Prevalence of mental disorders in the general population referring to a medical educational center in Rasht, Iran

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Abstract:

Background: Mental disorders in patients with chronic medical disorders are associated with, performance degradation, poor quality of life, lack of cooperation with treatment and inappropriate use of medical services, and increased costs. The objective of this study was to determine the prevalence of mental disorders in the general population referring to an educational medical hospital in Rasht, Iran, in 2013.

Materials and Methods: In this cross-sectional study, 1725 patients who referred to a medical educational center in Rasht were selected using convenience sampling method. Data were collected through clinical interviews and using inpatients' psychological condition analysis form. Data were analyzed using descriptive and inferential statistics.

Results: Results showed that the prevalence of mental disorders in this population was 48.6%. The statistical test results showed age (P < 0.0001), marital status (P < 0.0001), occupation, history of substance abuse (P <0.0001), psychiatric history (P <
...0.0001), and a history of suicide attempt (P <0.001) had significant relationships with presence of mental disorders.

**Conclusions:** Given the high prevalence of mental disorders in this community, it is recommended that consultation and therapeutic services be provided in health centers for patients' health.

**Keywords:** Prevalence, Mental disorders, Patients, Hospital