

Original Paper

Prevalence of anxiety and depression in patients with colorectal cancer in Babol - north of Iran (2008-12)

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Abstract

Background and Objective: Colorectal cancer can significantly cause physical, psychological and social problems. This study was done to determine the prevalence of anxiety and depression in patients with colorectal cancer in Babol located in north of Iran.

Methods: This cross-sectional, analytical study was done on 120 (75 males, 45 females) patients with colorectal cancer which registered in the Babol cancer registry in north of Iran during 2008-12. A questionnaire containing demographic information, aspects of the disease and HADS questionnaire was completed by interviewing to assess anxiety and depression for each patient.

Results: The prevalence rate of depression and anxiety in patients was 23.4% and 30.8%, respectively. Gender, residency of rural area, and having comorbidities are related to depression among which location was identified as an independent predictor. Urban residency had 79% less risk of depression than rural residents (95% CI=0.06-0.67, OR=0.21, P<0.009). Gender, resident of rural areas, unemployed, having comorbidities, low income and lack of education were associated with anxiety, among which only education was identified as an independent predictor (95% CI=1.32-13.81, OR=4.27, P<0.015).

Conclusion: The prevalence of anxiety and depression in colorectal cancer patients was high in this area. Therefore, interventions are recommended to increase awareness and greater attention to rural women and controlling comorbidities.

Keywords: Cancer, Colorectal, Anxiety, Depression, Iran

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