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 depressed\(^2\).

Continued depression has been linked to reduced adherence to medication and fast visual field progression\(^3\). However, symptoms of this nature are less likely to be present one year later, once the IOP has been reduced and the visual fields stabilised\(^2\). This is closely related to a reduction in the fear of blindness\(^4\). Ophthalmologists should monitor symptoms, provide reassurance and refer to an appropriate specialist if depression persists.

References


