Epidemiological Study of the Suburban Accident Mortalities Recorded in Golestan, Iran in 2015

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Abstract

Background and objectives: Road accidents are one of the most important causes of mortality and severe physical and psychological damage which may lead to adverse social, cultural and economic consequences in the human community. Frequency and severity of road accidents in developing countries are noticeably higher in comparison to developed countries. In Iran, 25% of casualties are due to the abnormal deaths caused by road accidents. It is estimated that more than 22,000 people die due to road accidents every year. The present study aimed to epidemiologically investigate the mortality rate of suburban accidents in Golestan province, Iran.

Methods: This cross-sectional study was conducted using a descriptive approach. Required data were obtained from the traffic police of Golestan province. In total, 2,922 cases of road accidents was investigated in Golestan province in 2015. The analyzed data included the demographic characteristics of the deceased and the environmental and geographical conditions of the accident. Data analysis was performed in SPSS version 20.

Results: Among 2,922 road accidents in Golestan province, 251 cases led to the death of 317 individuals. Most of the accidents leading to death were by automobiles (69.7%) and due to distraction from the road (33.1%), which occurred on main roads (47.8%). Moreover, 29.7% of guilty drivers had not fastened seatbelts. Motorcycle riders and car passengers accounted for the highest percentage of accident victims (30.6% and 25.5%, respectively).

Conclusion: Education and emphasis on the use of seatbelts and motorcycle helmets while driving seem essential to reducing the injuries caused by road traffic accidents. Considering that most road accidents occur due to the distraction of the driver from the road, changing traffic behaviors to improve discipline is of paramount importance.

Keywords: Epidemiological study, Mortality, Suburban traffic accidents, Golestan province

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**Introduction**

Road accidents are one of the most important causes of mortality and severe injuries which lead to adverse social, cultural, and economic consequences in the human community (1). In developing countries, road accidents account for 65% of mortalities and 90% of disabilities (2). In addition, 25% of abnormal mortalities are caused by road accidents. It is estimated that 220,000 people pass away due to road accidents every year (3).

In Iran, 24 out of 100 injured individuals due to road accidents do not survive. Meanwhile, only one out of 100 individuals dies because of road accidents in the United Kingdom (4). Regarding the casualties, road accidents are the second cause of mortality in Iran (5) and the eighth cause of mortality in the world (6). Head traumas are the most important cause of death of the road accidents in Iran (7). Human factors, roads, vehicles and environment are among the other contributing factors to the occurrence of road accidents (8). Furthermore, environmental and geographical conditions play a key role in road accidents, and data on these accidents often include local and geographical information (9).

Recognition of factors such as temperature, wind, type of atmospheric falls and freezing in various areas of the country could improve road maintenance and transportation, thereby resulting in better road safety based on the limitations of the region (4). It is predicted that the number of casualties and deaths caused by road accidents may increase to 65% by 2020 in the absence of effective measures in this regard (10).

Considering the frequency of road traffic accidents and the associated fatal damages, it is critical to identify the problems in this regard and accurately illustrate the status quo in order to reduce the damage caused by road traffic accidents. The present study aimed to epidemiologically assess the mortalities caused by suburban accidents in Golestan province, Iran in 2015.

**Materials and Methods**

This cross-sectional study was conducted using a descriptive approach. Required data were obtained from the records of traffic police of Golestan, Iran. In total, there were 251 recorded mortalities caused by road accidents in Golestan province in 2015. Collected data included the demographic characteristics of the deceased and the environmental and geographical conditions of the incidents.

A checklist was used to collect the data on the age and gender of the drivers, time and place of the accidents, cause of death and climate. The sample population consisted of all the fatal suburban road accidents that occurred in 2015 which were recorded by the Law Enforcement Force of the Islamic Republic of Iran (Iranian Traffic Police) in Golestan province. Data analysis was performed in SPSS version 20.

