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**MOOD AND ANXIETY DISORDERS AND QUALITY OF LIFE IN PATIENTS WITH LUMBAR OR CERVICAL DISC HERNIATION**

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**Objective:** The aim of this study was the prevalence of psychiatric disorders and quality of life patients with lumbar and cervical disc herniation.

**Methods:** One hundred twenty five patient with lumbar or cervical disc herniation and forty healthy subject were included into the study. The axis I psychiatric disorders were diagnosed with Structured Clinical Interview for DSM-IV (SCID-I). Depression and anxiety disorders severity and quality of life (QoL) were assessed Hamilton Anxiety Rating Scale (HAM-A), Hamilton Depression Rating Scale (HAM-D) World Health Organization Quality of Life Assessment—Brief (WHOQOL-BREF), respectively. The severity of pain was assessed with Visual Analog Scale (VAS).

**Results:** The prevalence of psychiatric disorders in patients group were higher than control group. The QoL of patients with LDH or CDH was significantly lower in domains of physical health and social relationship. There was no statistically significant difference between the localization of disc pathology and psychiatric disorders

**Conclusions:** In conclusion, results of the present study suggest that mood and anxiety disorders were more frequently observed among patient with disc herniation. Assessment of psychiatric disorders could not only be helpful in improving QoL but may also be used to relieve pain.

**Key Words:** disc herniation, psychiatric disorders, quality of life, pain