

عنوان مقاله:

Association between Chronic Pain and Depression among the Elderly of Amirkola City, Northern Iran

محل انتشار:

مجله سلامت سالمندان, دوره 3, شماره 2 (سال: 1396)

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خلاصه مقاله:

Introduction: Chronic pain and depression are two of common geriatric disorders. The aim of this study was to investigate the association between chronic pain and depressive symptoms in older people in Amirkola. **Methods:** This cross-sectional study is part of Amirkola Health and Aging Project. It is an ongoing cohort project which was being conducted from 2011 on all people aged 60 and above in Amirkola city in northern part of Iran. One thousand six hundred and four older people were included in the study. Data related to chronic pains and their locations were collected using questionnaire by inquiring the elderly while depressive symptoms were gathered based on Geriatric Depression Scale. Data were analyzed by chi-square test and logistic regression in SPSS. **Results:** The prevalence of chronic pain, depressive symptoms, and co-occurrence of chronic pain and depressive symptoms among the elderly was respectively 84.4%, 43.5%, and 39.8%. The odds ratio of having chronic pain in depressed people was more than non-depressed people (OR = 2.88; 95% CI = 2.11-3.94). Prevalence of chronic pain in hands, wrists, elbows, shoulders, neck, hip joints, knees, ankles, legs, and back were noticeable in people with symptoms of depression compared to those without depressive symptoms. In regression model, severity of depressive symptoms (OR = 1.73 (1.23 - 2.45)), being female (OR = 2.40 (1.68 - 3.45)), increasing age (OR = 1.03 (1.01 - 1.05) and having chronic diseases (OR = 1.24 (1.13-1.35) were among the important variables that influenced chronic pain. **Conclusion:** This study showed, especially in women, significant association between chronic pain and depressive

.symptoms. It is essential to take prophylactic and treatment measures suitable for their control and treatment

کلمات کلیدی:

Depression, Chronic Pain, Aged

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