

Background

Meniere's disease symptoms include vertigo, hearing loss, tinnitus and aural fullness which can be extremely stressful and limiting in everyday life (1). Meniere's patients also reported symptoms of anxiety and depression, worse social functioning and physical pain (2,3). The influence of psychological factors aggravate dizziness and prolong recovery from balance disorders (4). Prevalence of anxiety is higher in patients with Meniere’s disease than in other types of vestibular peripheral vertigo and it goes up to 25% (5).

Aim of the study

- Determine the correlation between the severity of the Meniere’s disease symptoms and level of anxiety;
- Determine how age of the patient, duration of the disease and daily doses of betahistine influence level of anxiety

Material and methods

- Study included 37 patients with Meniere’s disease (28 females and 9 males) in a tertiary medical center
- Patients filled out Ménière’s Disease Functional Level Scale and Zung Self-rating Anxiety Scale (SAS) every week for 12 weeks (from January to March 2014)
- Ménière’s Disease Functional Level Scale- 6 item scale to evaluate functional impairment and disability
- Zung Self-Rating Anxiety Scale-survey of only 20 statements, 5 positively and 15 negatively worded, describing the symptoms of anxiety (scores 20-44 normal range, 45-59 mild to moderate level of anxiety, 60-74 marked to severe and 75-80 extreme anxiety level)

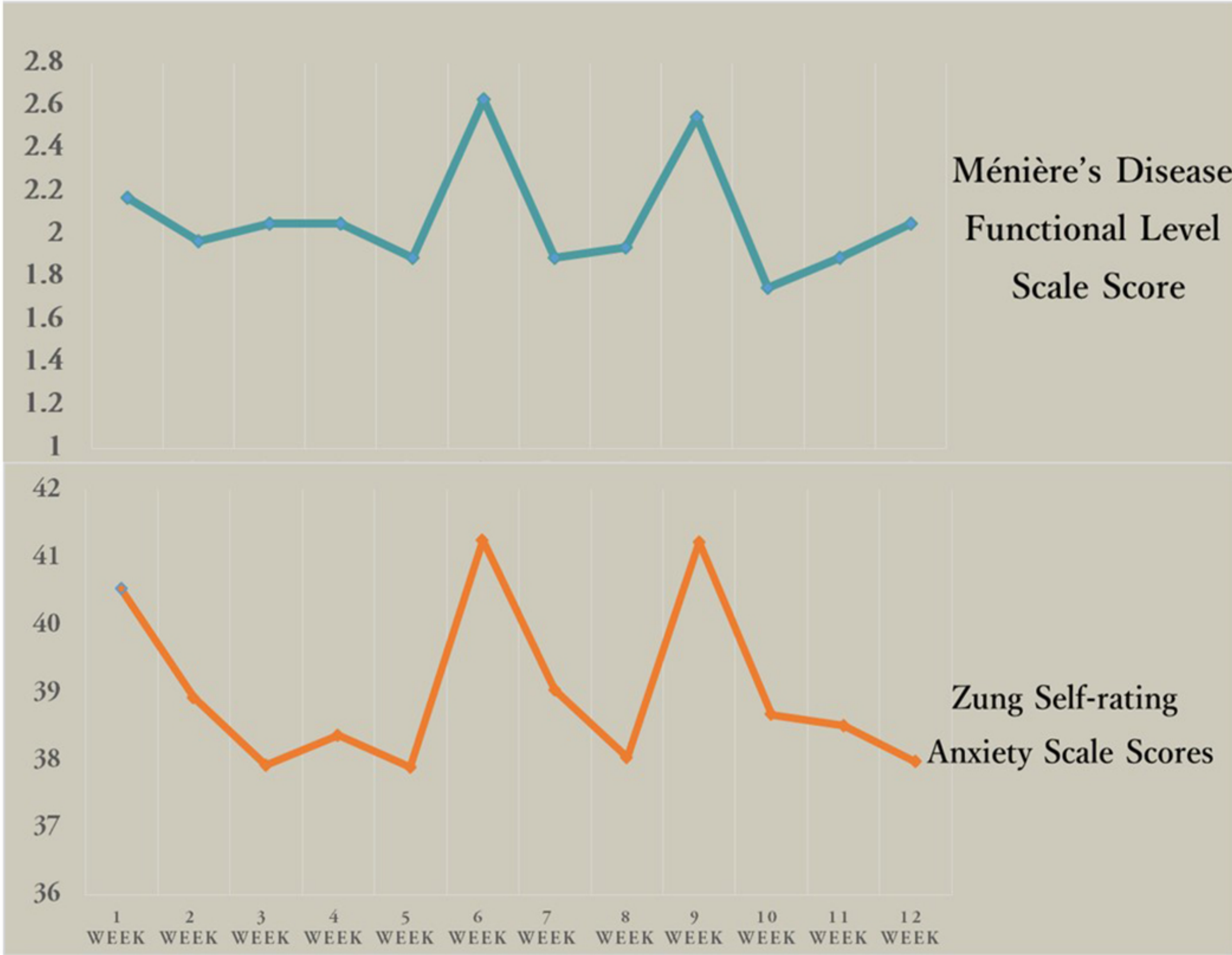
Results

- Average age of the patients was 46.2 years
- Duration of the disease varied from 6 months to 5 years
- 34 patients were on therapy with betahistine (daily doses from 48 to 144mg) and 3 were without any therapy
- Significant positive correlation existed between average scores variation of Ménière’s Disease Functional Level Scale and SAS though the duration of the study (Pearsons $r= 0.827$, $p<0,001$)

- There was a significant positive correlation between age and duration of the disease and scores on SAS; and significant negative correlation between daily doses of betahistine and scores on SAS

	r	p
Age	0.764	0.001
Duration of the disease	0.813	0.001
Daily dosage of betahistine	-0.564	0.001

- Levels of anxiety lowered with less severe symptoms and less frequent attacks



Conclusions

- Illness and anxiety provoked symptoms create a vicious cycle of prolonged symptomatology and distress; symptoms can be increased by anxiety and stimulate further anxiety
- Zung Self-Rating Anxiety Scale is quick tool in assessing patients' levels of anxiety and deciding how to plan further treatment of the disease
- In that case, interdisciplinary approach incorporating mindfulness, cognitive-behavioral techniques, and vestibular rehabilitation which improves patient coping, functionality, and decreases levels of anxiety (6) should be included in the treatment of Meniere’s disease

References

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