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Prevalence and Socio-Demographic Characteristics Related to Stress, Anxiety, and Depression among Patients with Major Thalassemia in the Kermanshah County

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ABSTRACT

Thalassemia is one of the most common chronic and genetic blood disorders in the world that can followed by several complications, such as mental disorders. The aim of this study was to determine the prevalence and socio-demographic characteristics associated with stress, anxiety and depression among patients with thalassemia major in Kermanshah during 2014. This cross-sectional study done among 64 patients with thalassemia major during 2014; in the participants were randomly selected among patients who referred to Mohammad Kermanshahi hospital in the Kermanshah County to take part in this study. A standard questionnaire (DASS-21) which analyzed stress, anxiety and depression was applied for collecting data and data were analyzed by SPSS version 20 using chi-square statistical tests. The mean age of respondents was 22.31 years [95% CI: 20.42, 24.21], ranged from 14 to 58 years. Findings showed the 60.9%, 59.4 % and 18.8 % of the respondents were suffering from extremely severe anxiety, depression, and stress, respectively. Furthermore, our findings showed marital status and job have significant relationship with anxiety (P<0.05); education level has significant relationship with depression (P<0.05). Our findings indicated high level of prevalence of mental disorder among patients with thalassemia major. These results can be warning to health policy makers in Iran; and should be the focus of special attention.

Key words: Thalassemia Major, Mental Disorder, Anxiety, Depression, Stress

1. INTRODUCTION

Thalassemia is one of the most common chronic and genetic blood disorders in the world (1) and each year about 60000 infants are born with this disorder (2). Iran is located on the thalassemia belt in the world and thalassemia carriers are evaluated from 1 to 10 percent [average % 4.5] transitively (3). Thalassemia is a major sanitary problem not only for the patients and their families but also for each country's public health systems with regard to treatment expenses including regular injections, iron chelating agents, frequent hospitalizations and other medical consistencies (1). Beta thalassemia is the most common case which occurs as Thalassemia minor, thalassemia intermediate and major thalassemia (4). Beta Thalassemia major symptoms include severe and chronic anemia, slow growth, hepatoplenomegaly and bone disorders which severely affect individual's life (5). However, using of regular transfusion, treatment with iron chelating agents, proper management on consequences and good supportive cares, makes a normal life length possible to patients with