



Evaluation of preexisting psychiatric disorders in patients with stroke disorders

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Background: Psychiatric disorders especially mild disorders are prevalent in our community and their relation with stroke disorders is important although in doubt as a risk factor. In this study our idea is finding the prevalence and type of these psychiatric disorders in stroke patients.

Methods: In this study we followed all patients with strokes of any hemorrhagic or ischemic types for 5 years from 2010 to 2015. All patients and if there was not possible their fellows were asked about the history of psychiatric disorders in the last ten years before stroke attacks. History of drug use or hospitalization in psychiatric wards were asked in all patients. If possible telephone consultation was done with the psychiatrist. If there was any neurologic disorders beside stroke patients were not permitted in our study.

Results: Three hundred and thirty-two patients were selected. 156 (47%) patients had depression in the last ten years before stroke and major depression was present in 32 (10%) patients and 15 of them had history of hospitalization in psychiatric wards. Anxiety was present in 194 (58%), obsessive disorders in 52 (16%), personality disorders in 25 (7.5%), psychosis and schizophrenia in 24 (7%) and compulsive disorders in 9 (3%) patients. Twenty-six (7%) patients had history of hospitalization in psychiatric wards regardless of etiology in the last ten years before stroke.

Conclusion: This study shows that psychiatric disorders is more prevalent in stroke patients in comparison with general population and this can be a risk factor for stroke. Especially anxiety and depression is more prevalent. Treatment or prevention of psychiatric disorders can have a good impact on prevention from stroke disorders this can help more in patients with other risk factors for strokes.