

Anxiety, Depression, And Common Chronic Diseases Among Middle-aged And Older Outpatients In Afghanistan

Mohammad Hassan Hamrah¹, Ahmad Tareq Hamrah¹, Mohammad Hussain Hamrah²

¹Public health and health systems, Nagoya University Graduate School of Medicine, Nagoya, Japan ²Department of Gastroenterological Surgery, Nagoya University Graduate School of Medicine, Nagoya, Japan

BACKGROUND

Chronic diseases, such as diabetes, heart disease, and stroke, are linked to a higher prevalence of mental health disorders, including anxiety and depression.

However, the association between these conditions and mental health issues remains poorly understood.

This study explores the association between anxiety, depression, and chronic diseases, such as diabetes, heart disease, and stroke among outpatients in Afghanistan.

METHODS

A total of 256 consecutive patients aged 45 and older were recruited from March 2024 to September 2025.

Participants completed the Hospital Anxiety and Depression Scale (HADS) questionnaire.

This tool classifies participants based on anxiety and depression symptoms.

Study population: Middle-aged and older outpatients in Afghanistan

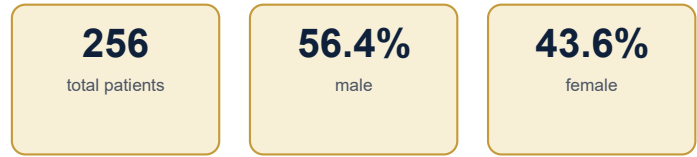
CONCLUSION

This study shows a higher prevalence of anxiety and depression among outpatients in Afghanistan.

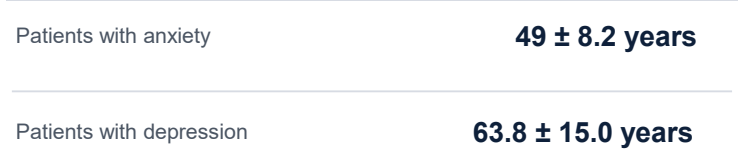
An association was found between clinical characteristics and anxiety and depression.

While further research is needed, regular screening and management of mental health issues in outpatient settings are essential.

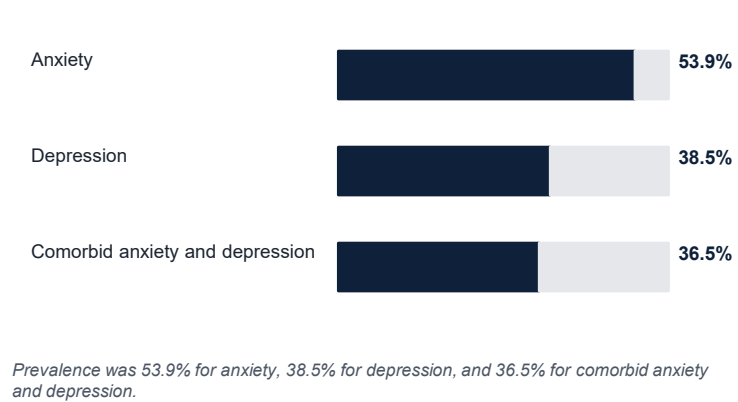
RESULTS: PATIENT CHARACTERISTICS



MEAN AGE



PREVALENCE OF ANXIETY AND DEPRESSION



MULTIVARIATE ANALYSIS

Significant associations with anxiety

Age: OR = 2.3, 95% CI: 1.5-3.4, p=0.01

Female gender: OR = 1.8, 95% CI: 1.2-2.7, p = 0.005

Diabetes mellitus: OR = 1.5, 95% CI: 1.1-2.1, p = 0.02

Significant associations with depression

Age: OR = 2.5, 95% CI: 1.6-3.8, p= 0.001

Diabetes mellitus: OR = 1.6, 95% CI: 1.2-2.3, p = 0.01

Heart disease: OR = 1.9, 95% CI: 1.3-2.8, p = 0.005

Stroke: OR = 2.0, 95% CI: 1.4-2.9, p = 0.002

Significant associations with comorbid anxiety and depression

Age: OR = 2.6, 95% CI: 1.7-3.8, p= 0.001

Diabetes mellitus: OR = 1.7, 95% CI: 1.2-2.4, p = 0.01

Heart disease: OR = 2.2, 95% CI: 1.5-3.3, p = 0.001

Stroke: OR = 2.1, 95% CI: 1.4-3.1, p = 0.004