

憂鬱症婦女骨密度及相關因素初探

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摘要

本土研究鮮有針對憂鬱症婦女探討骨密度及相關影響因素。本研究目的為探討北部某醫學中心 100 位憂鬱症婦女的個人基本屬性、生活飲食習慣、憂鬱程度與骨密度之相關性。採橫斷式調查法，以結構式問卷、貝氏憂鬱量表、和骨密度測量儀收集資料。研究結果發現，(1)年齡及家族骨質疏鬆症疾病史與骨密度有顯著相關，年齡大者骨密度顯著低於年齡輕者($p < .05$)，有家族骨質疏鬆症疾病史者骨密度顯著低於無者 ($p < .01$)，(2)無喝茶者骨密度顯著低於喝茶者($P < .01$)。(3)憂鬱程度高者其骨密度較低($P < .001$)。建議醫療團隊除了提供症狀處理及照護外，更應該針對與骨密度相關因素做進一步探討，瞭解其影響因素，做為日後憂鬱症婦女骨質疏鬆症防治工作的參考。

Abstract

There were few reports about the risk factors of osteoporosis in women with depression in Taiwan. The purpose of this study was to explore the association between personal characteristics, life style, depression and bone density in 100 depressed women in northern Taiwan. In this cross-sectional study, data were collected by a structured questionnaire, Beck Depression Inventory (BDI-II), and Hologic Delphi QDR-2000 Dual Energy X-ray Absorptiometry. The results showed that: (1) lower bone density was found in older women and those with family history of osteoporosis ($p < .05$ and $p < .01$, respectively); (2) lower bone density was found in women without habit of tea consumption ($p < .01$). (3) lower bone density in women with severe depression ($p < .001$). The results indicated that in addition to providing symptom management and care, the health care team should also further examine the existence of low bone density and its related factors. The information will be helpful in preventing osteoporosis in those depressed women in the future.