**Results**

In total, 2,922 road accidents were recorded in 10 suburban districts in Golestan in 2015. Among these cases, 251 accidents led to the death of 317 individuals, 79.4% of whom were male (n=351), and 20.6% were female (n=66). The age range of the at-fault and not-at-fault drivers was 20-25 years, and most of the fatal accidents were related to automobiles (69.7%; n=175), followed by motorcycles (23.5%; n=59). In terms of location, the majority of the accidents occurred on main roads (47.8%; n=120 cases). Distribution frequency of the deceased individuals based on their conditions in the accidents demonstrated that motorcycle riders accounted for the highest percentage of road accident victims (30.6%; n=97) (Figure 1).
According to the results, the highest rate of fatal road accidents in Golestan was reported in the districts of Now Kandeh (19.9%; n=50), Minudasht (18.7%; n=47), and Azadshahr (17.5%; n=44). In addition, the most common cause of the road accidents was distracted driving (33.1%; n=83), overspeeding (16.7%; n=42), inattention to precedence (15.9%; n=40) (Table 2).
Table 1. Causes of Death in Fatal Road Accidents in Golestan, Iran in 2015

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>%</th>
<th>Cause of Death</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distracted Driving</td>
<td>33.1</td>
<td>Improper Turns</td>
<td>1.6</td>
</tr>
<tr>
<td>Exceeding speed</td>
<td>16.7</td>
<td>Tailgating</td>
<td>1.2</td>
</tr>
<tr>
<td>Inattention to Precedence</td>
<td>15.9</td>
<td>Unsafe Lane Changes</td>
<td>1.2</td>
</tr>
<tr>
<td>Shift to Left</td>
<td>13.9</td>
<td>Fatigue/Drowsiness of Driver</td>
<td>1.2</td>
</tr>
<tr>
<td>Overtaking Left</td>
<td>6.4</td>
<td>Other</td>
<td>0.8</td>
</tr>
<tr>
<td>Shift to Left Due to Overtaking</td>
<td>2.8</td>
<td>Shift to Right</td>
<td>0.4</td>
</tr>
<tr>
<td>Failure to Control Vehicle</td>
<td>2</td>
<td>Technical Failure of Vehicle</td>
<td>0.4</td>
</tr>
<tr>
<td>Wrong-way Driving</td>
<td>2</td>
<td>Continuous Technical Failure of Vehicle</td>
<td>0.4</td>
</tr>
</tbody>
</table>

According to the reviews, 29.7% of at-fault drivers (n=52) and 22.4% of not-at-fault drivers (n=19) had no seatbelts on. Moreover, 95.8% of at-fault drivers (n=69) and 98.4% of not-at-fault drivers (n=60) of motorcycles had no safety helmets. Most of the fatal accidents occurred in September (13.1%; n=33), whereas the lowest rate was reported in March (4.4%; n=11). Most of the road accidents occurred in clear weather (77.7%; n=195), and the remaining were reported in cloudy weather (12.4%; n=31).

Discussion

According to the results of the present study, 79.4% of the deceased individuals (n=251) in the road accidents were male. In the studies by Monsef et al. (11) and Birgani et al. (6), 82% of the deceased were reported to be male. Similarly, 91% of the deceased individuals in the research by Khosravi Shadmani et al. were male (12). The mortality rate among males was reported to be 77.8% in the study by Khorami et al. (13). Men are considered to be the active members of economic communities since they are the main source of livelihood for their families.

According to the reviewed records in the current research, most of the fatal road accidents occurred in main roads (47.8%; n=120), which is in congruence with the results obtained by Yazdani Cherati et al. (7). Due to the better conditions of main roads, people tend to drive at a higher speed without paying attention to the speed limit.

According to the current research, the majority of the road accident victims were motorcycle riders (30.6%; n=97). Consistently, in a research by Mohamadian, motorcycle riders constituted the highest proportion of road accident victims (14). The vulnerability of motorcycle riders could be due to the lower safety of motorcycles compared to other vehicles, which consequently increases the severity of accident injuries. Another cause of the high rate of injuries among these individuals could be the lack of using safety helmets by the majority of motorcycle riders.

