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Associations between snus (nass) and oral cancer among patients in an outpatient clinic in Andkhoy, Afghanistan

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Background: Anxiety has become significant public health problems, and is associated with incidence of cardiovascular mortality.

Purpose: The purpose of the present study was to determine the prevalence and factors associated with anxiety among adult hypertensive patients in Afghanistan.

Methods: Two hundred thirty-four consecutive hypertensive patients who attended in an outpatient clinic in Afghanistan from December 2015 to June 2016 were recruited to complete the Hospital Anxiety and Depression Scale (HADS) questionnaire, which has scores for classifying the participants having anxiety symptoms.

Results: Of the total 234 patients, 81 (34.6%) were males and 153 (65.4%) females. The mean age of the patients with anxiety, and without anxiety groups, was 54.6 ± 12.7 years, and 55.8 ± 10.9 years, respectively. The prevalence of anxiety was 42.2%. In multivariate analysis age ≥ 60 years, smoking, female gender, and diabetes mellitus were significantly associated with anxiety.

Conclusion: This study shows that anxiety is highly prevalent among hypertensive outpatients in an outpatient clinic in Afghanistan. Age, smoking, female gender, and diabetes mellitus were significantly associated with anxiety.

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