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Visual Analogue Scale and Beck Depression Inventory Assessing the Clinical Correlation of Backache with Depression

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Background: Patients with chronic pain have mostly additional psychiatric diseases especially depression. The aim of this study is to determine a relation between depression and back aches.

Methods: We conducted a study between January 2015 and November 2015 at Shifa International Hospital, Islamabad that included 165 adult patient's ≥ 20 years of both genders having back pain. Visual Analogue Scale (VAS) and Beck Depression Inventory (BDI) scores were calculated.

Results: 112/165(67.8%) females were more prone to backache with depression than males 53/165 (32.2%). Younger age group had more backache complains associated depression as compared to older groups i.e. 21-35 years had 47/67(70.1%) and 36-50 years had 50/71(70.4%) depression. On visual analogue scale 19/165 (11.5%) patients had mild, 111/165(67.2%) patients had moderate and 36/165(21.8%) patients had severe back pains. Beck depression inventory scores showed 21/165(12.1%) normal, 23/165 (13.9%) mild, 165(3%) borderline, 43/165(26%) moderate, 41/165(24.8%) severe, 32/165(19.3%) extreme depression as depicted in table 3. There was statistically significant correlation between severity of backache and severity of depression ($P < 0.003$).

Conclusion: Depression is major co morbidity in patients with backache and should be recognized early to get an optimal response to treatment.

Key Words: Backache, Depression

Abbreviations: VAS=Visual Analogue Scale, BDI= Beck Depression Inventory

Biography

Muhammad Nadeem is a consultant neurosurgeon currently working at department of neurosurgery at Shifa international hospital Islamabad and Associate professor Shifa college of medicine. He completed his MBBS from Rawalpindi medical college. He did his fellowship in Neurosurgery from College of physicians and surgeons Pakistan.

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