

IS CARDIOPHOBIA KEY FACTOR OF HYPERTENSIVE PATIENT'S QUALITY OF LIFE?

D. Tsartsalis¹, E. Dragioti², G. Kyriazopoulos¹, T. Halkias³, E. Kotrotsiou⁴, M. Gouva⁵

¹Intensive Care Unit, Lamia General Hospital, Lamia, ²Department of Psychiatry, "Sotiria" Hospital, Athens, ³Medical School - Postgraduate Program "Primary Care Health", University of Thessaly, ⁴School of Health, Higher Technological Educational Institution of Larissa, Larisa, ⁵School of Health, Higher Technological Educational Institution of Epirus - Greece, Ioannina, Greece

Introduction: A series of studies have shown an association between symptoms of psychological distress and hypertension.

Objectives: To quantify the link between cardiac anxiety functioning (commonly referred to as cardiophobia), depression and quality of life in hypertensive patients.

Aim: To test the hypothesis whether these symptoms of distress are mediated on hypertensive patient's quality of life.

Methods: A cross-sectional design was performed. A sample of 160 hypertensive patients (81 men - 79 women, mean age 51 years, SD = 12 ranged 25-77) participated to the present study. The questionnaire included:

- a) question for the recording of social-demographic characteristics and clinical features,
- b) The SF-36 Health Survey,
- c) the Beck Depression Inventory -II, and
- d) The Cardiac Anxiety Questionnaire.

Both SPSS for Windows 14.0 and STATA 10 were used for statistical analysis.

Results: Age was differ significantly among the two sexes ($t = -2789$, $p = .006$). Linear regression models found that for psychical health cardiac anxiety and depression were fully mediate on levels of quality of life in hypertensive patients after controlling for age, gender and other socio-demographic variables (Beta= -0,36, $p = .000$, Beta= 0,133, $p = .007$ respectively). Cardiophobia was the only independent variable that impacts on mental health (Beta= 0,40, $p = .001$) after adjustments.

Conclusion: Quality of life is associated with depression and cardiophobia in the case of hypertension. Therefore health care providers should consider the close linear association between psychological distress and quality of life in their continuing care of their patients.