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## Determine the anxiety and depression level in women and the frequency of antidepressant use

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**Aim:** In the world, women are more likely to suffer from anxiety and depression than men. The purpose of the study is to determine the anxiety and depression level in women and the frequency of antidepressant use.

**Method:** The study is descriptive type. The research consists of 310 women, who were applied to Ordu Umut Hospital Gynecology and Obstetrics department in Ordu between May, 01 and June, 30. The study sample consisted of women that voluntarily agreed to participate in the study. The study has been completed with 190 women. The data were collected in questionnaire form, Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI). In the analysis of data, percentage, t test, ANOVA variance analysis were used.

**Findings:** While 65.8% of the women participated in the study consulted to the hospital for pregnancy, 34.8% consulted for gynaecological diseases. The average point of the Beck Depression Inventory is 8.30 for the people in the study. The average point of Beck Anxiety Inventory is 11.37 for the participants. There has been a statistically significant difference between the groups in terms of BDI points, employment status and health insurance of the spouse ( $p < 0.05$ ). The BDI average point of the women consulted the hospital for gynaecological diseases ( $7.52 \pm 8.10$ ) is significantly higher than the BDI average point of the women consulted for pregnancy ( $9.81 \pm 8.23$ ) ( $p < 0.05$ ). The statistic difference is observed between the groups in terms of BDI and BAI points of using antidepressant medication previously and the necessity of medication has been found statistically significant.

**Conclusion & Significance:** As a result, the average depression point of the women consulting for gynaecological diseases has been found higher than the women consulting for pregnancy. The average depression point of the women who do not work and have health insurance as well as their husbands is higher. The anxiety and depression grade has been found higher for those who used antidepressant medication previously when compared to the ones who have never used. The nurses need to be informed about how to increase the social support groups and improve the coping skills of the women and it is recommended to develop programs to prevent anxiety and depression in women.

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