**Prevalence and predictive factors of anxiety-depressive disorders in digestive cancer : A single-center study of 47 cases**

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**Background**

In oncology, anxiety and depression states are associated with psychological suffering. However, they are still often underestimated.

The aim of our work was to assess the prevalence and the predictive factors of anxiety-depressive disorders in patients with digestive cancer.

### Methods

We conducted a cross-sectional study including patients hospitalized between July and November 2019 for management of digestive cancer. Epidemiological and clinical data were collected. The patients had answered a questionnaire “Hospital anxiety and depression scale“ (HAD) for screening of cases of anxiety and depression. It is a scale comprising 14 items each rated from 0 to 3. Seven questions relate to anxiety and seven others to depression. The symtomatology is certain if the score is equal or higher than 11. A score less than 7 defines the absence of symptoms.

### Results

We included 47 patients with an average age of 71 years [30-83] and a sex ratio H/F of 1.66. A premorbid history of anxiety-depressive disorders was found in 17% of cases. The type of cancer was colorectal adenocarcinoma in 53% of cases, gastric cancer in 21% of cases, hepatocellular carcinoma in 10%, pancreatic and esophageal cancer in 8% of cases for each localisation. Metastases were present in 31% of cases. According to the HAD scale, 70% of patients had symptoms of depression and 38% had symptoms of anxiety. Factors associated with anxiety-depressive disorders were female gender (p= 0.02), age < 45 years (p=0.04) and presence of metastases (p=0.01). Neither the type of cancer nor a premorbid history of psychological disorders were predictive of anxiety-depressive states.

### Conclusions

Our study had demonstrated a significant rate of anxiety- depressive states in patients with digestive cancer. Therefore, a systematic screening and specialized care are essential in order to improve the quality of life of patients.