

The association between the occurrence of depression after stroke and rehabilitation outcomes

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INTRODUCTION: Depression is common neuro-psychiatric consequence of stroke, which affects a large percentage of patients who suffered stroke. Also, depression is a factor which significantly affects the rehabilitation of patients with a history of stroke. **AIM:** The aim of this study was to determine the frequency of occurrence of depressive symptoms in patients with a history of stroke and to determine whether these depressed patients show slower progress in rehabilitation.

MATERIALS AND METHODS: We assessed 40 patients, aged 60-85 years, with the first stroke ever. We examined depression with Beck's questionnaire (Beck, 1961) after two weeks of stroke onset. Patients who had previously been diagnosed with a psychiatric illness were excluded from the research.

For the assessment of rehabilitation we used the Stroke Impact Scale (Duncan et al., 2000), where we evaluated the physical and cognitive impairment. The Scale refers to the patient's subjective assessment of his state. We applied the trial 2 months after the stroke.

RESULTS: From the group of 40 patients studied, among them 15 were determined depressive symptoms. Over time, these depressed patients showed significantly poorer progress in rehabilitation in comparison to those who did not develop depression.

CONCLUSION: Based on the obtained results, we conclude that patients who developed depression after stroke, showed slower progress in rehabilitation.

Keywords: depression, stroke, rehabilitation

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