

عنوان مقاله:

The Relationship between Depression and Osteoporosis in People Referred to Fossa Bone Assessment Center

محل انتشار:

سومین کنگره بین المللی چالش های بالینی در مامائی، زنان و نازائی (سال: 1398)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim : Introduction: Depression may be a risk factor for decreasing bone mineral density and as a result of osteoporosis due to changes in bone metabolism. The aim of this study was to determine the relationship between depression and osteoporosis in Fasa women. **Methods :** In this descriptive cross-sectional study, 300 people aged over 35 years (150 with osteoporosis and 150 with no disability) were recruited from Fasa Bone Assessment Center. Depression was assessed by Beck Short-Form Questionnaire and then bone density was measured using a DEXA halogen device. Subjects were divided into normal and osteoporotic groups according to WHO criteria. Data were analyzed by SPSS software version 22 and descriptive and inferential statistical tests. **Results :** The mean age and body mass index of subjects in the two groups of osteoporosis and normal subjects were 61.49 \pm 8.49 and 48.10 \pm 5.53, respectively, and their BMI was 2.94%. The results were 25.21 and 25.11 \pm 3.52, respectively. The majority of people with osteoporosis (64%) had mild depression and the majority of normal people (85.30%) were non-depressed. The mean score of depression in my subjects was higher in osteoporosis than in normal subjects, which was statistically significant ($P < 0.05$). **Conclusion :** Based on the results of this study and the relationship between depression and osteoporosis, it is recommended to implement an educational program to improve mental health and reduce depression in people with osteoporosis.

کلمات کلیدی:

osteoporosis Depression educational

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