## Poster Presentation                                    Research

# Epidemiology Study on Anxiety in Patient with Diabetes in Iran

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*Abstract*

The purpose of this survey was the study of the occurrence of anxiety and depression symptoms in patients with Type 2 diabetes mellitus with regard to sex and body mass index (BMI). 333 individuals with type 2 diabetes mellitus participated in the study. Their demographic and clinical features were examined. The self–completed questionnaire HADS was used for anxiety and depression level evaluation. Student t test and chi square were used for evaluating statistical significance. Findings showed that56% of the participants were women (n=174), while men percentage was 44% (n=136). Percentages of anxiety symptoms in women were three times higher in comparison to men, 62% (n=136) of women were presented with HADS-A>8 in contrast to 21% (n=29) of men (*P*<0.001). Women had a twofold percentage of depression symptom than men, as 41.4% (n=72) of women were presented with a HADS-A>8 in comparison to men's 17.8% (n=24).When the relation between sex, age and BMI and depression-anxiety symptoms was examined, it was shown that high BMI favors the occurrence of modest or severe symptom, as risk increases for any additional BMI unit. The occurrence of anxiety and depression symptoms is strongly related to the sex of individuals with Type 2 diabetes mellitus, as well as with the BMI in Iran diabetic patients.

*Keywords:* Anxiety, Diabetes, Gender.

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