

Original Paper

General health of beta-thalassemia major patients in Gorgan, Iran

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Abstract

Background and Objective: Thalassemias is the most common inherited disease in the world. This study was designed to assess general health of patients with beta-thalassemia major in Gorgan, northern Iran.

Materials and Methods: This descriptive study was performed on 163 patients with beta-thalassemia major whom referred to Thalghani hospital in Gorgan, northern Iran. Socio-Psychosocial status of patients was assessed by using general health questionnaire-28 (GHQ-28).

Results: Socio-Psychosocial status of 44.2%, 46% and 9.8% of patients was normal, suspected and suffered from psychosocial disorders, respectively. Social dysfunction (12.9%) and depression (10.4%) were the most prevalent and anxiety was the less prevalent (4.9%) in the patients. There were significant correlations between psychosocial status and mother's occupation ($P<0.05$), patients level of education ($P<0.05$) and history of associated diseases ($P<0.05$).

Conclusion: Social dysfunction and depression were the two major general health complications in beta-thalassemia patients in this region.

Keywords: Beta-thalassemia major, General Health, Psychosocial status, Social dysfunction, Depression

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