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Mental Changes in Parkinson's Disease: A Study of Fifty Patients

Abstract

Neuropsychiatric disorders in Parkinson's disease include behavioral, emotional, and cognitive changes. They are common and varied and can be associated with impairments. The aim of this study is to evaluate the prevalence of the mental changes in the United Arab Emirates' patients with Parkinson's disease and to compare these results with other studies in the literature. The importance of early detection and treatment of these mental symptoms were discussed. Fifty patients with Parkinson's disease were assessed for the presence of depression, sleep disorders, visual hallucination, psychosis, and dementia. The mean age of the patients was 71.1 years (range 55–92 years). The duration of the disease was 7.8 years (range 2–25 years). Thirteen patients (26%) had dementia, eleven patients (22%) had depression. Five patients (10%) had psychosis; four patients out of the five also had dementia. Three patients (6%) had sleep disorders and the same three patients (6%) also had visual hallucination. Visual hallucination and sleep disorders were induced by dopaminergic medications. In conclusion, psychiatric manifestations are found to be not uncommon in our patients. The results are lower than other reports in the literature. These mental changes are under-diagnosed and under-treated. Early detection and treatment of these symptoms can improve the quality of life for these patients and their care-givers.

Keyword: Parkinson's disease, depression, sleep disorders, visual hallucination, psychosis, dementia.

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