




Macedonian  
Psychiatric  
Association

2023

# ABSTRACT BOOK

7th

## Macedonian Psychiatric Congress

University Clinic of Psychiatry |  MPA

2nd

## Thematic Conference on Dementia & Neurodegeneration



Institute for Alzheimer's  
Disease and Neuroscience

 MPA

26th - 29th  
October  
Ohrid


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## Thematic Conference on Dementia & Neurodegeneration



Institute for Alzheimer's  
Disease and Neuroscience



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## **P-06/ Charlson Comorbidity Index in Patients with Late Life Depression**

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**Introduction:** Depression in the elderly, Late life depression, is one of the most common mental disorders in the elderly and often remains undiagnosed, affecting the quality of life of the entire family. One of the reasons late-onset depression remains unrecognized is the presence of a number of chronic illnesses that coexist with depression.

**Objective:** To estimate the presence of medical conditions in late-life depression using the Charlson Comorbidity Index (CCI).

**Subjects and Methods:** The research was conducted on a sample 60 patients with late life depression. All participants were examined using the existing medical records, the Geriatric Depression Scale, the ICD 10th Revision, and Charlson Comorbidity Index (CCI - a weighted index of 19 diseases that were found to be associated with mortality and other important health outcomes). The research excluded patients with other psychiatric disorders or dementia.

**Results:** The patients with late life depression were suffering from larger number of chronic diseases find in 44/60 participants (73%). The CCI scores in elderly people with depression: score 1 in 61.64%; score 2 in 8.33%, and score 6 in 3.33%.

The number and percentage of depressed participants with Charlson Comorbidity Index (CCI) with moderate and severe scores were: 1. Depression and chronic physical condition (moderate CCI score = 1-2) 42 (69.97%); 2. Depression and chronic physical condition (severe CCI score =6) 2 (3.33%).

**Conclusion:** The data in our study suggest an association of depression in elderly people with comorbid chronic diseases. It shows the importance of the need for early diagnosis and treatment of depression in patients with chronic diseases. These data suggest that CCI in the elderly is beneficial.

**Key words:** comorbidity – late life depression – Charlson Comorbidity Index

## **P-07/ Cognitive Behavioral Therapy (CBT) and Neuroscience: Integrating new and old idea**

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