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THE EVALUATION OF TYPE D PERSONALITY, DEPRESSION AND QUALITY OF LIFE IN PATIENTS WITH ACUTE CORONARY SYNDROMES

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Background: Acute coronary syndromes (ACS) are a major cause of morbidity and mortality in western industrialized countries and account for disability and loss of productivity. Type D personality and depression are established psychosocial factors with a negative impact on prognosis following acute events.

Methods: We evaluated 65 patients admitted to a coronary unit with ACS regarding type D personality (DS-14), depression (BDI-II, HADS), anxiety (HADS), clinical depression (clinical interview following DSM-IV-TR criteria) and quality of life (SF-36). SPSS 12.0 was used for statistical analysis and significance considered for $p < 0.05$.

Results: We found that 38.5% of patients had type D personality and divided the sample into two groups. No significant differences were found regarding social and demographic factors but differences were found regarding diagnosis on admission: type D patients had more AMI with ST elevation ($p < 0.05$). Type D patients had significantly higher scores in depression and anxiety scales of the HADS ($p < 0.01$) and worse quality of life in most SF-36 subscales ($p < 0.01$). There was a negative and significant correlation between the HADS and all the SF-36 subscales, strongest in the mental health subscale ($p < 0.01$).

Conclusions: Type D patients have higher indices of anxiety and depression and worse quality of life when compared with other patients, and constitute a high risk group of worse prognosis. Our results also suggest differences between groups regarding the type of acute event but these results require further confirmation.