

## ROLE OF DEPRESSION IN PERIODONTITIS: AN ENIGMA REVEALED

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### ABSTRACT

#### Introduction

*Amidst various risk factors leading to Chronic Periodontitis, Stress and Depression has a pivotal role in pathogenesis of Chronic Periodontitis. Stress as a risk factor influences the periodontal disease progression by 3 ways. It includes autonomic nervous system pathway, hypothalamus pituitary pathway and behavioural effects due to stress.*

#### Aims

*To assess the effect of depression on periodontitis among patients reporting to the Outpatient Department of Periodontology, Government Dental College & Hospital, Ahmadabad.*

#### Materials and Methods

*150 patients of both sexes aged 25 - 65 years in Department of Periodontology, Government Dental College & Hospital, Ahmadabad were divided into case and controls. The Cases includes 65 patients with Chronic Periodontitis and Controls includes 85 healthy individuals. Following parameters were evaluated: "Oral hygiene index-Simplified" (OHI -S), "pocket depth" (PD), "clinical attachment loss" (CAL). Beck's depression inventory questionnaires were answered individually by all subjects.*

#### Results

*Mean CAL and PD were higher for case group compared to controls. Similarly the case group reported with higher depression score which was found to be statistically significant.*

#### Conclusion

*The depression reader is a useful tool in improving the individual diagnosis, treatment planning.*

**KEYWORDS:** Depression, Chronic Periodontitis & Case Control Study

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