

# Depression, disability and life expectancy

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# Overview

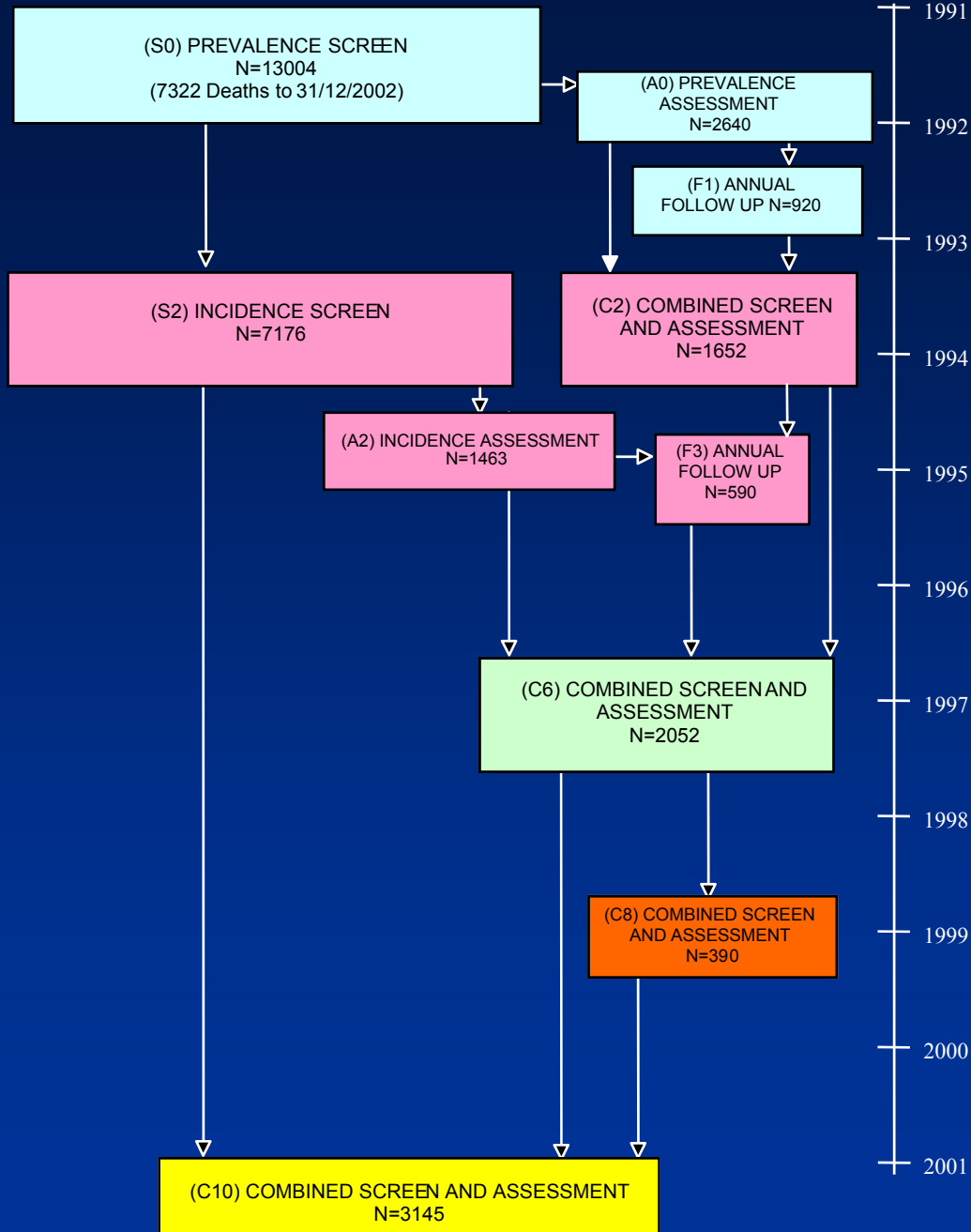
- Study design
- Depression free life expectancy
- Disability effect on depression free life expectancy
- Relationship between depression and disability
- Conclusions

# MRC Cognitive Function and Ageing Study (MRC CFAS)

- Five centres
- Stratified random sample aged 65+
- Includes those in institutions
- Ten years of follow-up
- death information from ONS



