

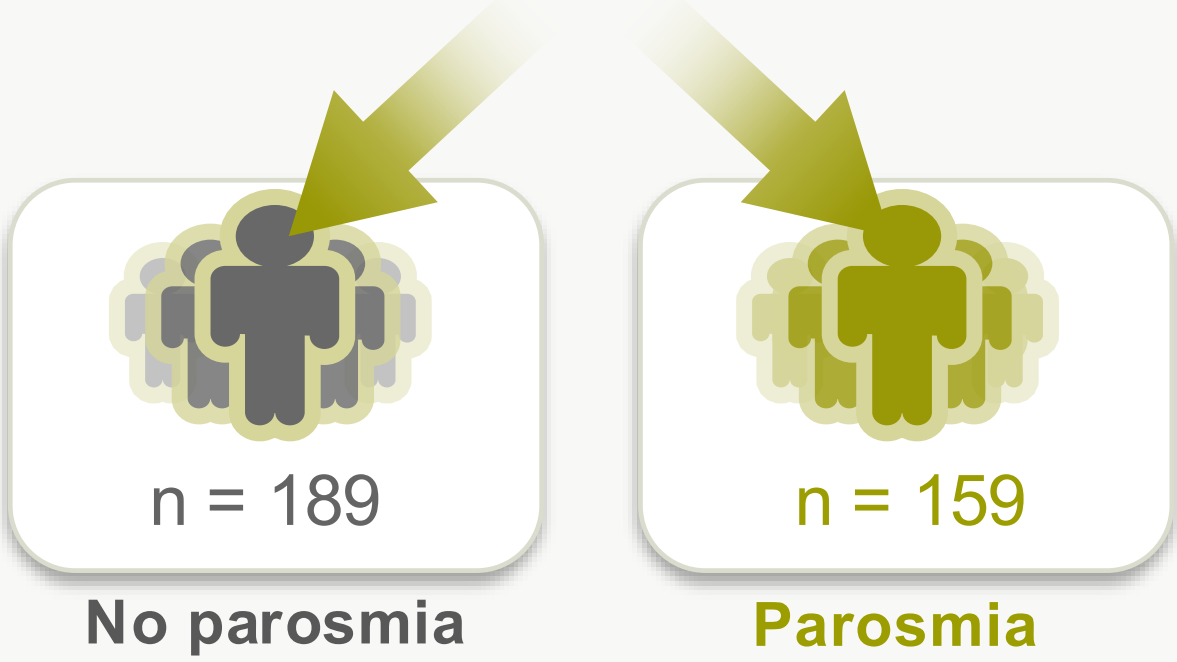
Parosmia is associated with impaired quality of life

Independent of olfactory function and depressive symptoms

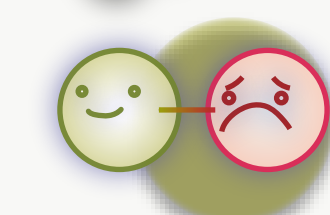
Study

348 patients

with olfactory dysfunction



Assessments

-  **TDI**
Olfactory function
-  **QOD-NS / QOD-PS**
Olfactory-related QoL
-  **PHQ-2**
Depressive symptoms

Multivariable linear regression

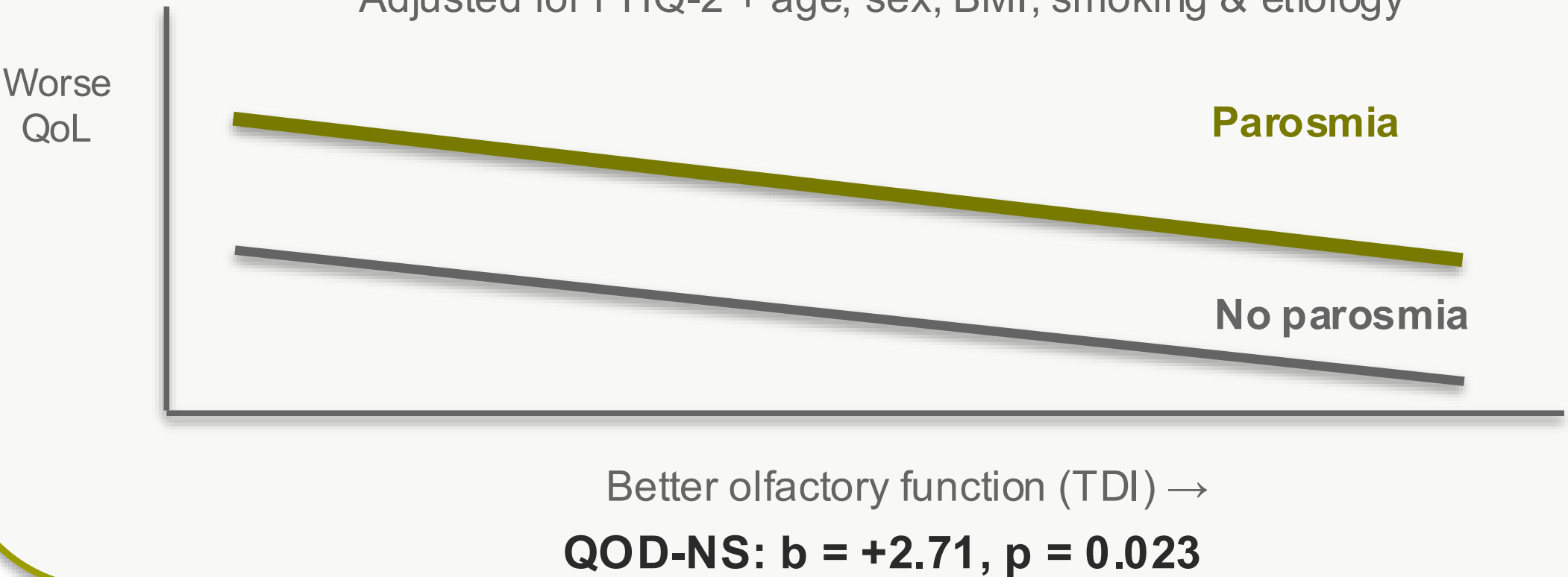
The parosmia paradox



Adjusted analysis

Parosmia adds an independent QoL burden

Adjusted for PHQ-2 + age, sex, BMI, smoking & etiology



Clinical message

TDI alone is insufficient

→ **Assess parosmia separately**
in patients with olfactory dysfunction

Depressive symptoms contribute to poorer QoL,
but do not explain the parosmia association