

## ***Investigation of psychological disorders profile (anxiety, depression and psychological distress) in adult population of Isfahan province***

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### ***Abstract***

**Background & Aim:** Psychological disorders are one the behavioral and psychiatric problems which are highly considered as a clinical issue. This study was conducted to investigate the psychological disorders profile (anxiety, depression and psychological distress) in adult population of Isfahan province.

**Methods:** This cross-sectional study carried out on the obtained data of Sepahan project conducted on the staff of Isfahan University of Medical Sciences. Anxiety and depression of the subjects were assessed by "hospital anxiety and depression scale (HADS)" and psychological distress was assessed using General Health Questionnaire. Chi-square and logistic regression tests were used. Data were analyzed by SPSS 15.

**Results:** Based on the finding, depression was the most common psychological problem in this study. The frequency of all three psychological problems in women is significantly higher than men. The Odds ratio of psychological distress, Anxiety and depression in women were (CI=1.44-1.91, OR=1.66), (CI=1.57-2.24, OR=1.87) and (CI=1.57-2.04, OR=1.79), respectively. Moreover, the frequency of psychological distress and anxiety in people under 40 was significantly higher than people over 40. The Odds ratio of psychological distress and anxiety in people over 40 was (CI=0.7-0.93, OR=0.81) and (CI=0.79-0.94, OR=0.79), respectively.

**Conclusion:** The results of this study showed that psychological disorders are highly prevalent among adult population of Isfahan province, particularly in women. As a result, the health and treatment authorities should pay further attention to control, prevent and treat these disorders.

**Keywords:** Psychological disorders; anxiety; depression; psychological distress