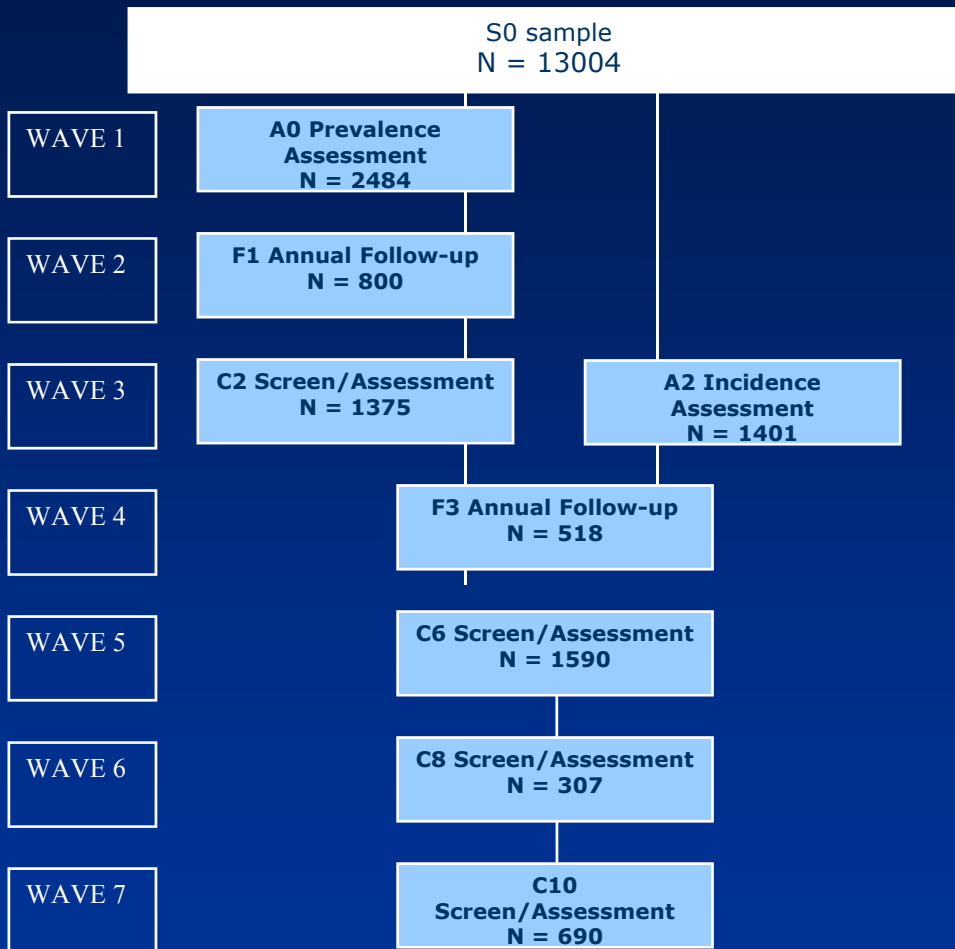
# MRC CFAS STUDY DESIGN



# MRC CFAS

- Depression measured at assessment interviews (AGECAT depression)
- Prevalence assessment
  - 20% subsample
- Year 2
  - 20% previous subsample
  - New 20% subsample
- Then every interview after that
- Disability at every interview, measured using hierarchical ADL disability score

# Depression measurements



# Methods

- IMaCh used to estimate disability and depression free life expectancy
- Separately in men and women
- Weights used to adjust for study design
- Deaths to end of 2005 included (n=2517)
- Life expectancies given for age 70 onwards

# Numbers included

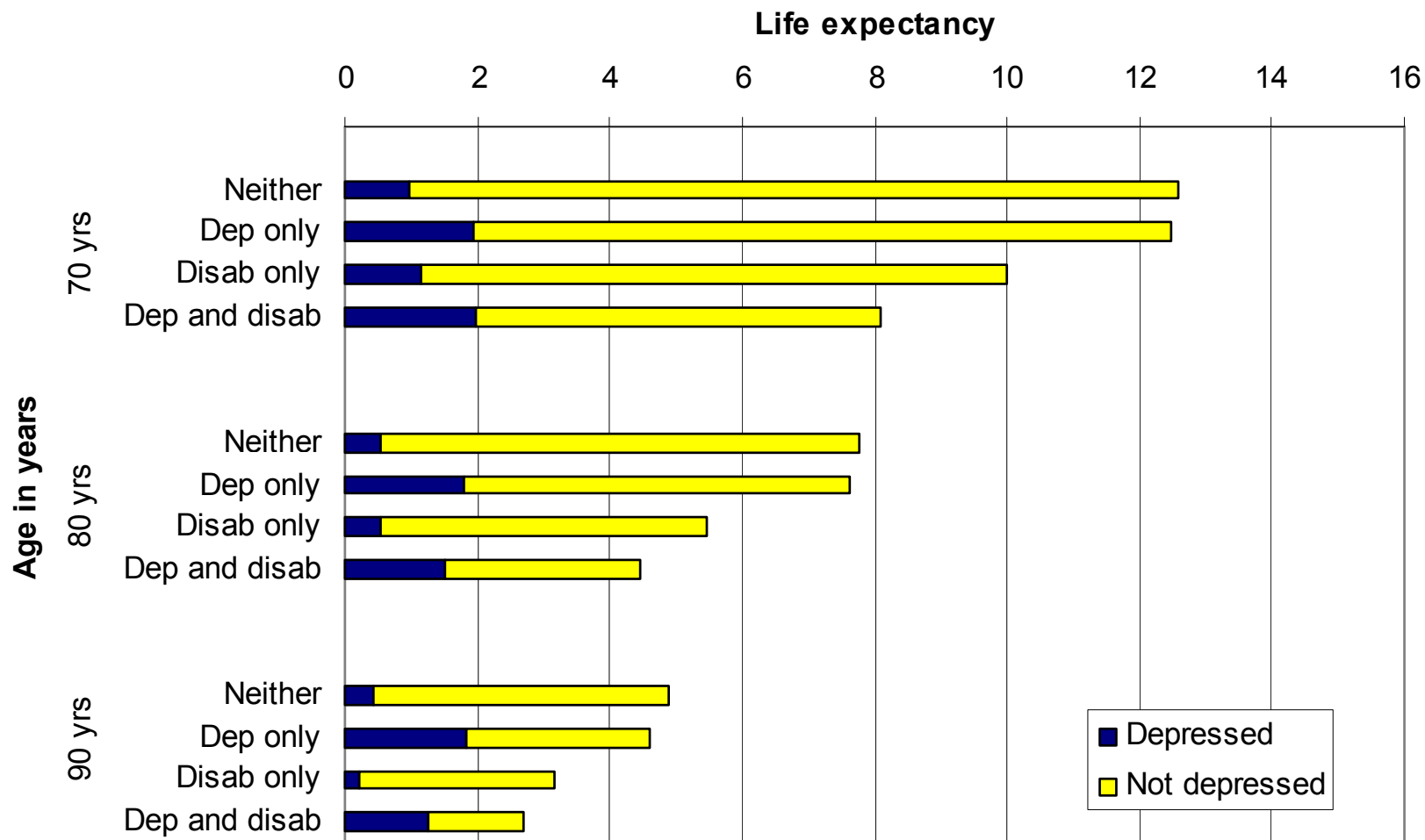
<b>Baseline status</b>	<b>Number</b>	<b>%</b>
Neither	1914	61
Depression only	186	5
Disability only	1484	29
Both	301	5



