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**THE INFLUENCE OF PSYCHIATRIC REHABILITATION MULTIDIMENSIONAL MODEL OF CARE DEPRESSION AND ANXIETY IN TENSION HEADACHE PATIENTS**

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**Introduction:** Influence lifestyle and aspects of patients and lead to depression and anxiety.

**Objectives:** A tension headache is the most common type of primary headache. One half of patients with tension-type headaches identify stress or hunger as a precipitating factor.

**Aims:** This study aimed to determine the influence of multi-dimensional model of psychosocial rehabilitation on depression and anxiety in Tension Headache patients was performed.

**Methods:** A quasi-experimental study, two groups before and after the sampling available method on 40 Tension Headache patients in Ebenesina hospital (intervention) and 40 Tension Headache patients in Mollasadra hospital (control) was conducted in 2011. Collection scales included the questionnaires demographic, depression «Beck» 'BDI-II' and self anxious, 'zong» 'SAS', which was measured before and Two months after intervention. Intervention based on a multidimensional model of psychosocial rehabilitation consists of the patient and family, physician, nurse, psychologist, and nutritionist was done in Two months. First, each client separately in aspects physical, mental, social and spiritual was assessed by team members. Then in team meetings needs of each client, progress and lack of progress in treatment, diagnosis.

**Results:** Data analysis between the mean scores of depression and anxiety samples before and after the intervention group showed significant difference ( $p < 0/001$ ).

**Conclusion:** The multi-dimensional model of psychiatric rehabilitation care, significant differences in depression and anxiety scores in Tension Headache patients is caused.

**Keywords:** multi-dimensional model of psychiatric rehabilitation, depression, anxiety, Tensions Headache, nursing.