

INVESTIGATION OF DEPRESSION, SOCIAL ANXIETY DISORDER, FUNCTIONALITY, AND QUALITY OF LIFE LEVELS IN PATIENTS WITH PTERYGIUM: A CASE-CONTROL STUDY

Şeyma Sehlikoğlu¹, Burak Ören²

¹Department of Psychiatry, Adıyaman University, Faculty of Medicine, Adıyaman, Türkiye

²Department of Ophthalmology, Adıyaman University, Faculty of Medicine, Adıyaman, Türkiye

BACKGROUND AND AIM: Pterygium, a degenerative fibrovascular disease, can cause redness, reduced visual acuity, psychological distress, and aesthetic concerns. This study aims to assess the severity of social anxiety, depression, functionality, and health-related quality of life in patients with pterygium, and to compare their mental health with a control group.

METHODS: This case-control study was conducted between March 20, 2024, and August 20, 2024, involving 35 patients with pterygium and a control group of 35 age-, gender-, and chronic disease-matched individuals. All participants completed a sociodemographic data form, the Liebowitz Social Anxiety Scale (LSAS), the Sheehan Disability Scale (SDS), the Beck Depression Inventory (BDI), and the Short Form-36 questionnaire. The study was approved by the Adıyaman University Non-Interventional Clinical Research Ethics Committee (Decision number: 2024/3-9, dated 19/03/2024).

RESULTS: The patient group was found to have significantly lower scores in energy, vitality, and mental health compared to the

control group ($t = 2.71$, $p = 0.008$; $t = 1.79$, $p = 0.05$, respectively). Additionally, the patient group experienced significantly higher levels of social anxiety than the control group ($t = 1.97$, $p < 0.05$). A positive correlation was observed in the patient group between the SDS social life scores and both the total LSAS scores ($r = 0.428$, $p = 0.01$) and BDI scores ($r = 0.616$, $p < 0.001$).

CONCLUSIONS: This study highlights that patients with pterygium exhibit significantly higher levels of social anxiety compared to the control group, along with notably lower quality of life scores in terms of energy, vitality, and mental health. Furthermore, the findings suggest that the degree of disability may increase the risk of social anxiety and depression. These results underscore the importance of incorporating psychological evaluation and support into the clinical management of pterygium patients to improve their overall well-being.

Keywords: Pterygium, social anxiety, depression