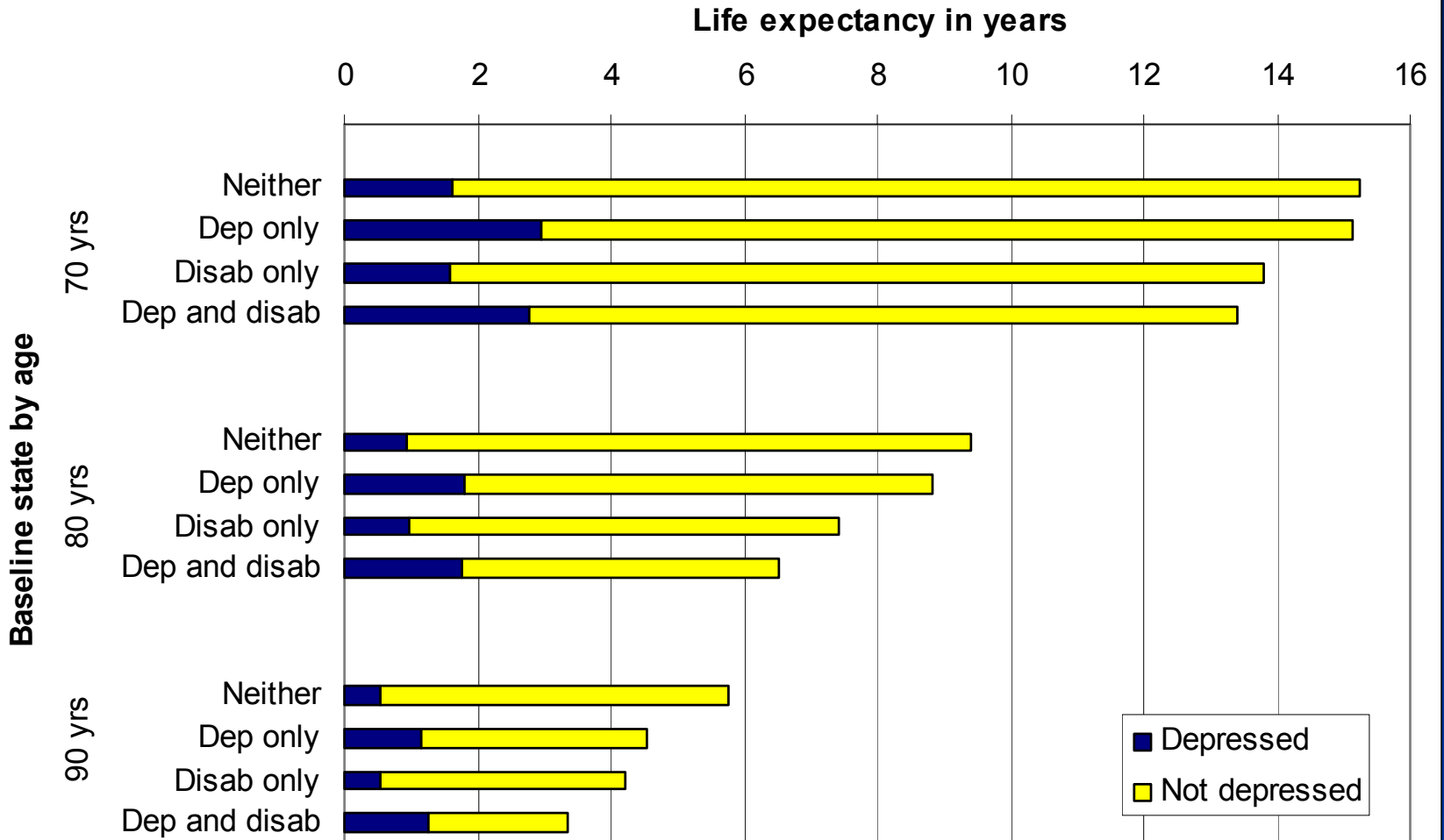
# Life expectancy and life expectancy with depression free in men and women

