

## Reply to “How prevalent are depression and anxiety symptoms in hypothyroidism?”

Sir,

In response to letter to the editor by Prahara *et al.* in Indian Journal of Endocrinology and Metabolism titled, “How prevalent are depression and anxiety symptoms in hypothyroidism?” The comments raised by the author are welcome.

We have noted the various points raised by the author in their letter and offer the appropriate explanations.

The patients with a history of anxiety and depression were excluded from our study<sup>[1]</sup> as the aim of the study was to assess prevalence among the patients diagnosed with hypothyroid and developed the anxiety and depressive symptoms later during illness (i.e., hypothyroid). The prevalence of depressive symptoms in hypothyroid population (more than 60%)<sup>[2]</sup> is far more than that in general population (range from 1.5 to 19%).<sup>[3]</sup>

Patients with below primary education were excluded so as to be able to differentiate between the onset of symptoms and the illness. However, we agree that these exclusions might have affected the actual prevalence of symptoms.

Although Hamilton depression rating scale and Hamilton anxiety rating scale are 17 points scale, the items which

were not scored at all (i.e. zero) were not included in the statistics.

The recommendations by the authors are beyond the aims of the study; however, we had suggested this in view of the patient’s response to the treatment and only a clinical tip for both the psychiatrist and the endocrinologists. This was done so as to emphasize the establishment of a liaison between the two.

The comparison with euthyroid individuals as controls would have led to the inclusion of other factors contributing to the depressive and anxiety symptoms. The details of the diagnosis of hypothyroid patients and the details of psychiatric diagnosis were beyond the scope of this study. Moreover, this has already been mentioned as the limitations of the study.

However, the points raised in the letter to the editor by Prahara *et al.* with respect to the use of Bonferroni correction and also the Hospital Anxiety and Depression Scale are well taken up.

### Financial support and sponsorship

Nil.

### Conflicts of interest

There are no conflicts of interest.

**Manish Bathla, Manpreet Singh**

*Department of Psychiatry, MM Institute of Medical Sciences and Research, Mullana, Ambala, Haryana, India*

**Corresponding Author:** Dr. Manish Bathla,  
782, Sector 13, Urban Estate, Karnal, Haryana, India.  
E-mail: mentaldental@rediffmail.com

## REFERENCES

1. Bathla M, Singh M, Relan P. Prevalence of anxiety and depressive symptoms among patients with hypothyroidism. *Indian J Endocrinol Metab* 2016;20:468-74.
2. Demartini B, Masu A, Scarone S, Pontiroli AE, Gambini O. Prevalence of depression in patients affected by subclinical hypothyroidism. *Panminerva Med* 2010;52:277-82.
3. Kessler RC, Bromet EJ. The epidemiology of depression across cultures. *Annu Rev Public Health* 2013;34:119-38.

This is an open access article distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as the author is credited and the new creations are licensed under the identical terms.

Access this article online	
<b>Quick Response Code:</b>	<b>Website:</b> www.ijem.in
	<b>DOI:</b> 10.4103/2230-8210.192913

**Cite this article as:** Bathla M, Singh M. Reply to "How prevalent are depression and anxiety symptoms in hypothyroidism?". *Indian J Endocr Metab* 2016;20:883-4.