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## Association between dry eye syndrome and depressive symptoms, anxiety in postpartum women with sleep disturbance

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**Objective:** The aim of the study was to investigate the association between DES and psychosomatic conditions in postpartum women, such as depression, anxiety and the distribution of sleep disturbance.

**Materials & Methods:** In this case control study, case group (N=50) postpartum women with depression were tested and control group (N=50) women without it. Each subject was tested and diagnosed as having DES, depression, anxiety and sleep disturbance or not, using: OSDI, Schirmer's test, TBUT, PHQ-9, GAD-7, PSQI. All data was analysed using Mann Whitney U test for continuous data and Fischer's Exact test for categorical data using IBM SPSS Statistics 22, Microsoft® Excel for Mac 2016.

**Results:** The case group involved (N=50) with median age of 31.5 years (IQR 27.8-34.0) and control group (N=50), median age 33.5 years (IQR 26.8-38.0) had statistically significant differences in DES (OR 13.1, 95% CI 4.8-35.3, P<0.001), OSDI (no disability vs. any disability, OR 17.5, 95% CI 5.9-52.2, P<0.001), Schirmer's (10 (IQR 6-12) vs. 18 (IQR 12-22), P<0.001) and TBUT test (7 (IQR 5-9) vs. 12.5 (IQR 8.0-16.8), P<0.001) results, anxiety (GAD-7, OR 17.6, 95% CI 7.6-41.0, P<0.001) and sleep disturbance (PSQI, OR 34.3, 95% CI 15.6-75.3, P<0.001).

**Conclusion:** Postpartum women with depression, anxiety and sleep disturbance are more likely to have DES. Moreover, confirming the risk factors by tests and examination, this study found new association between DES and postpartum depression with above mentioned psychosomatic disturbance.

### Biography

Julija Mescerjakova is a student of Latvian University, Faculty of Medicine. Her sphere of interest is to study congenital ophthalmic pathologies in children with orofacial clefts. After graduating from the faculty, she wants to continue studies in the Department of Ophthalmology.

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