

PSYCHIATRIC COMORBIDITY AND QUALITY OF LIFE IN PATIENTS WITH BETA THALASSEMIA MAJOR

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Objective: The study is aimed to assess quality of life, anxiety and depression levels and investigate the rate of psychiatric disorder in adolescent and young adults with beta Thalassemia major.

Methods: Sample includes 43 patients with β -thalassemia major. Patients were screened by Structured Interview for DSM-IV (SCID-I), Short Form-36 (SF-36) and Hospital Anxiety and Depression Scale (HAD).

Results: Forty two percent of the patients suffered from a psychiatric disorder. The most common psychiatric disorders were social anxiety disorder (%21) and generalized anxiety disorder (%12). Significantly lower quality of life was found on all 8 SF-36 domains for β -thalassemia major and psychiatric comorbidity patients compared to no-comorbidity patients. The correlation between HAD and SF-36 scores was statistically significant.

Conclusion: Psychiatric disorders are significantly related to impaired quality of life. The correlations between anxiety, depression levels and SF-36 scores indicate that high depressive and anxiety levels are associated with reduced quality of life.