

# IMPROVEMENT OF MOOD AND SLEEP QUALITY IN PATIENTS WITH PRIMARY HYPERPARATHYROIDISM AFTER PARATHYROIDECTOMY. A CASE-CONTROL STUDY

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## INTRODUCTION

- ❖ **PHPT** can impact patients' QoL, with **mood** and **sleep** disturbances. **PHPT surgical consensus**: these neuropsychological symptoms continue to be **excluded**
- ❖ **OBJECTIVES**: To assess the negative effects of mood and sleep in PHPT patients and analyze their improvement after surgery

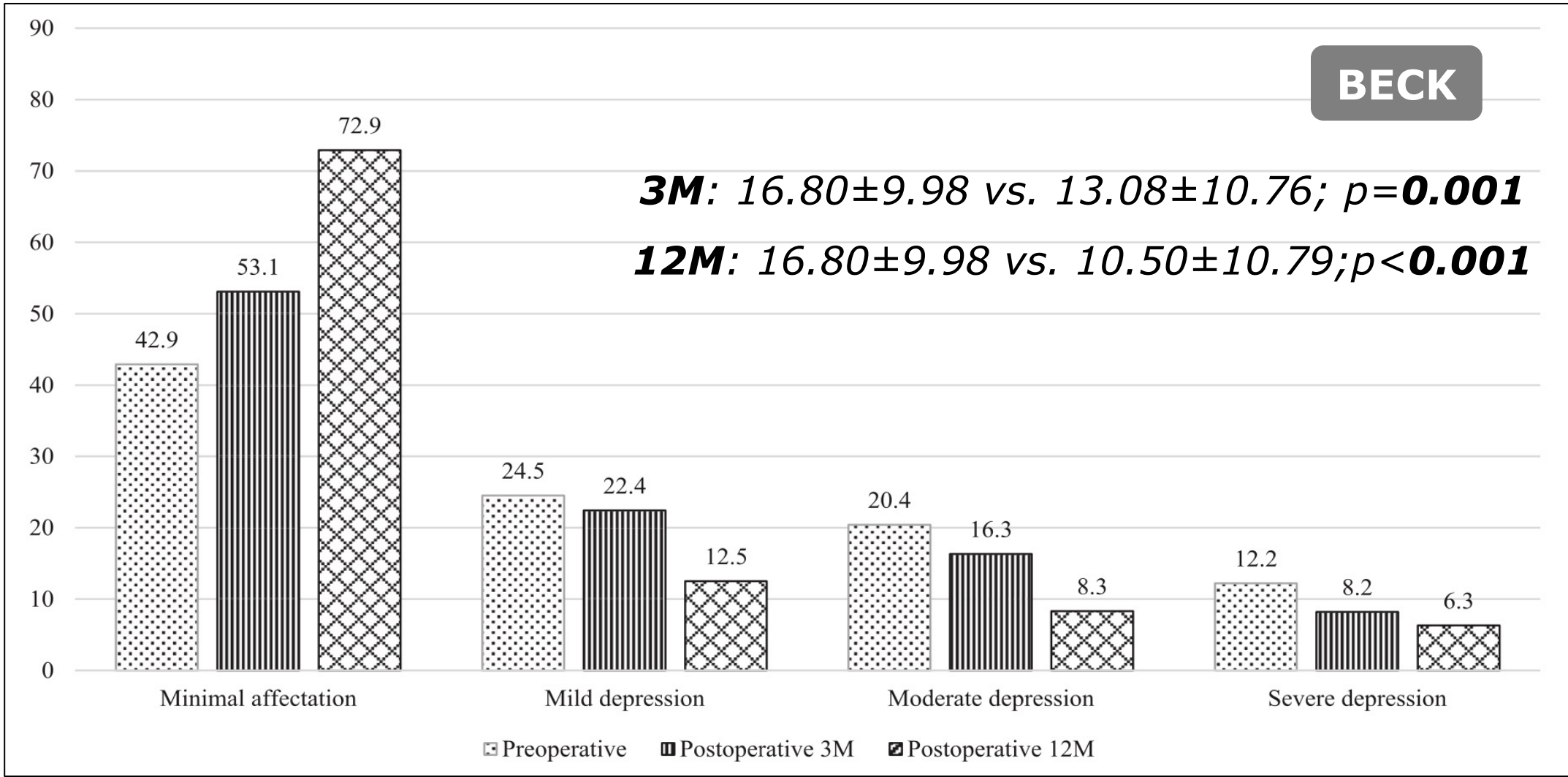
## METHODS

- Prospective study - **PHPT patients** | **Beck & Pittsburgh** questionnaires
- **Comparisons questionnaire results**: preoperative period and at 3 and 12 months after parathyroidectomy
- Kolmogorov Smirnov | Student's t test for correlations



## RESULTS

[n = 49 **PHPT** patients]



Analysis of the results of the components of the Beck Questionnaire in the preoperative times, 3 months, and 12 months after surgery

## PITTSBURGH

- No differences in 3M after the intervention, but there were differences in **sleep quality** at **12M** (9.48±4.76 vs. 8.27±4.38; p=0.032)
- Dimensions - Significant differences in **Daytime Dysfunction** 3M and 12M after surgery (1.02±0.99 vs. 0.69±0.82; p=0.01 and 1.02±0.99 vs. 0.60±0.76; p=0.004)

## CONCLUSIONS

- ✓ Mood and sleep quality **improve** after PHPT surgery, although at different postoperative times. The improvement is most pronounced in **mood**. This assessment should be taken into account in the preoperative consultation of **patients with PHPT**