

## EVALUATION OF PSYCHIATRIC ILLNESS IN IRANIAN STOMA PATIENTS

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**Aims:** The objective of this study was to assess the nonpsychotic psychiatric disorders of stoma patients in Iran.

**Background review:** The only study that evaluated stoma patients in Iran indicated that postoperative problems, especially psychosocial ones, have a rather high frequency in comparison with other reports, but since no standardized questionnaire was applied for the evaluation of psychosocial problems and their severity, further studies were needed.

**Methods:** In this cross-sectional study, patients referred to the Iranian Ostomy Association from 2005 to 2006 filled the 28-item General Health Questionnaire (GHQ) in Farsi as a screening instrument to identify cases of nonpsychotic psychiatric morbidity.

**Results:** A total of 155 patients participated in the study, of whom 79 (51%) were female and 76 (49%) were male. Fifty-five percent of the patients (n=86) had psychiatric problems. The females' mean GHQ score was significantly higher than that of males (P=.001). Psychiatric disorder was significantly more frequent among patients with the following specifications: educational level of high school or lower (P=.001), mucosal hemorrhage of the ostomy (P=.03), stomal stenosis (P=.012), and history of psychiatric drug consumption (P=.000). GHQ score decreased as stoma age increased (P=.032; r=-.177).

**Conclusion:** Similar to other complications, psychiatric problems are prevalent in Iranian stoma patients. Our findings highlight the need for special support.