

Depression in chronic kidney disease: a systematic review of meta-analyses

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Background. Patients with chronic medical diseases carry a high risk for depression and other psychiatric disorders. Under-recognition of depression in patients with chronic kidney disease may contribute to poor compliance with treatment and deterioration of quality of life.

Objectives. To study the clinico-epidemiological characteristics of depression in patients with chronic kidney disease and dialysis patients.

Methods. We searched pubmed for meta-analyses published in the last 5 years regarding depression in these patients. Key-words were depression plus chronic renal failure, chronic kidney disease and dialysis.

Results. Our search yielded seven studies. Two of them were excluded due to the fact that they were not relevant to our study. Among the remaining five, three studies were about mortality and depression (1 in dialysis patients, 1 in chronic kidney disease, 1 in general community versus patients with specific illnesses), one study was about psychosocial factors in dialysis patients and one was about the prevalence of depression in chronic kidney disease. No meta-analysis regarding treatment of depression in these patients was found.

Conclusion. Depression is frequent in chronic kidney disease and dialysis patients and may lead to increased mortality. Nurses should have high clinical suspicion about this and recognize it promptly. Recognition may lead to early intervention, proper treatment, and beneficial effects both for patients and their families, as well as health care professionals.