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Association of spiritual wellbeing with anxiety and depression of
patients with myocardial infarction in Urmia, Iran
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Introduction: Coronary artery diseases including myocardial infarction (MI) have been recognized as a major health problem in the world. The patients may experience mental and emotional problems like depression and anxiety at different periods of hospitalization that can negatively affect other important characteristics and medical parameters in patients with myocardial infarction and increase patients' spiritual needs. Spirituality wellbeing may play an important role in their adapting to consequent mental disorders of illness such as anxiety and depression.

Methods: This study was hence carried out to determine association of a spiritual wellbeing with anxiety and depression of patients with myocardial infarction in Urmia, Iran. In a descriptive correlational study, patients with acute myocardial infarction hospitalized were studied by a questionnaire, consisted of demographic characteristics and Palutzian & Ellison spiritual wellbeing scale. Level of anxiety and depression was evaluated by using a HADS questionnaire. Data was analyzed with using SPSS 16 statistical software.

Results: 46 of patients (70.8%) were male and 19 were female. In addition, 23 patients (37.7%) had other chronic disease. 16 (23.9%) of the participants in this study had lower levels of depression or anxiety, 36 (53.7%) had a higher level of depression or anxiety disorder (borderline) and finally, 15 (22.4%) of the participants had a sever level of depression or anxiety disorders.

35 (52.2%) of the participants had an average spiritual wellbeing level and 32 of them (48.8%) had a high spiritual wellbeing level. None of them had a lower spiritual wellbeing level. There was a significant relationship between spiritual wellbeing and level of depression and anxiety with gender and level of education and occupation. A reverse relationship between spiritual health and level of anxiety and depression was detected ($P = 0.05$).

Conclusion: Spirituality wellbeing based care plans can be a good way to reduce depression and anxiety.

Key words: association, spiritual wellbeing, anxiety, depression, myocardial infarction, Iran