

P-525 - INVESTIGATING STRESS AND DEPRESSION WITHIN A RURAL POPULATION GROUP IN GREECE: A PILOT STUDY

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Introduction: Stress and depression are among the most common complaints in primary healthcare settings.

Aim: To investigate stress and depression levels in chronic patients of a rural area.

Materials and methods: 118 chronic patients (53 males and 65 females, mean age 61 ± 4 years) that used primary healthcare services during the first three months of this study were interviewed. The Personal Disturbance Scale (DSSI/sAD), the Zung self-rating scale, and a structured demographic questionnaire were the tools used by the researchers. Statistical analysis was done with the SPSS 18.0 software.

Results: The majority of our sample were living permanently in the area, 52% were married, and 73% had completed primary education. 76% complained of hypertension, 51% had dyslipidemia, and 28% suffered from stress and anxiety disorders under treatment. 61% had sleep problems, and 40% reported they had an undefined sense of unhappiness. Sexual dysfunction, eating disorders and pessimism about the future showed the worst Zung total scores. The analysis showed that coronary disease, hypertension and dyslipidemia seem to be independent prognostic factors for depression and anxiety disorders even after excluding age ($r=0,307$, $p=0,001$).

Conclusions: Early detection and management of mental disorders, as well as the identification of contributing factors to these disorders, seem to be key targets of primary health care.