CONCLUSION

The SNOT-22 questionnaire, though largely in the prospective assessment of quality-of-life related to rhinologic complaints, actually encompasses other nonspecific subjective, patient-reported complaints, including "physical problems, functional limitations, and emotional consequences."10 In this study, the SNOT-22 questionnaire is applied to OSAS, a common problem encountered by otolaryngologists, with the goal to identify meaningful associations between objective polysomnographic variables and subjective sinonasal-related complaints.

A recent study by Lachanas et al. reported a mean total SNOT-20 score of 29 among 65 OSAS patients without sinonasal disease.11 The current study is in good agreement with this value, with a mean total SNOT-20 score (calculated with omission of nasal obstruction and loss of smell/taste) of 27 among 30 OSAS patients. This once again highlights that the SNOT-22 questionnaire, though originally designed to assess outcomes in rhinologic disease, can also be elevated in other otolaryngic diagnoses, and that these outcome variables can be quantified and further studied with psychometric validity.

Two of the versatile polysomnographic variables were found to have a significant association with psychological complaints (i.e., reduced productivity, frustration). Given the highly disruptive nature of OSAS on daily life and work activities, OSAS patients naturally would be more prone to experience chronic psychological distress. Several quality-of-life studies have identified a relationship between psychological complaints and OSAS; most notably, depression.12,13 The SNOT-22 questionnaire reinforces this finding. Otolaryngologists should be wary of this association and confer the aid of psychiatric health professionals in the long-term treatment of OSAS patients.

Although the SNOT-22 questionnaire was used as the main outcome instrument in this study, other validated survey instruments, such as the Rinosinusitis Disability Index (RSDI), Short Form 36 (SF-36), and Chronic Sinusitis Survey (CSS), may provide additional information and insight for OSAS and similar disease processes.

CONCLUSION

The SNOT-22 questionnaire is a versatile outcomes assessment tool which discerns various objective measures correlated with OSAS severity.

REFERENCES