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ANXIETY IN PREGNANT WOMEN REFERRED TO SANANDAJ HEALTH CENTERS AND THAT RELATIONSHIP WITH THEIR PERSONAL CHARACTERISTICS IN 2009

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Background and aim: Pregnancy is one of events in women's life that is passed without any physical and psychical complications. But in many cases, predisposing factors can result in problems such as anxiety, depression and other psychical complications in this period. In this research we studied about rate of anxiety in pregnant women referred to Sanandaj health centers.

Methods: This descriptive study was done with 359 pregnant women referred to health centers of Sanandaj city in 2009. Data collection tools was a questionnaire consists of questions about personal characteristics of samples and zung standard anxiety scale. Finally statistics analyze was performed by descriptive and analytic methods with spss16.

Results: According to these results, rate of anxiety was 24.5% totally that 21.4% was related to mild to moderate and 3/1% for moderate to severe anxiety. Also we didn't find statistic difference between anxiety score and mothers marriage age ($P=.229$), parity ($P=.981$), method of previous delivery ($P=.270$), education ($P=.191$), job of mother ($P=.531$), trimester ($P=.931$). Also there was statistic difference between anxiety score with unwanted pregnancy by women ($P=.001$) and their husband ($P=.001$) and have job in husband ($P=.008$) and their economic status ($P=.015$).

Discussion: Findings of this research showed that husband's unemployment and unwanted pregnancy by them had a role in degrees of anxiety in pregnant women. Therefore health and care providers can reduce of unwanted pregnancy and psychical complications with promoting the women's acknowledge about methods of family planning and also complications of frequent pregnancy.