



Validation of the self-assessment diary for meteorosensitivity in patients with depressive and anxiety disorders

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Objective. The aim of this study was to assess validity and reliability of self-assessment diary for meteorosensitivity (SADM) in patients with depressive and anxiety disorders (DAD).

Methods. SADM is 18 items questionnaire which has been developed to evaluate an association between wellbeing and meteorological-heliophysical factors. Two hundred twenty four consecutive patients with DAD were recruited for the study between June 2008 and February 2012 from the day care program of the Clinic of Stress Disorders at the Behavioural Medicine Institute in Palanga, Lithuania (mean age 41 years; 79%, women). Each patient filled in diary every day during 21 day stay at the Clinic. Severity of symptoms was rated 0 (not expressed at all), 1 (expressed) or 2 (strongly expressed). We examined the structural validity of the SADM using exploratory factor analysis (Principal components, varimax rotation with Kaiser normalization, at minimum factor load of $r=0.4$) and internal consistency using Cronbach's alpha. Inter item correlation was established by Pearson's correlation coefficient.

Results. Exploratory factor analysis of the SADM items revealed two components explaining 73% of variance. The symptoms such as "lack of energy", "poor wellbeing", "anxiety, dismay", "weakness", "apathy, indolence" etc. were numbered among factor 1 (41% of variance,) named "psychological symptoms". The symptoms such as "palpitation", "headache", "vertigo", "heartache", "shortness of breath" etc. were numbered among factor 2 (32% of variance) named "physical symptoms". The internal consistency evaluated by the means of the Cronbach's coefficient alpha was high; 0.97 and 0.93 for the factor 1 and for factor 2, respectively. Mean inter-item correlations were also high; 0.77 for factor 1 and 0.62 for factor 2, respectively.

Conclusion. Our findings indicate that the SADM is valid and reliable two factorial tool collecting information regarding the meteorosensitivity in patients with DAD.