

**ORIGINAL PAPER**

**Does Perceived Family Support has a Relation with Depression and Anxiety in an Iranian Diabetic Sample?**

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**Abstract**

**Background:** Considering psycho-social aspects of diabetes such as family support ,depression and anxiety ,may have a pivotal role in improvement of health status of the patients. In Iran (IR), as other parts of the world prevalence of diabetes and its burden are increasing therefore these issues must be seriously considered.

**Aims:** The aim of this study was identify the contributing factors that could be promote quality of life in diabetes. For this reason , relationship between perceived family support and psychiatric comorbidities (depression and anxiety) in Iranian diabetic population sample was studied .

**Methodology:** In this cross-sectional study which was conducted in South-east Iran, 386 diabetic patients were assessed. The assessment instruments were Diabetes Specific Family Support (DSFS), Hospital Anxiety – Depression Scale( HADS), and demographic variables.P-values less than 0.05 were considered as statistical significance.

**Results:** About 52% of the participants were female. The mean (SD) age was 50.77 (10.24) years. The mean score of supportive behaviors,in females was lower than males. There was no relationship between the mean scores of depression and anxiety with gender. Duration of diabetes, educational level and socio-economic level had significant relationship with depression. The relation between subscales of family behaviors (supportive and non supportive) and psychological comorbidities (depression, anxiety) were significant ( $P<0.05$ ).

**Conclusion:** The survey results emphasized the important role of family support in Iranian diabetic patients .Families should be encouraged to provide a supportive environment for the diabetic patients that could be due quality of life promotion .

**Key words:** Diabetes, Perceived family support, psychological comorbidities, Depression, Anxiety, Iran (IR)