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Poster Presentation Research

Comparing Anxiety and Stress in Diabetic Patients with and without Complications

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Abstract

People with diabetes mellitus have a high risk of anxiety and stress and anxiety is higher in patients with diabetes who have long-term complication. The aim of this study was to assess and compare the prevalence of anxiety and stress in diabetic patients with and without complication attending to diabetes clinic of Ebn Sina hospital of Delfan, Iran. In this descriptive-comparative study, 239 type II diabetic patients (152 patients with complications and 87 patients without complications) from diabetes clinics of Ebn Sina hospital were assessed. Patients selected with census method and completed the Dass scale and demographic questionnaire. Data was analyzed using SPSS 18 software. Significant levels in this study were $P<0.05$. The results showed that the prevalence of anxiety and stress in both groups (diabetic patients with complications and without complications groups) was 15.17% and 11.74% respectively (17.43% anxiety and 13.05% stress in diabetic patients with complications and 11.21% anxiety and 9.44% stress in diabetic patients without complications) that the difference of anxiety and stress between two groups was significant ($P=0.0001$). The findings of this study demonstrate a significant association of complications, anxiety and stress symptoms. But additional studies are needed to establish the directional nature of these relationships.

Keywords: Anxiety, Stress, Diabetic Patient, Complications.

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