

## SYMPTOMS OF DEPRESSION, ANXIETY AND STRESS IN PATIENTS WITH THALASSEMIA IN A GREEK TRANSFUSION CENTER

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**Introduction:** Thalassemia is an inherited blood disorder that requires lifelong adherence to a complicated and burdensome medical regimen which could potentially impact emotional functioning of patients.

**Objectives:** To assess the prevalence of depression, anxiety and stress symptoms in adult patients with thalassemia.

**Aims:** To explore possible demographic, medical, and psychosocial correlates of these symptoms.

**Methods:** 117 patients (19-61 years old, M age = 37.2±9.3; 63% female) took part in the study. Depression, anxiety stress scale (DASS) was used along with SF12 for health related quality of life and a questionnaire about sociodemographic characteristics. Statistical analysis was performed with SPSS 16.

**Results:** Severe depressive symptoms were found in 17 patients (15%), anxiety symptoms in 11(9.6%) and stress symptoms in 35(30.2%). Sex, age, education, marital status and income had no significant correlation with anxiety and stress. In depression there was a significant difference between single and married patients ( $\chi^2=6.990$   $p< .05$ ), with 58.8% of single patients suffering from more depressive symptoms. Higher stress symptoms had a significant correlation with symptoms severity ( $r=.452$   $p< .001$ ) and the present socioeconomic situation in Greece ( $r=.632$   $p< .001$ ).

**Conclusions:** Given these findings, regular screening for anxiety stress and depression symptoms could help to identify at-risk patients to provide them with appropriate psychological support with the goal of improving emotional health.