



Depression may follow a diagnosis of chronic glaucoma, but depressive symptoms are less likely to be present one year later

The Science behind the Tip

It is common for a newly-diagnosed patient with glaucoma to experience symptoms of depression^{1,2}. Patients who are young, female, less well-educated and who have poor vision are more likely to become depressed².

Continued depression has been linked to reduced adherence to medication and fast visual field progression³. However, symptoms of this nature are less likely to be present one year later, once the IOP has been reduced and the visual fields stabilised². This is closely related to a reduction in the fear of blindness⁴. Ophthalmologists should monitor symptoms, provide reassurance and refer to an appropriate specialist if depression persists.

References

- 1) Manuchi F, Yoshimura K, Kashiwagi K et al. High prevalence of anxiety and depression in patients with primary open-angle glaucoma. *J Glaucoma* 2008; 17: 552-557.
- 2) Musch Dc, Niziol LM, Jane NK et al. Trends in and predictors of depression among participants in the Collaborative Initial Glaucoma Treatment Study (CIGTS). *Am J Ophthalmol* 2019; 197:128-135.
- 3) Dinis-Filho A, Abe RY, Cho HY et al. Fast visual field progression is associated with depressive symptoms in patients with glaucoma. *Ophthalmology* 2016; 123:754-759.
- 4) Janz NK, Wren PA, Guire KE et al. Fear of blindness in the Collaborative Initial Glaucoma Treatment Study: patterns and correlates over time. *Ophthalmology* 2007;2213-2220.