusQol and SF-36 was studied. There was a strong correlation between comparable domains in LupusQol and SF-36 in 328 patient visits (physical health and physical functioning, r=0.77; emotional health and role emotional, r=0.38; pain and bodily pain, r=-0.33; and fatigue and vitality, r=-0.70; all p values <0.0001).

For the 4 non-comparable domains of the LupusQol, there was a correlation between 3 domain of LupusQol and SF-36 and 1 of the component scores of SF-36: body image and SF-36 MCS, r=0.20; planning and SF-36 MCS, r=0.13, and burden to others and SF-36 PCS, r=0.19; body image and SF-36 PCS, r=0.38; planning and SF-36 PCS, r=0.66; and burden to others and SF-36 PCS, r=0.38.

The Lupus Qol scales such as: pain, planning, intimate relationships, burden to others and bodily image correlated with disease activity (by SLEDAI 2K).

Conclusions The LupusQol-Russian is sensitive to change in SLE patients with active SLE. LupusQol and SF-36 were equivalent in assessing the HRQOL in Russian SLE patients. Both LupusQol and SF-36 are easily completed by patients and correlate very well with each other.

The HRQOL by LupusQol-Russian strongly correlated with disease activity.