

CULTURAL ISSUES IN ANXIETY DISORDERS: SOME PARTICULARITIES OF IRANIAN CULTURE

A. Malekian¹, *G. Ahmadzadeh*², *H. Afshar*¹

¹Psycho-Somatic Research Center, ²Department of Psychiatry, Isfahan University of Medical Sciences, Isfahan, Iran

Anxiety disorders occur in all human societies ; yet there are cross- cultural variations in the symptomatology, prevalence, the etiologically contributing bio-psycho-social factors and the social responses to the symptoms and their management.

Iran has a heterogeneous population with numerous subcultures bounded closely to each other through the common history, language, Old Persian culture and the similarities in their impressing experiences as a nation.

In the format of a narrative review article, here we intend to induce a minimal insight into a few areas of particularity of anxiety disorders in Iranian culture. We will focus on the examples of socio-cultural factors affecting the source of distress, help-seeking behaviors, symptom presentation and treatment of these disorders in Iran.