

Introduction

The association between lower urinary tract symptoms and anxiety/depression has been shown in the literature.

The study aimed to determine whether there is a correlation between LUTS symptom scores and hospital anxiety and depression scale (HADS) in patients with LUTS.

Methodology

The patients, who applied to the functional urology outpatient clinic due to LUTS between March 2021 and June 2021 and filled out required questionnaires, were included.

All patients underwent UF and peak flow rate (Qmax, ml/sec), average flow rate (Qavg, ml/sec) were recorded.

The International Prostate Symptom Score (IPSS), the Visual Prostate Symptom Score (VPSS) were used in men and the International Consultation on Incontinence Modular Questionnaire-Female Lower Urinary Tract Symptoms (ICIQ-FLUTS) in women.

Depression and anxiety conditions of the patients were evaluated with HADS in all patients. The parameters of UF and all scores were compared.

Results

- A total of 70 patients (min: 30, max:70 years)
- The median age :51 years (IQR 41-62)
- 39 (57%) male, and 31 (43%) female
- Qmax: 15 ml/sec (IQR 11-26)
- Qavg: 11 ml/sec (IQR 7-14)
- Median voided volume: 335 ml (IQR 177-456)
- IPSS: 16 (IQR 11-23)
- VPSS: 13 (IQR 10-16) in males
- ICIQ-FLUTS: 78 (IQR 38-100) in females
- Depression score:7 (IQR 5-10)
- Anxiety score: 8 (IQR 5-12).

Results

Variable	First Variable Median (IQR)	Second Variable Median (IQR)	r	p
IPSS v. VPSS	16 (11-23)	13 (10-16)	0.584	0.034
Qmax v. IPSS	15 (11-26)	16 (11-23)	-0.622	<0.001
Qmax v. VPSS	15 (11-26)	13 (10-16)	-0.638	<0.001
Qavg v. IPSS	11 (7-14)	16 (11-23)	-0.534	<0.001
Qavg v. VPSS	11 (7-14)	13 (10-16)	-0.512	<0.001
VPSS v. HADS Anxiety	13 (10-16)	8 (5-12)	0.379	0.018
VPSS v. HADS Depression	13 (10-16)	7 (5-10)	0.353	0.028
IPSS v. HADS Anxiety	13 (10-16)	8 (5-12)	0.346	0.002
IPSS v. HADS Depression	13 (10-16)	7 (5-10)	0.325	0.016
Qmax v. HADS Anxiety	15 (11-26)	8 (5-12)	-0.051	0.09
Qmax v. HADS Depression	15 (11-26)	7 (5-10)	-0.115	0.08
Qavg v. HADS Anxiety	11 (7-14)	8 (5-12)	-0.115	0.07
Qavg v. HADS Depression	11 (7-14)	7 (5-10)	-0.044	0.09
ICIQ-FLUTS v. HADS Anxiety	78 (38-100)	8 (5-12)	,311	0.058
ICIQ-FLUTS v. HADS Depression	78 (38-100)	7 (5-10)	,454	0.033
Qmax v. HADS Anxiety	15 (11-26)	8 (5-12)	-,027	0.08
Qmax v. HADS Depression	15 (11-26)	7 (5-10)	-,214	0.07
Qavg v. HADS Anxiety	11 (7-14)	8 (5-12)	-,045	0.07
Qavg v. HADS Depression	11 (7-14)	7 (5-10)	-,145	0.09

Conclusion

The study shows that patients with LUTS suffer from anxiety and depression. We consider that these conditions should be taken into account in the management of LUTS. Prospective studies with large case series are needed for clearer inferences.