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Evaluation of Relation Between Anxiety Disorders with Diabetic Type Two Patients's Quality of Life Referring to Gorgan's 5th Azar Clinic of Diabetes in 2012

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Introduction and aims: Diabetes causes life expectancy reduction in to one third of optimal degree. several chronic complications are known for diabetes but psychiatric complications are rarely researched where diabetic patients have two times greater risk for mood disorders establishment than general population. So we aim to evaluate the anxiety disorders in diabetic type two patient's referring to Gorgan's 5th Azar hospital clinic of diabetes in 1391 and then estimate their counter relations with their quality of life

Methods and materials: A cross sectional study consists of 330 proved DMT2 patients were referring to Gorgan's 5th Azar hospital clinic of diabetes in 1391. Data were collected by demographic, Beck Anxiety Inventory & WHOQOL-BREF questionnaires. Tables, Diagrams, Central & dispersion indices were used to describe the Data. Chi square used for estimating the comparison of QOL between 2 groups. Pearson correlation coefficient also used to demonstrate the relation between QOL and BAI. Results and the applied hardware for this purpose was SPSS. (p value = 0/005)

Results : In this study 35/45% were male and 64/54% were female, There was no significant correlation between anxiety with independent factors. There was just a significant correlation between "other diseases" and quality of life. Positive significant correlation between anxiety and quality of life were observed.

Conclusion: Anxiety disorders in patients with diabetes can reduce the overall quality of life, Not only as a factor adversely affecting the mental realm It applies to all areas of quality of life effects, so identification and treatment of these disorders can improve patients quality of life is.