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POSTERS' SESSION PS06: EPIDEMIOLOGY OF HYPERTENSION AND METABOLIC DISORDERS: PDF Only

## [PP.06.14] INFLUENCE OF ANXIETY AND DEPRESSION ON BLOOD PRESSURE CONTROL IN UKRAINE BY EUROASPIRE IV-PRIMARY CARE RESULTS.

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### Abstract

**Objective:** of the study was to analyze the prevalence of anxiety/depression in high-risk patients and its influence on levels and awareness of BP.

**Design and method:** 402 patients with high cardio-vascular risk as a part of EUROASPIRE IV-Primary Care cohort were examined. BP level control evaluation and interview regarding BP awareness were performed in all patients. All patients filled hospital anxiety and depression scale questionnaire. Score 0 to 7 for anxiety/depression scale suggested no anxiety/depression, 8-10 - mild anxiety/depression and 11 and more - moderate and severe anxiety/depression.

**Results:** The prevalence of mild depression was 21.8%, moderate/severe depression - 13.2%. The prevalence of mild anxiety was 21.5%, moderate and severe anxiety - 10.6%. Target BP awareness in group of patients without anxiety was 63.1%, in patients with mild anxiety - 56.6% and in patients with moderate/severe anxiety - 54.8%. Corresponding values in groups of patients with no, mild and moderate/severe depression were 67.3%, 55.3% and 37.3%, respectively ( $p = 0.0001$ ). Most of participants took antihypertensive medicines. Despite that, mean levels of systolic BP was 137.9 +/- 16,9 mmHg in patients without depression and 144.2 +/- 13,7 mmHg in moderate/severe depression group. Mean levels of diastolic BP in patients without and moderate/severe depression were 85,0 +/- 11,8 mmHg and 89,04 +/- 9,82 mmHg, respectively ( $p = 0.024$ ).

**Conclusions:** 1. Prevalence of mild depression is 21.8%, moderate/severe depression - 13.2%. Corresponding values for mild and moderate/severe anxiety are 21.5% and 10.6%, respectively. 2. Significantly less patients in group of moderate/severe depression were aware about target BP levels in comparison to patients without depression - 37.3% and 67.3%, respectively ( $p = 0.0001$ ). In group of patients without anxiety 63.1% of participants knew about target levels of BP, and in group of patients with moderate/severe anxiety - 54.8%. 3. Despite antihypertensive treatment, mean systolic BP in patients with moderate/severe depression was significantly higher, than in group of patients without depression -

144.2 +/- 13,7 mmHg and 137.9 +/- 16,9 mmHg, respectively (p = 0.013). 4. Mean diastolic BP in patients without and moderate/severe depression were 85,0 +/- 11,8 mmHg and 89,04 +/- 9,82 mmHg, respectively (p = 0.024).