

P-1388 - THE HEALTH IMPACT OF PHYSICAL AND PSYCHO-SOCIAL STRESSORS ON WOMEN REFERRING TO THE SHIRAZ HEALTH CLINICS

I.Jahanbin, Z.Makiabadi

School of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran

Background: Although many studies have focused on the relationship between stress and health, few have examined the impact of multiple types of stressors.

Purpose of the study: To investigate the health impact of physical and psychosocial stressors on women referring to the Shiraz health clinics.

Methods: The sample included 1120 female clients from referral-based health clinics. Stressors described by women in the in-depth interviews, included financial strains, work, family safety, experiences of discrimination.

Results: We found that the above stressors were related to poor health. Although women live longer than men, they are more likely to use health services and report greater rates of disability. Women are more likely than men to make visits to physician's offices. Family structure and social support problems were the two most commonly addressed psycho-social stressors. Social support appears to be related to better health and feeling of well-being. Lack of recreation and relaxation activities can cause stress, overwork, anxiety and in some instances depression.

Conclusion: The findings suggest the need for health education interventions and policy strategies that strengthen social support and aim at macro level changes necessary to reduce chronic stressful conditions.