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氏名	木村 吉秀
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学位論文の題名	<p>Persistent reflux symptoms cause anxiety, depression, and mental health and sleep disorders in gastroesophageal reflux disease patients (持続的な逆流症状は GERD 患者において不安、抑うつ、精神的・身体的障害、睡眠障害を惹起する。)</p> <p>J Clin Biochem Nutr. Vol. 59 : P.71-77, 2016</p>
論文審査担当者	主査： 明智 龍男 副査： 早野 順一郎, 城 卓志

Persistent reflux symptoms cause anxiety, depression, and mental health and sleep disorders in gastroesophageal reflux disease patients

Yoshihide Kimura,^{1,*} Takeshi Kamiya,² Kyouji Senoo,¹ Kenji Tsuchida,¹ Atsuyuki Hirano,¹ Hisayo Kojima,¹ Hiroaki Yamashita,¹ Yoshihiro Yamakawa,¹ Nobuhiro Nishigaki,¹ Tomonori Ozeki,¹ Masatsugu Endo,¹ Kazuhisa Nakanishi,¹ Motoki Sando,¹ Yusuke Inagaki,³ Michiko Shikano,³ Tsutomu Mizoshita,³ Eiji Kubota,³ Satoshi Tanida,³ Hiromi Kataoka,³ Kohei Katsumi¹ and Takashi Joh³

¹Department of Gastroenterology, Nagoya City West Medical Center, 1-1-1 Hirate-cho, Kita-ku, Nagoya 462-8508, Japan

²Department of Medical Innovation and ³Department of Gastroenterology and Metabolism, Nagoya City University Graduate School of Medical Sciences, 1 Mizuho-cho, Mizuho-ku, Nagoya 467-8601, Japan

Abstract

Some patients with gastroesophageal reflux disease experience persistent reflux symptoms despite proton pump inhibitor therapy. These symptoms reduce their health-related quality of life. Our aims were to evaluate the relationship between proton pump inhibitor efficacy and health-related quality of life and to evaluate predictive factors affecting treatment response in Japanese patients. Using the gastroesophageal reflux disease questionnaire, 145 gastroesophageal reflux disease patients undergoing proton pump inhibitor therapy were evaluated and classified as responders or partial-responders. Their health-related quality of life was then evaluated using the 8-item Short Form Health Survey, the Pittsburgh Sleep Quality Index, and the Hospital Anxiety and Depression Scale questionnaires. Sixty-nine patients (47.6%) were partial responders. These patients had significantly lower scores than responders in 5/8 subscales and in the mental health component summary of the 8-item Short Form Health Survey. Partial responders had significantly higher Pittsburgh Sleep Quality Index and Hospital Anxiety and Depression Scale scores, including anxiety and depression scores, than those of responders. Non-erosive reflux disease and double proton pump inhibitor doses were predictive factors of partial responders. Persistent reflux symptoms, despite proton pump inhibitor therapy, caused mental health disorders, sleep disorders, and psychological distress in Japanese gastroesophageal reflux disease patients.