

ABSTRAK

Latar Belakang: Sklerosis sistemik (SSc) merupakan penyakit autoimun yang ditandai fibrosis progresif, disfungsi imun, dan vaskulopati yang berdampak pada kualitas hidup. Depresi sering terjadi pada pasien SSc dan berkaitan dengan faktor klinis serta psikososial. Secara psikoneuroimunologis, depresi berhubungan dengan peningkatan sitokin proinflamasi seperti interleukin-6 (IL-6), yang juga berperan dalam patogenesis SSc. Penelitian mengenai hubungan IL-6 dengan depresi pada SSc masih terbatas.

Tujuan: Menganalisis hubungan kadar IL-6 dengan skor depresi serta faktor-faktor yang berhubungan pada pasien SSc.

Metode: Studi belah lintang pada 35 pasien SSc usia >18 tahun di Poliklinik Reumatologi RSUP Dr. Kariadi Semarang. Penelitian mengukur kadar IL-6, kuesioner BDI-II, serta penilaian skor mRSS, PAH, ILD, disfagia, *digital ulcer*, VAS, citra diri, terapi, dan durasi sakit.

Hasil: Terdapat korelasi positif lemah namun signifikan antara kadar IL-6 dengan skor depresi ($r = 0,374$; $p = 0,041$). Analisis multivariat menunjukkan bahwa skor skor mRSS ($B = 0,367$; $p = 0,042$), citra diri ($B = 6,886$; $p = 0,009$) dan disfagia ($B = 6,818$; $p = 0,025$) berpengaruh terhadap skor depresi.

Kesimpulan: Kadar IL-6 berkorelasi positif dengan skor depresi pada pasien SSc. Faktor lain yang berpengaruh terhadap skor depresi adalah skor mRSS, disfagia dan citra diri.

Kata Kunci: Kadar IL-6, Skor Depresi, Sklerosis Sistemik

ABSTRACT

Background: Systemic sclerosis (SSc) is an autoimmune disease characterized by progressive fibrosis, immune dysregulation, and vasculopathy, leading to impaired quality of life. Depression is common in SSc patients and is influenced by clinical and psychosocial factors. From a psychoneuroimmunological perspective, depression is associated with increased proinflammatory cytokines such as interleukin-6 (IL-6), which also plays a role in SSc pathogenesis. The relationship between IL-6 levels and depression in SSc remains limited.

Objective: Analyze the correlation between IL-6 levels and depression scores and to identify factors associated with depression in SSc patients.

Methods: A cross-sectional study was conducted on 35 SSc patients aged >18 years at the Rheumatology Clinic of Dr. Kariadi General Hospital, Semarang. Serum IL-6 levels were measured, and depression was assessed using the Beck Depression Inventory-II (BDI-II). Clinical and psychosocial variables including mRSS, PAH, ILD, dysphagia, digital ulcers, VAS, body image, therapy, and disease duration were also evaluated.

Results: IL-6 levels showed a weak but significant positive correlation with depression scores ($r = 0.374$; $p = 0.041$). Multivariate analysis showed that mRSS score ($B = 0.367$; $p = 0.042$), body image ($B = 6.886$; $p = 0.009$), and dysphagia ($B = 6.818$; $p = 0.025$) were significantly associated with depression scores.

Conclusion: IL-6 levels are positively correlated with depression scores in patients with SSc. Other factors associated with depression scores were mRSS score, dysphagia, and body image.

Keyword : IL-6 level, depression score, Sclerosis systemic