Age	TLE	DepFLE	% free Depr.
Men			
70	12.3 (11.9-12.7)	11.2 (10.8-11.7)	92
80	6.8 (6.5-7.1)	6.1 (5.9-6.4)	91
90	3.4 (3.1-3.6)	3.0 (2.8-3.3)	91
Women			
70	14.7 (14.3-15.2)	13.0 (12.5-13.4)	88
80	8.5 (8.2-8.8)	7.4 (7.1-7.7)	87
90	4.4 (4.1-4.6)	3.8 (3.5-4.0)	87

# Life expectancy with depression by status at each age (Men)



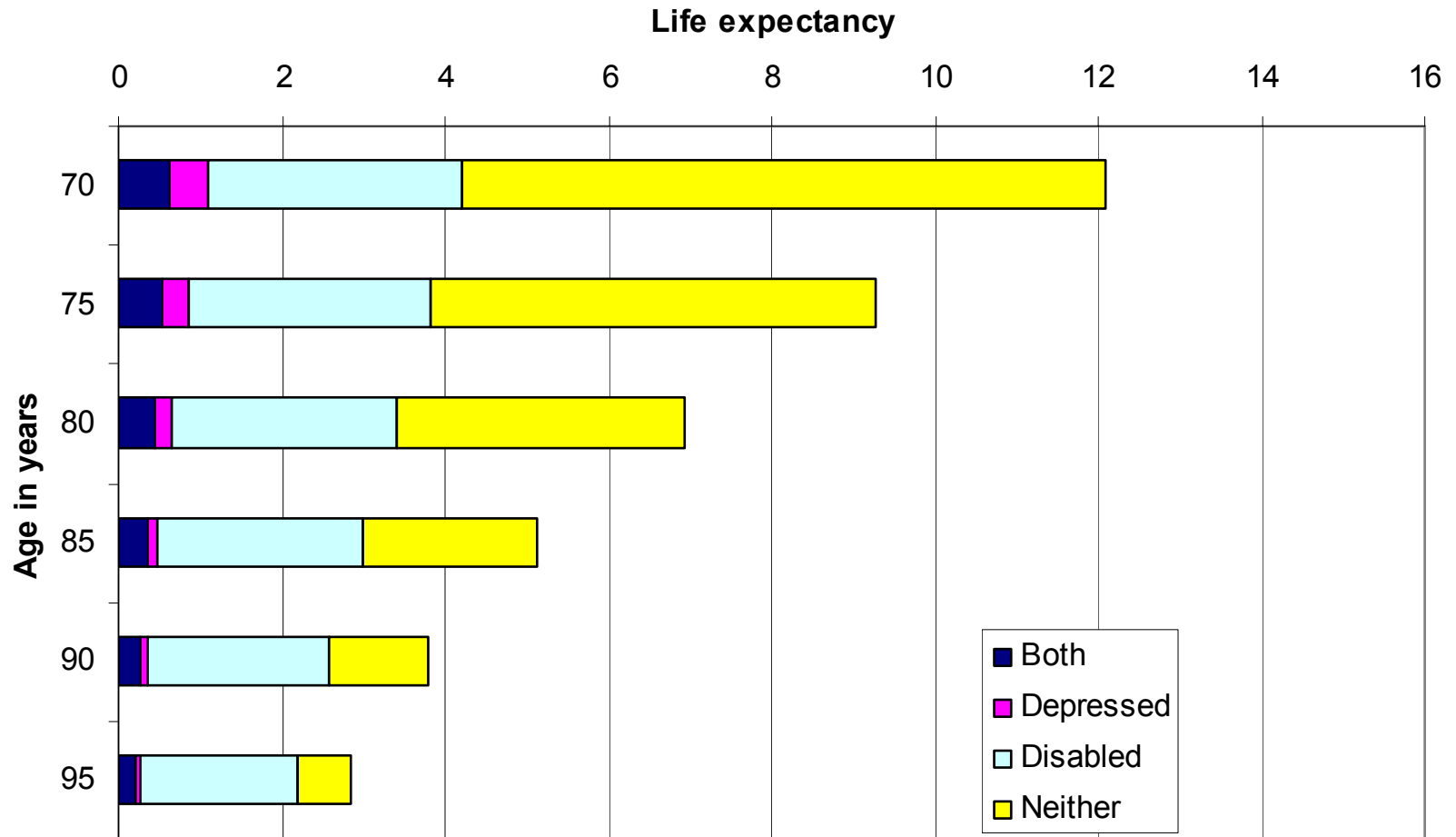
# Life expectancy with depression by status at age (Women)



