

PREVALENCE OF ANXIETY DISORDER AMONG CARDIOVASCULAR PATIENTS IN ILAM PROVINCE, WESTERN IRAN

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Introduction: Anxiety-related disorders have frequently been considered as potential risk factors for developing and/or worsening cardiovascular diseases. The prevalence of panic attack and depression as anxiety-related disorders are reported to be 10% and 15% respectively among cardiovascular patients.

Objectives: To evaluate anxiety among cardiovascular patients.

Aims: This study was aimed to assess the prevalence of anxiety and its associated factors among cardiovascular patients.

Method: It was a descriptive cross-sectional study in which anxiety-related disorders were investigated among 60 cardiovascular patients hospitalized at the Shaheed Mostafa Hospital in Ilam in 2009. The General Health Questionnaire (GHQ-28) was used for data gathering. Collected data were analyzed using SPSS-17 software.

Results: Mean age \pm standard deviation was 62.6 \pm 3.1 years. The prevalence of anxiety was estimated to be 20%. Majority of the patients were female (63.3%) and more than three quarters (77%) were illiterate. Almost two-thirds (67%) reported unemployment without any source of income. One in every four samples was smoker and half of them reported having a family problem at home. History of heart attack, hypertension, hyperlipidemia and hospital admission were 33.7%, 56.7%, 40.0% and 63.3% respectively. There was a significant association between anxiety-raised of suffering from a mental crisis due to loss or sickness of family members/ close friends and increased rate of cardiovascular disorders ($p < 0.05$).

Conclusions: The rate of anxiety-related disorders in Ilam was significantly higher compared to the national reports across the country which needs more attention by health workers. Psychological consultations, behavioral-conceptual therapies and regular exercises are recommended.