

H. Riazuelo¹, L. Romo¹, F. Boz², S. Page²

¹EA 4430 CLIPSY, Université Paris Ouest Nanterre La Défense, Nanterre, France ; ²UPOND, Université Paris Ouest Nanterre La Défense, Nanterre, France

Aim: We study coping strategies for hepatic, cardiac and renal transplant relatives. Relatives play a major role in the transplant life, and therefore specific psychological support has to be considered for them, something that is yet too rarely done in hospital.

Method: We survey a population of 222 relatives, all volunteer for this research, of hepatic (52), cardiac (88) and renal (82) transplant. Most of them are husband or spouse (70%), the remaining being parents or children of the transplant. Evaluation is done through HAD (anxiety and depression), EAS (social support) and coping scales.

First results: Relatives are confronted to traumatic effects of illness and have to reorganize themselves psychically. They face worrisome situation related to illness itself, heavy medical treatment (possibly at home), medical care, etc. They often regret not to be given room to express their sufferings or fears, a situation that can be a source of tension. Average score on HAD anxiety and depression scale are respectively (with population percentage scoring above threshold of 7.5) 8.81 and 4.53 for cardiac transplant relatives (67% and 16% above threshold), 7.92 and 4.55 for hepatic transplant relatives (48% and 18%), and 8.59 and 4.81 for renal transplant relatives (56% and 20%), thus clearly showing a population that is more anxious than depressed. We note that a depressed relative somewhat tends to get socially isolated and to rely on positive thoughts. Also, they say that they are not prepared to the changes resulting when their relative gets a transplant.