Abstract

Objective: The aim of this study was to investigate the psychological symptoms of patients with SCL-90 form and to determine the effect of vitamin D levels on symptoms.

Material-Method: Between April and September 2018, 224 patients who were admitted to the Family Medicine outpatient clinic of the university hospital included in the study. Selected patients with normal body mass index were not previously used vitamin D supplementary and had no psychiatric and chronic diseases. Vitamin D distributions in 154 subjects was <20ng/mL, while in 70 subjects it was >20ng/ml. A questionnaire containing sociodemographic characteristics and SCR-90 questionnaire were applied to all participants.

Results: Age, level of income, contact with sunlight, and wearing hijab were found to be statistically significant (p<0.001, p=0.03, p=0.002, p<0.001). When SCL-90 scores were evaluated, there was no significant difference between vitamin D level and general severity score, whereas the interpersonal sensitivity and anxiety scores of the subgroups were higher in patients with lower vitamin D levels (p=0.16, p=0.03, p=0.01). Somatization (r=-0.18, p=0.02), obsessive-compulsive symptoms (r=-0.21, p<0.001) and phobic-anxiety scores (r=-0.17, p=0.03) with vitamin D level a negative correlation observed in the vitamin D deficiency group.

Conclusions: Although the relationship between vitamin D levels and psychiatric status could not be fully established with the normal vitamin D level, it can give some significant contribution to the treatment of patients in terms of psychological conditions such as anxiety, somatization and obsessive-compulsive disorders.