**ID:** 1473  
**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011  
**Title:** Effects of Perceived Psychological Stress on Serum Lipid Concentrations  
**Authors:** samira pourmoradian, parvin dehghan, kamal baezegar

**Abstract:** Introduction: While there is substantial evidence that psychological stress enhances risk for coronary artery disease, the mechanisms underlying such an influence remain unclear. Several studies have shown that acute stress can raise plasma lipid levels, but there is no study on perceived stress and lipid profiles. Therefore, we examined the relationship between perceived psychological stresses (one month ago stress) and serum lipid levels in type 2 diabetic patients.  
**Methods:** Two hundred type 2 diabetic patients, aged (30-75), were assigned to this descriptive study. For measuring perceived stress score, perceived stress questionnaire (PSQ) was filled out for all participants. negative and positive perceived stress score was calculated. HDL-c, triglycerides (TG), total cholesterol (TC) were measured enzymatically by colorimetric methods. LDL-C calculated with friedwald formula.  
**Results:** The mean triglycerides, total cholesterol, HDL-c and LDL-c concentrations in the patients were 202.20±36.01 mg/dl, 201.20±26.01 mg/dl, 39.20±7.8 mg/dl and 122.01± 36.01mg/dl, respectively. The mean perceived stress score was 12.58±5.26. Significantly positive association was found among negative perceived stress and triglyceride (p<0.01, r=0.53), total cholesterol (p<0.01 ,r=0.33) levels. However, positive perceived stress inversely is related with significant lower triglyceride levels (p<0.01, r=0.4). There was no significant association among perceived stress and HDL-C and LDL-C concentrations.  
**Conclusions:** These results suggested that perceived stress level may have adverse effects on cardiovascular disease through increasing serum total cholesterol and triglyceride concentration. This study was the first to examine the relationship between the Lipid status and perceived Stress in Iran. Therefore stressful life may be result in diabetes chronic complications and decrease the quality of life in these patients.

type 2 diabetes. Lipid profile, perceived stress  
**Presentation:** Poster