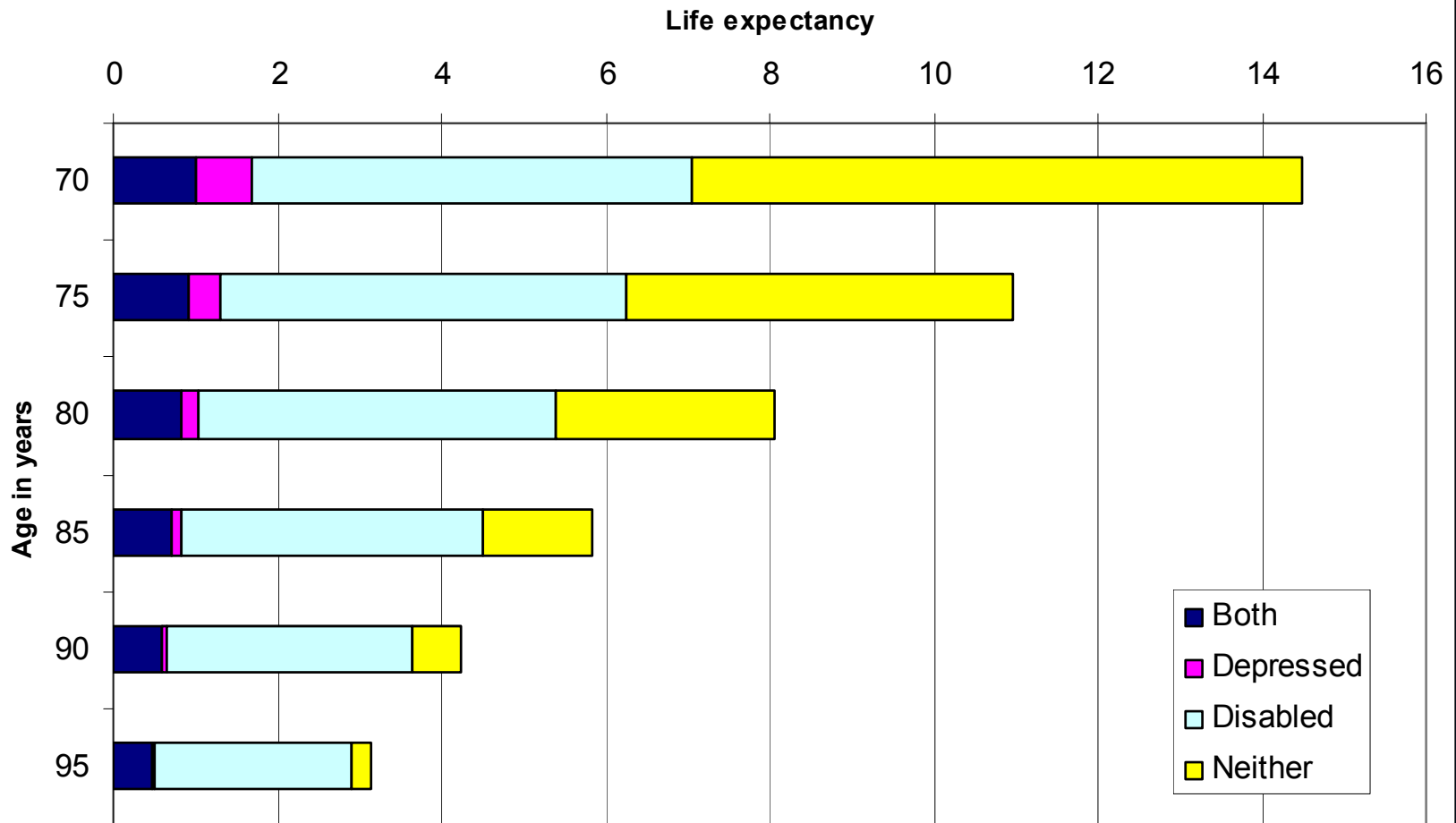
# Results

- Depression is rare at all ages
- Women have higher burden than men, particularly at younger ages
- As expected individuals with disability have lower life expectancy
- Depression on its own does not effect TLE, but with disability does reduce it slightly
- But how do disability and depression vary with time?

