

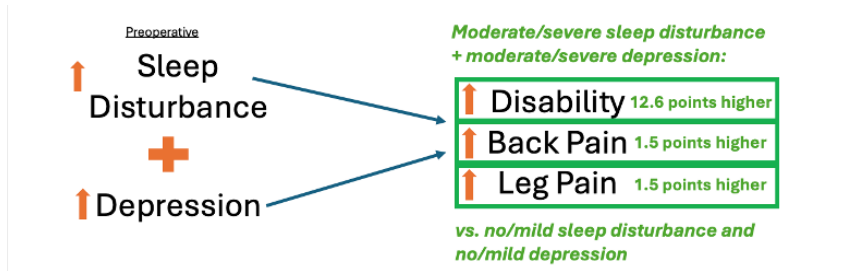
The combined influence of sleep disturbance and depression on 12-month outcomes after lumbar spine surgery



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We aimed to determine the combined association between preoperative sleep disturbance and depression and 12-month disability, back pain, and leg pain.



P119 Psychosocial/Behavioral

Take Home Message

The combination of sleep disturbance and depression impacts postoperative outcomes considerably. Patients with moderate/severe sleep disturbance and moderate/severe depression had the worst 12-month disability and pain compared to those without sleep disturbance and depression