

P-751 - ANXIETY AND DEPRESSIVE DISORDERS AMONG MEN AND WOMEN SUFFERING FROM CHRONIC CORONARY HEART DISEASE

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Objective: Comparison of anxiety and depressive disorders (ADD) among persons with chronic CHD.

Material and methods: Patients (n=301) with chronic CHD were: men 73% and women 27%. Age of women was 64,1±9.9 years; men: 57.5±9.9 years (p=0,0000001). We used HADS, social adaptation and self-evaluation scales, and lipid range of blood. When anxiety and depression were more than 8 (HADS), diagnosis was verified by a psychiatrist (ICD-10).

Results: In patients with CHD, anxiety (HADS) was 49.6%, and depression - 41.6%. Intensity of ADD among women was higher, than among men: anxiety level (HADS) was 9.3±4.1 and 6.9±3.6 respectively (p=0,00005) and depression - 8.4±3.4 and 6.6±3.2 (p=0,00009). Average score (social adaptation) was 34.9±7.2. Frequency of ADD among inpatients with CHD was 42.6% (n=130). Psychiatric diagnosis was: adaptation disorders 36.9% (n=48), depressive episode 20% (n=26), recursive depression 2.3% (n=3), bipolar disorder 1% (n=2), dysthymia 28.5% (n=37), organic anxiety disorder 4.6% (n=6), organic mood disorder 6.2% (n=8). Women displayed more ADD than men: 40% (n=32) vs. 22% (n=49) (p=0,05). Atypical depression was more often. Melancholic depression was less characteristic. Women displayed a higher total cholesterol than men: 6.4±1.28 mmol/l and 5.4±1.3 mmol/l respectively (p=0,000013) and low-density lipoprotein: 4.4±1.11 mmol/l and 3.4±1.1 mmol/l (p=0,0007, respectively). 42.6% (n=130) of patients received medical correction of ADD. 97% of patients with chronic CHD on antidepressants, had stable rates of cardiovascular system.

Conclusion: We need integrated inter-institutional rehabilitation programs for patients with cardiovascular diseases and anxiety and depressive disorders taking into account their gender features.