According to the results of the present study, most of the fatal accidents occurred at 18:00-20:00. In this regard, Ghorbani et al. stated that the most crowded time for driving was 13:00-18:00 (15). Review of road traffic...
records in the current research indicated that the most common traffic violations were distracted driving, exceeding allowed speed and inattention to precedence, respectively. In a research by Khorshidi, the most common causes of road accidents were reckless driving, inattention to precedence, and wrong-way driving (16).

According to the results of our study, the majority of the fatal road accidents occurred in September, whereas the lowest rate was reported in March. In the study by Khorshidi et al., most of the mortalities occurred in summer, especially in August (16). According to these findings, the majority of fatal road accidents occurred in clear weather. In a study in Australia and New Zealand in 2011, which was conducted to evaluate the features of road traffic accidents, most of the accidents occurred on sunny days and dry roads, which is consistent with the current research (17).

**Conclusion**

Education and emphasis on using safety helmets by motorcycle riders and fastening seatbelts while driving cars could remarkably reduce the damages caused by road accidents. Despite traffic control, the highest risk of mortality caused by road accidents was observed in September in Golestan province. Therefore, precautionary monitoring of traffic rules by the police during autumn is strongly recommended. A major part of traffic accidents is due to distracted driving. Meanwhile, one of the principles of driving is the consideration of other road users. In order to increase discipline in drivers, it is essential to change their driving behaviors. Therefore, steps must be taken toward the use of safe vehicles, adopting stern policies toward the violations of traffic laws, and setting accurate traffic rules so as to reduce the casualties caused by road accidents.

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References


بررسی اپیدمیولوژیک موارد مرگ و میر ثبت شده ناشی از تصادفات برون شهری در استان گلستان در سال 1394

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چکیده:
زمینه و هدف: تصادفات جاده ای یکی از عوامل مهم مرگ و میر و صدمات شدید جانی و مالی است که در جوامع بشری اثرات و تبعات زیانبار اجتماعی، فرهنگی و اقتصادی به دنبال دارد. تعداد و شدت تصادفات در کشورهای در حال توسعه چندین برابر کشورهای توسعه یافته است. این مطالعه حاضر به یک بررسی اپیدمیولوژیک موارد مرگ و میر ناشی از تصادفات برون شهری در استان گلستان انجام شد.

روش بررسی: این مطالعه از نوع مقطعی است که با رویکرد توصیفی انجام شد. اطلاعات مورد نظر از پلیس راهور استان گلستان دریافت شد. 2222 مورد حوادث رانندگی در استان گلستان در طی سال 1394 مورد بررسی قرار گرفت. داده ها به کار رفته در این تحلیل شامل ویژگی های افراد متوفی و شرایط محیطی و جغرافیایی محل حادثه است. اطلاعات جمع آوری شده با استفاده از نرم افزار SPSS نسخه 22 مورد تجزیه و تحلیل قرار گرفت.

یافته ها: از مجموع 2222 تصادف بررسی شده استان گلستان، 251 مورد از تصادفات منجر به مرگ 313 نفر بودند. بیشتر تصادفات منجر به مرگ ناشی از اتومبیل های سواری (86/7 درصد) و به علت تخلف عدم توجه به جلوی (23/1 درصد) و در راه ایمنی (47/8 درصد) رخ داده بود. 24 درصد رانندگان مقرر کمربند ایمنی نبودند. رانندگان موتورسیکلت و سیرنشینان اتومبیل های سواری، بیشترین درصد قربانیان تصادفات رانندگی به ترتیب 16/0 درصد و 15/1 درصد بوده اند.

نتیجه گیری: آموزش و تثبیت عادات از کلاه ایمنی هنگام موتورسواری و بستن کمربند ایمنی هنگام رانندگی جهت کاهش صدمات ناشی از تصادفات ضروری به نظر می رسد. بخش اعظمی از تصادفات جاده ای به دلیل عدم توجه به جلو می باشد. تغییر رفتار ترافیکی رانندگان جهت افزایش نظم و اضطراب اهمیت خواهد داشت.

کلمات کلیدی: بررسی اپیدمیولوژیک، مرگ و میر، تصادفات برون شهری، گلستان

نویسنده مسئول: فزانه افخمی نیا

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