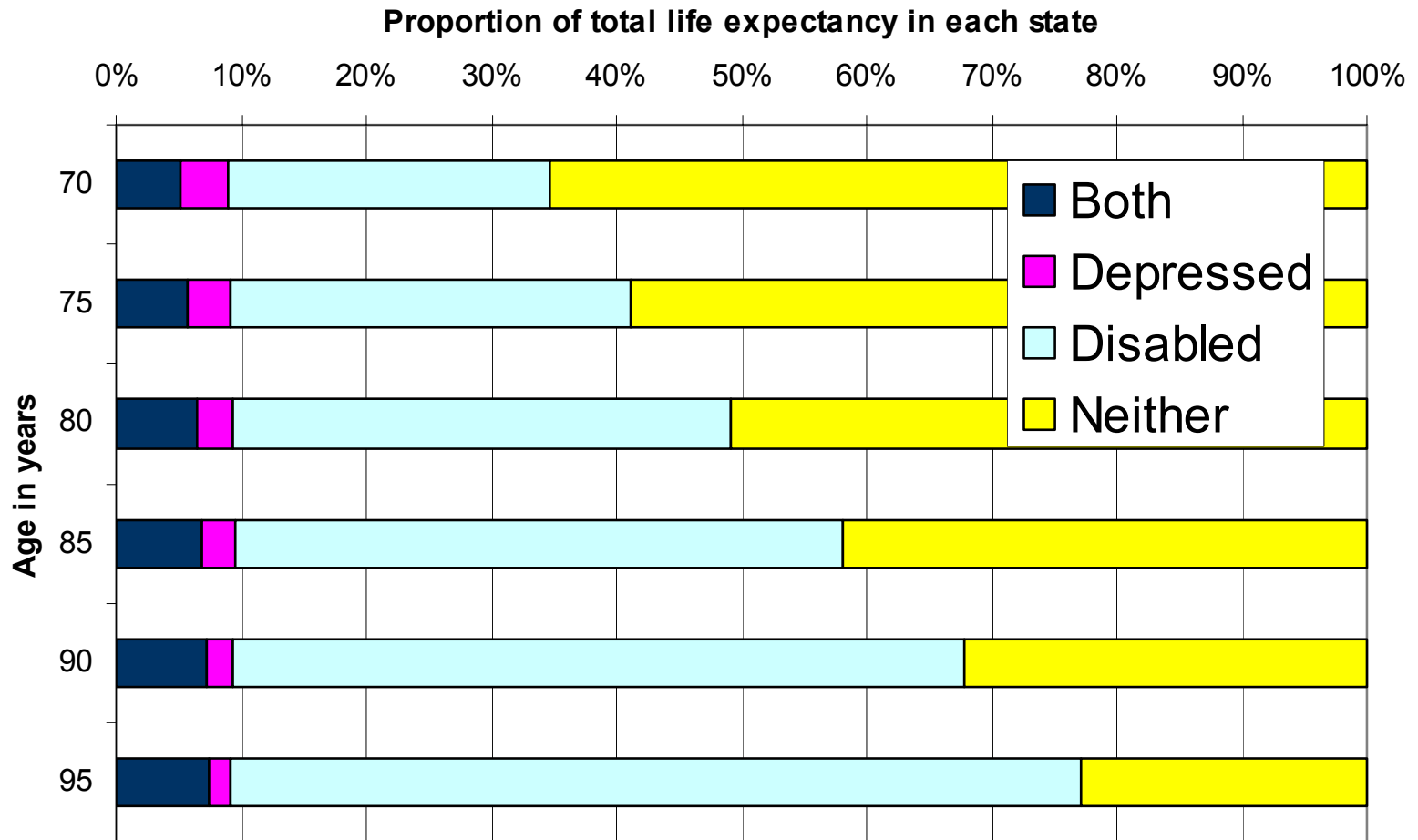
# Time spent with depression, disability or neither (Men)



