

Depression and suicidality among Hispanics with epilepsy: Findings from the Managing Epilepsy Well (MEW) Network integrated database

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Objective: To examine the prevalence and correlates of depression and suicidal ideation (SI) among Hispanic adults with epilepsy who participated in self-management studies in the MEW¹ Network.

Methods: This cross-sectional analysis of pooled data from ten studies used the PHQ-9² or NDDI-E³ to examine the prevalence of elevated depressive symptoms (PHQ ≥ 10 , NDDI-E ≥ 15) and SI (PHQ-9 item 9 ≥ 1 , NDDI-E item 4 ≥ 2). Multilevel mixed-effects logistic regression models examined associations between ethnicity, depression, SI among PWE and correlates of depression and SI among Hispanic PWE.

Results: Of 559 participants, 49.6% were Hispanic. Elevated depressive symptoms were endorsed by 38.1% of participants (32.5% of Hispanics); suicidal ideation was endorsed by 18.4% of participants (16.3% of Hispanics). Hispanic PWE had 44% lower prevalence of depression (OR=0.56, CI 0.37-0.84, p=0.0056) compared to non-Hispanics but similar rates of suicidal ideation (OR=0.84, CI 0.45-1.58, p=0.59). Acculturation measures were available for 92.4% of Hispanic PWE: language preference was Spanish (62.9%), 46.1% were foreign-born. Spanish-speaking Hispanics were less likely to report elevated depressive symptoms (OR=0.43, CI 0.19-0.97, p=0.041). Hispanics reporting fair/poor health status had a four-fold higher

¹ Managing Epilepsy Well, abbrev. MEW

² Patient Health Questionnaire-9, abbrev. PHQ-9

³ Neurological Disease Depression Inventory-Epilepsy, abbrev. NDDI-E

depression prevalence (OR=4.44, CI 1.50-13.18, p=0.0071). Of Hispanics providing prior 30-day seizure data, ≥ 1 monthly seizure was independently associated with higher depression prevalence (OR=3.11, CI 1.29-7.45, p=0.01).

Conclusions: In a large, geographically diverse sample of PWE, elevated depressive symptoms were significantly lower in Hispanics compared to non-Hispanics. Spanish language preference was associated with a lower prevalence of depression among Hispanic PWE.