

Does Mental Health Influence Patient-reported Outcomes After Minimally Invasive Transforaminal Lumbar Interbody Fusion?

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Objective: Few studies have described the relationship between mental health and patient-reported outcome measures (PROM) after minimally-invasive spine surgery. Prior studies on open surgery included small cohorts with short follow-up.

Methods: Patients undergoing primary Minimally Invasive Transforaminal Lumbar Interbody Fusion (MIS-TLIF for degenerative pathology were retrospectively reviewed and stratified by SF-36 Mental Component Summary (MCS): Low MCS

Results: Preoperative MCS was 39.4 ± 8.6 and 58.5 ± 5.4 in the Low and High MCS groups respectively

Conclusion: Despite poorer PROMs preoperatively, patients with poor baseline mental health still achieved comparable results from 3 months up to 2 years after MIS-TLIF. Preoperative optimisation of mental health should still be pursued to improve satisfaction and prevent delayed return to work after surgery.