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## EFFECT OF EDUCATION ON ANXIETY AND DEPRESSION IN PATIENTS WITH MYOCARDIAL INFARCTION

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**Introduction:** About 65 percent of patients with myocardial infarction experience mental and emotional problems like depression and anxiety that causes delay in the return to work, decreased quality of life and increased risk of death.

The purpose of this study was to determine the effect of education on anxiety and depression in patients with myocardial infarction in Urmia hospitals in 2009.

**Methods:** This study was a quasi-experimental study that compares the effect of education on anxiety and depression in patients with myocardial infarction in the Urmia University of medical science hospitals. 124 patients were selected randomly and divided into two groups. The experimental group was educated through face to face training and educational booklet. Control group did not receive any intervention.

Level of anxiety and depression was evaluated by using HADS questionnaire at 3 intervals after 48 hours of admission, discharge day and 2 months after discharge.

**Results:** There was no significant difference between control and experimental groups before the intervention,

But after the intervention, anxiety and depression in the experimental group was significantly less than controls,  $p < 0.05$ .

**Conclusion:** Considering the beneficial results obtained from education on reducing anxiety and depression in patients with myocardial infarction, it should be one of the health care goals.