

## Results of Operation of Online Medical Care System

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**Abstract :** Introduction: Online Medicare is a method in which parts of a medical process - whether its diagnostics, monitoring or the treatment itself will be done by using online services. This system has been operated in one boy's high school, one girl's high school and one high school in deprived area. Method: At the first step the students registered for using the system. It was not mandatory and not free. They participated in estimating depression scale, anxiety scale and clinical interview by online medical care system. During this estimation, we could find the existence and severity of depression and anxiety in each one of the participants, also we could find the consequent needs of each one, such as supportive therapy in mild depression or anxiety, need to be visited by psychologist in moderate cases, need to be visited by psychiatrist in moderate-severe cases, need to be visited by psychiatrist and psychologist in severe cases and need to perform medical lab examination tests. The lab examination tests were performed on persons specified by the system. The lab examinations were included: serum level of vitamin D, serum level of vitamin B12, serum level of calcium, fasting blood sugar, HbA1c, thyroid function tests and CBC. All of the students were solely treated by vitamins or minerals therapy and/ or treatment of medical problem (such as hypothyroidism). After a few months, we came back to high schools and estimated the existence and severity of depression and anxiety in treated students. With comparing these results, the affectability of the system could be proved. Results: Totally, we operated this project in 1077 participants in 243 of participants, the lab examination tests were performed. In girls high schools: the existence and severity of depression significantly decreased ( $P$  value=  $0.018 < 0.05$  &  $P$  value  $0.004 < 0.05$ ), but results about anxiety were not significant. In boys high schools: the existence and severity of depression significantly decreased ( $P$  value=  $0.023 < 0.05$  &  $P$  value =  $0.004 < 0.05$  &  $P$  value=  $0.049 < 0.05$ ). In boys high schools: the existence and severity of anxiety significantly decreased ( $P$  value=  $0.041 < 0.05$  &  $P$  value =  $0.046 < 0.05$  &) but in one high school results about anxiety were not significant. In high school in deprived area the students did not have any problem paying for participating in the project, but they could not pay for medical lab examination tests. Thus, operation of the system was not possible in deprived area without a sponsor. Conclusion: This online medical system was successful in creating medical and psychiatric profile without attending physician. It was successful in decreasing depression without using antidepressants, but it was partially successful in decreasing anxiety.

**Keywords :** depression, diabetes, online medicare, vitamin D deficiency

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