

5th World

HEART AND BRAIN CONFERENCE

September 24-26, 2018 Abu Dhabi, UAE

Depression impact on quality of life of persons with high cardiovascular risk

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Statement of the Problem: According to WHO, Cardiovascular Diseases (CVD) is the principal cause of death in the whole world. It is estimated that 17.5 million people died because of CVD in 2012, it was 31% of all cases of death in the world. The largest evidential base, confirming adverse impact of psychosocial characteristics on risk of development, course and prognosis of CVD, taking into account evidence class (IIA), evidence level (B) and evidence degree according to GRADE (strong), presented towards such factors as psychosocial stress at the work place and in the family, depression, anxiety, aggression, low social and economic status, social isolation, personality type D. Purpose of this research is study of depression impact on quality of life of persons with high cardiovascular risk.

Method: 3,488 respondents were examined among population. Summary cardiovascular risk according to SCORE scale was determined in all respondents and depression state according to questionnaire PHQ-9. Quality of life was estimated by questionnaire SF-36.

Result: Comparing functional correlation interrelations between quality of life indicators in two groups with high cardiovascular risk (less 1%) and high (more 1%), converse correlation relationships were detected between indicator BP (pain) and MH (psychological health), which was $r=-0.53$ in the first group and $r=-0.71$ in the second group, which can indicate on weakening of psychological health in case of increased pain. Correlation relationship between indicator BP (pain) and VT (viability), equal to $r=-0.55$ in the first group and $r=-0.62$ in the second group, can provide evidence of vital activity reduction in case of pain intensity increase.

Conclusion: Depression in persons with high cardiovascular risk affects such indicators of quality of life as psychological health and viability. Evaluation of depression degree and its correction shall be included into program on prevention of cardiovascular diseases and their complications.

Biography

Aizhan Nurgaliyeva has worked as a Research Scientist, Assistant Professor of Medical Diseases and is currently pursuing her Master's degree at Karaganda State Medical University. She is the author of several articles in Russian and foreign magazines. She was the Deputy Chairman of Postdoctoral Researchers Council of Karaganda State Medical University. Her interest is in impact of depression and anxiety on quality of life of persons with high cardiovascular risk.

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