# Time spent with depression, disability or neither (Women)

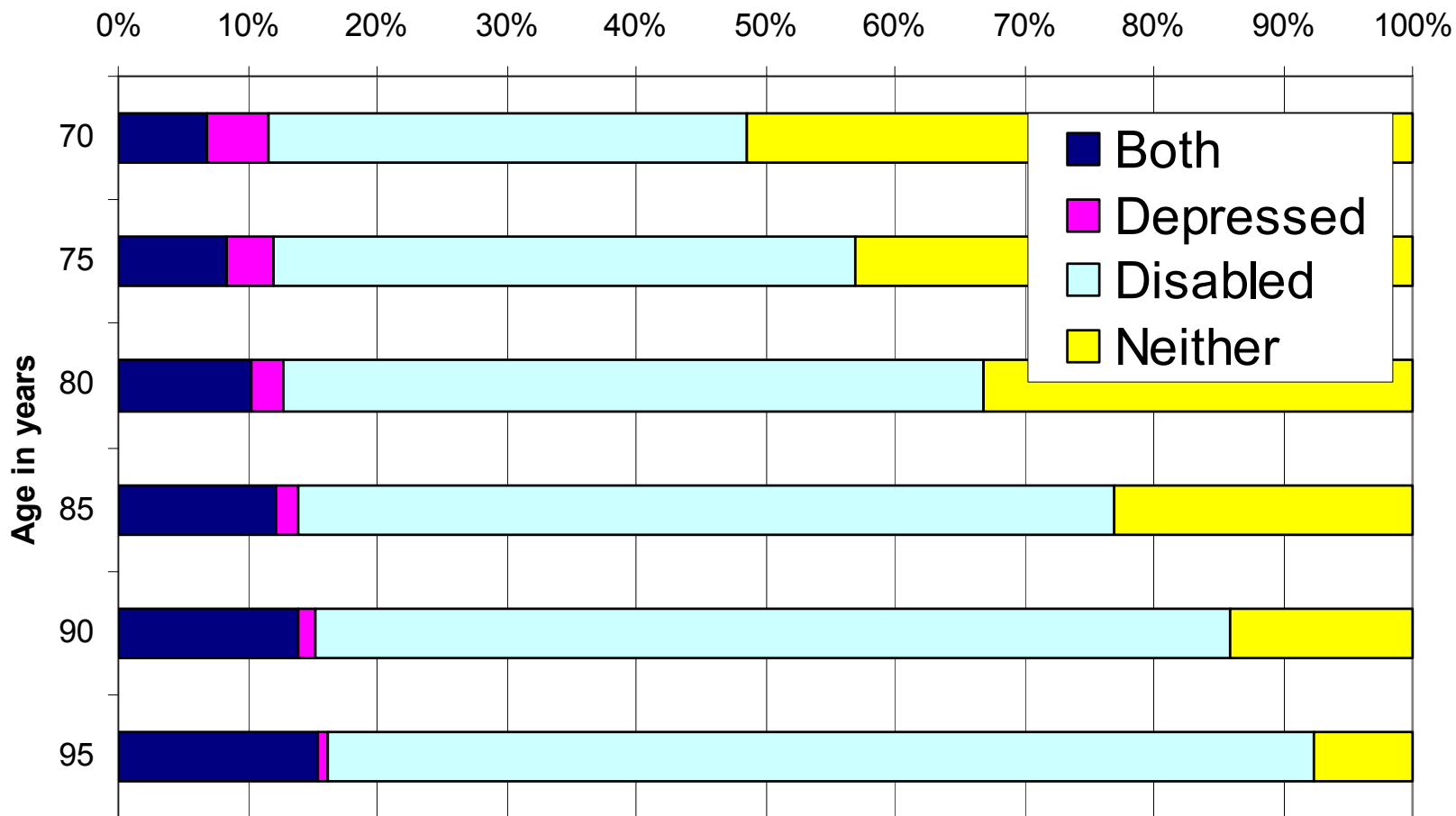


# Proportion of time spent with disability, depression or neither Men



# Women

Proportion on total life expectancy in each state

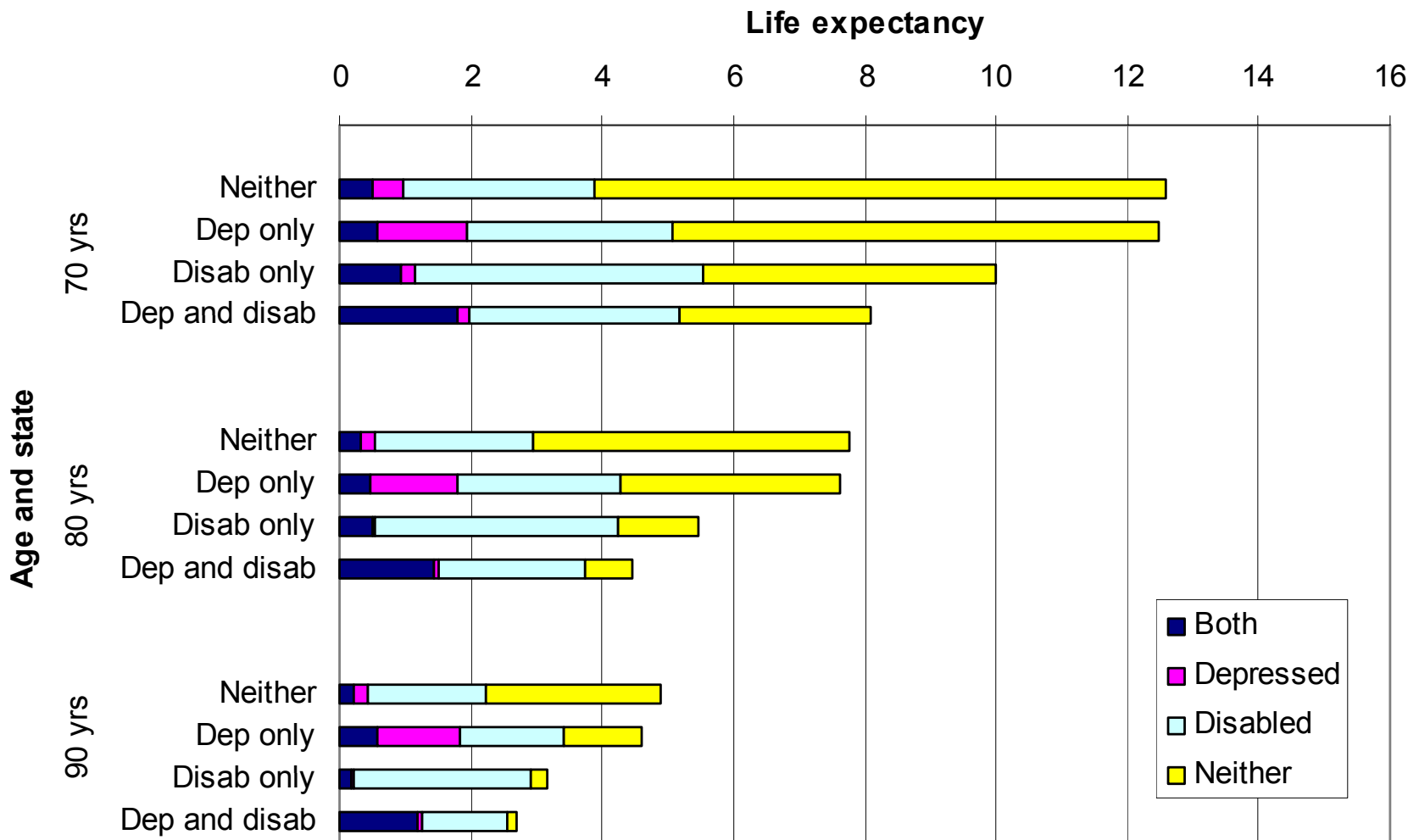




# Results (2)

- Depression alone does decrease with age
- Depression and disability together increase with age so that in men there is a very similar time with depression overall
- In women there is a slight increase in the overall burden with depression
- Disability is far more common
  
- But what is the relationship between depression and disability at all ages?

