

## THE REDUCTION IN ANXIETY AND DEPRESSION BY EDUCATION OF PATIENTS WITH MYOCARDIAL INFARCTION

*N. Aghakhani, F. Sharif, K. Khademvatan, N. Rahbar, S. Eghtedar, V. Shojaei Motlagh*

Urmia University of Medical Sciences, Urmia, Iran

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

**Methods:** This study was a quasi-experimental study that comprised 124 patients selected randomly and divided into two groups. The experimental group was educated by a face to face training and educational booklet. Control group did not receive any intervention. The 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:** The findings suggest that MI patients worried about their social role, interpersonal relations and personal health, which can exacerbate symptoms and complicate their future care. 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 control group ( $P < 0.05$ ).

**Conclusion:** Considering the beneficial effect of intervention on reducing anxiety and depression in such patients, the patient's education should be one of the health care goals. Most researches may also be required to confirm the results in other groups of patients.