



Psychological Stress in Cardiac Patients: Relation with Blood Pressure. (The ABC Study on Heart Disease).

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Background:

The negative effect of psychological stress on health and well-being is recognized.

Purpose:

To evaluate the relation between psychological stress and blood pressure in patients with suspected cardiac diseases.

Methods:

Patients presented to the outpatient cardiac clinic of Conegliano general hospital were divided into 2 groups according to the presence or absence of stress symptoms based on the patient's self-assessment psycho-emotion questionnaire.

Results:

- 103 patients were enrolled (mean age= 69±13.3 years. Male to female ratio=3:2).

	No stress symptoms (n=52)	stress symptoms (n=51)	P value
Age, years(m±SD)	71±12.5	66±13.5	0.03
Female gender, %	27%	52%	0.007
Systolic blood pressure, mmHg (m±SD)	143±21	144±26	0.82
Diastolic blood pressuremmHg (m±SD)	77±10	82±10	0.02

- Using multivariable linear regression models:
 - Age was an independent predictor for higher SBP values, (0.6±0.2, p=0.003).
 - Gender and stress were independent predictors for higher DBP values (-6.54±2.2, p=0.004) and (6.4±2.1, p=0.004) respectively.

Conclusion:

Psychological stress in outpatient cardiology clinic patients seems to be independently associated with higher diastolic blood pressure values.