Physical and mental health status of veterans and their spouses in Ilam city in 2011

Zeinab Bidel', Milad Nazarzadeh', Ali Delpisheh'

1. Department of Epidemiology, Ilam University of Medical Sciences, Ilam-Iran
2. Students Research Committee, Ilam University of Medical Sciences, Ilam, Iran
3. Department of Epidemiology, Shahid Beheshti University of Medical Sciences, Tehran-Iran
4. Associate Professor of Epidemiology, Faculty of Medicine, Ilam University of Medical Sciences, Ilam, Iran

Background: the eight year old imposed war and its pre and post stresses have effected on veterans and their families the present study aims to determine the demographic state of Ilam and the relationship of their general health with spouses health index.

Methods: In cross-sectional study, 444 veterans with spouse were selected via multistage sampling from the list of files Ilam veterans foundation. Data was gathered standard Questionnaire general health using SPSS software and use descriptive statistics to determine the general health as well as inferential statistics to determine the relationship between the mental health of veterans and their spouses.

Results: the mean age of veterans was 44.1 ± 8 year and their age range was from 18 to 75 year and 71% of them was men. Their highest education level was high school. The percent of veteran ship of studied units with their mental health criteria from statistical viewpoint demonstrated a meaningful relation. While it was not so for veteran's spouses. The score total mean demonstrates a weak correlation between veteran's viewpoints and their spouse's regarding public health index.

Conclusion: generally the studied veteran's public and mental health was not evaluated well specially in comparison with their spouses. In this way is hold counseling classes in order to increase their capabilities to resolve their problems and encounter life crises in a favorable way was recommended.

Key words: Ilam, veterans, Public health, spouses