情緒病與睡眠窒息症的關連

退伍軍人衛生局（Veterans Health Administration：VHA）持有數個中央資料庫，當中有超過四百萬以上的退伍軍人的健康紀錄。在國際疾病分類臨床修正第九版準則下找出1998年至2001年的資料中患有睡眠窒息症及各種精神疾病的病人紀錄。接著，對比了有睡眠窒息症和沒有睡眠窒息症的退伍軍人的年齡、性別、種族及不同的精神疾病的患病率。

平均年齡為57.6歲的4,060,504個案中，發現有118,105個人患有睡眠窒息症（患病率約2.91％）。在睡眠窒息症患者當中診斷出有情緒病的包括抑鬱症(21.8％)、焦慮症(16.7％)、創傷後遺症(11.9％)、思覺失調(5.1％)和雙相情感障礙（躁狂抑鬱症）(3.3％)。相對於沒有睡眠窒息症的病人，有睡眠窒息症的患者較易患上情緒障礙、焦慮症、創傷後遺症、思覺失調及癡呆。

總括而言，患有睡眠窒息症的退伍軍人有較高的情緒病患病率。這提示著病人若果患上情緒病以及同時出現睡眠呼吸障礙的徵狀時，應評估睡眠窒息症的可能性。

參考文獻: Sharafkhanen A; Giray N; Richardson P et al. Association of psychiatric disorders and sleep apnea in a large cohort. SLEEP 2005;28(11):1405-1411。

如想知道更多有關睡眠窒息與情緒病的資訊，歡迎參與康家醫療3月專題講座。

康家醫療3月專題講座

內容: 情緒病與睡眠窒息症
講者: 精神科專科醫生 陳仲謀醫生
日期: 2015年3月8日 (星期日)
時間: 11:00 — 13:00
地點: 灣仔軒尼斯道15 號

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*以上資料只作參考。如有任何疑問，宜向閣下的主診醫生查詢。
Association of Psychiatric Disorders and Sleep Apnea in a Large Cohort

The Veterans Health Administration maintains several centralized databases containing healthcare data for more than 4 million veterans. We reviewed data from 1998 to 2001 and identified patient records having International Classification of Diseases-Ninth Edition-Clinical Modification codes indicating sleep apnea and various psychiatric conditions. Subsequently, we compared age, sex, ethnicity, and prevalence of comorbid psychiatric conditions for Veterans Health Administration beneficiaries with and without sleep apnea.

Out of 4,060,504 unique cases, 118,105 were identified as having sleep apnea (estimated prevalence of 2.91%). Mean age at the time of diagnosis was 57.6 years. Psychiatric comorbid diagnoses in the sleep apnea group included depression (21.8%), anxiety (16.7%), posttraumatic stress disorder (11.9%), psychosis (5.1%), and bipolar disorders (3.3%). Compared with patients not diagnosed with sleep apnea, a significantly greater prevalence (P < .0001) was found for mood disorders, anxiety, posttraumatic stress disorder, psychosis, and dementia in patients with sleep apnea.

Sleep apnea is associated with a higher prevalence of psychiatric comorbid conditions in Veterans Health Administration beneficiaries. This association suggests that patients with psychiatric disorders and coincident symptoms suggesting sleep-disordered breathing should be evaluated for sleep apnea.


For more details about sleep apnea and psychiatric disorders, please join our Seminar of March.

Seminar of March

Content: Psychiatric Disorders and Sleep Apnea
Guest Speaker: Dr. Chan Chung Mau – Specialist in Psychiatry
Date: 8 March 2015 (Sunday)
Time: 11:00 – 13:00
Venue: 1/F, Duke of Windsor Social Services Building, 15 Hennessy Road, Wanchai, Hong Kong
Please call Ms Tsang at 2402-2188 for registration (Before 3 March 2015)

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