

**Association of depressive symptoms in young adults with health-related quality of life (HRQoL) ten years later: The Coronary Artery Risk Development in Young Adults (CARDIA) Study.**

AT Kozak, ML Daviglus, P Greenland, C Chan, Northwestern University, Chicago, IL; CI Kiefe, University of Alabama at Birmingham, Birmingham, AL; DR Jacobs Jr., University of Minnesota, Minneapolis, MN; K Liu, Northwestern University, Chicago, IL

**Background:** A large proportion (28%) of the U.S. population will experience depressive symptoms in their lifetime. Individuals with depressive symptoms are more likely to experience cardiac events compared to those without symptoms. However, little is known about the association between depressive symptoms at a young age and HRQoL years later.

**Methods:** The sample includes 3234 black and white men and women from the CARDIA Study, ages 23-35 in 1990-91. Depressive symptoms were assessed by the Center for Epidemiologic Studies Depression Scale (CES-D) in 1990-91. Participants were classified as having depression if their CES-D score was >16. HRQoL (physical, mental, social well-being) was measured by the Medical Outcomes Study Short Form-12 (SF-12) in 2000-01. The SF-12 provides two summary scales: Physical Component Summary (PCS) and Mental Component Summary (MCS). Linear regression analyses were used to examine the association between depression and HRQoL.

**Results:** Mean age was 40.1 in 2000-01. About 23% of the cohort had depressive symptoms [mean (SD) CES-D score = 22.5 (6.5); range 16-52]. Black women had the highest percent depressive symptoms (32%) and white men the lowest (14%). Multivariate-adjusted mean scores for the physical and mental component summary scales (PCS and MCS) were significantly lower (worse) in participants with depressive symptoms than in those without (see Table).

**Conclusion:** Depressive symptoms in young adults are associated with lower HRQoL ten years later.

**Table. Adjusted<sup>^</sup> Mean PCS and MCS Scores After 10-Years of Follow-up According to Depressive Symptoms (Dep)<sup>‡</sup>**

SF-12 Scale	Black				White			
	Men		Women		Men		Women	
	Dep (n=161)	Not dep (n=451)	Dep (n=280)	Not dep (n=586)	Dep (n=119)	Not dep (n=723)	Dep (n=185)	Not dep (n=729)
PCS <sup>^</sup>	318.4**	337.4	301.9***	325.3	327.7***	353.7	322.2***	343.7
MCS <sup>^</sup>	284.3***	320.7	247.4***	300.6	261.9***	317.1	264.1***	303.9

<sup>^</sup>Adjusted for age, education, marital status, alcohol use, smoking, physical activity, diabetes, hypertension, antidepressant use, and BMI in 1990-91.

<sup>‡</sup>Using the Rand SF-12 percentage scoring method

<sup>^</sup>Scores ranged from 0-400.

\* p < 0.05, \*\* p < 0.01, and \*\*\* p < 0.001