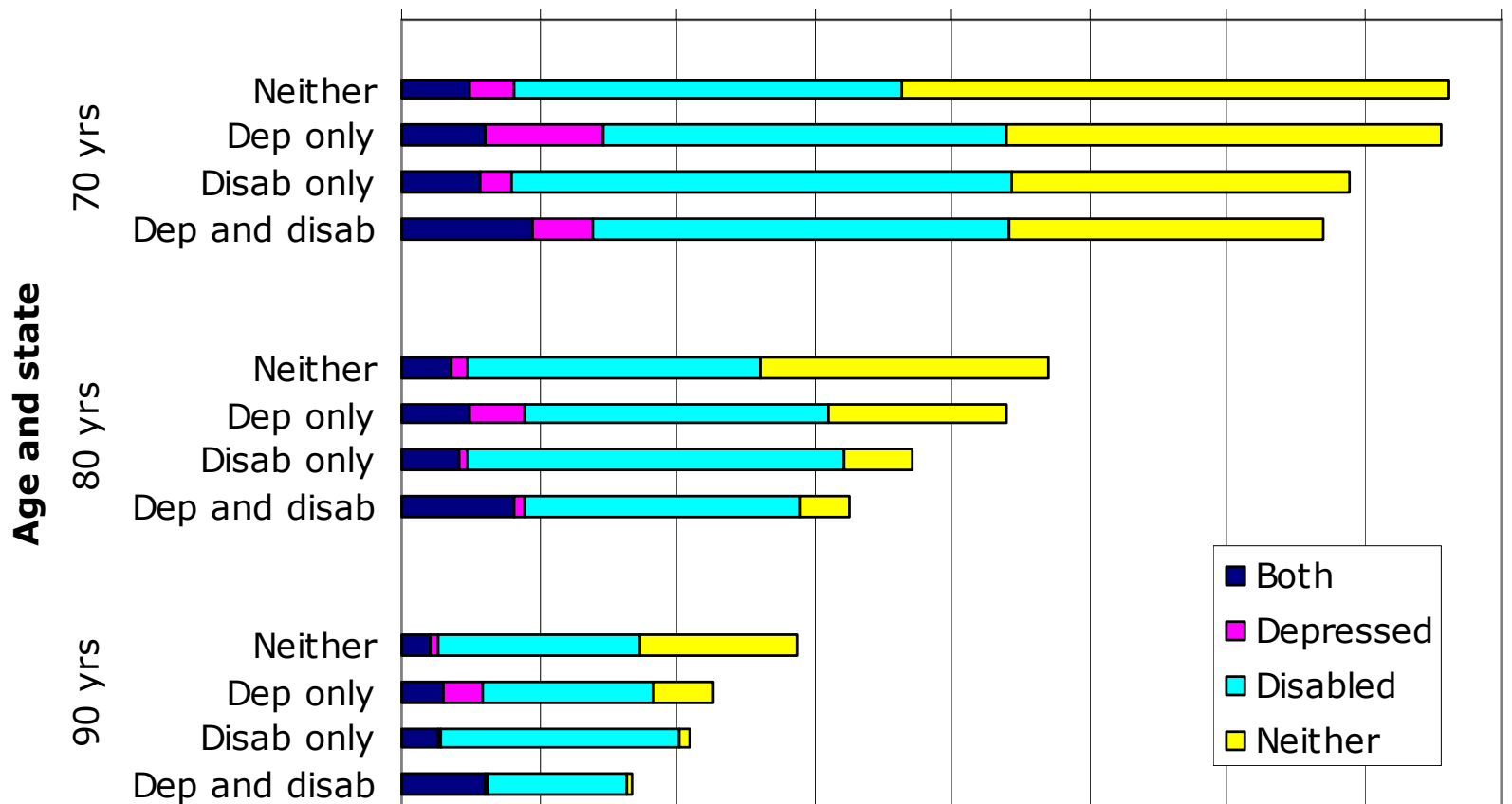
# Disability, depression or neither by state at age (Men)



# Disability, depression or neither by state at age (Women)

Life expectancy

0 2 4 6 8 10 12 14 16



# Results (3)

- At older age recovery is rare for both depression and disability
- Individuals with disability are no more likely than those without to get depression
- Depression does creates an additional (treatable) burden which is likely to exacerbate physical symptoms.

# Conclusions

- Clinical depression was rare at all ages
- Disability had a large effect on TLE
- Depression on its own had little effect on TLE
- Depression and disability together reduce TLE
- Recovery from depression was seen at all ages
- Recovery from disability was less common, particularly in the oldest age
- Treating depression could significantly improve quality of remaining life in the very old, even if it has no effect on the time spent with disability.

# MRC Cognitive Function and Ageing Study (MRC CFAS - [www.cfas.ac.uk](http://www.cfas.ac.uk))



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