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Assessment of Anxiety and Depression Symptoms Depending on the Type of Atrial Fibrillation

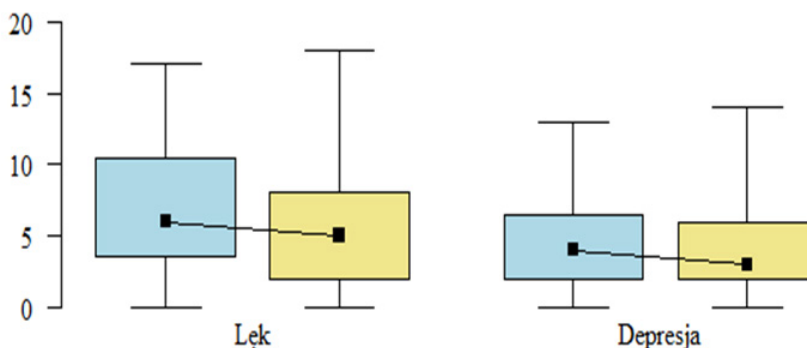
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Statement of the Problem: The incidence of atrial fibrillation (AF) correlates positively with age. The occurrence of anxiety and depressive symptoms in this group of patients is quite common. It is unclear whether depression contributes to AF or vice versa, but intractable disease symptoms can exacerbate anxiety and depressive symptoms. The purpose of this study is to assess the anxiety and depressive symptoms in patients with atrial fibrillation depending on the type of AF (/persistent and permanent).

Methodology & Theoretical Orientation: A self-administered questionnaire was used in this study to assess basic sociodemographic and clinical data. For assessment the presence of anxiety and depressive symptoms the Hospital Anxiety Depression Scale (HADS) was used.

Findings: The study was conducted among AF patients, including 51 patients with paroxysmal/persistent AF and 65 patients with permanent AF. We obtained an overall anxiety score of 6.23 points (SD=4.44) and overall depression score of 4.51 points (SD=3.62). On the HADS anxiety scale, 77 out of 116 participants (66.38%) had no disorders, 23 respondents (19.83%) had disorders and 16 respondents (13.79%) had a borderline state. On the HADS depression scale, 93 of 116 participants (80.17%) had no disorders, 13 participants (11.21%) had borderline status and 10 participants (8.62%) had depressive disorder symptoms. Analysis of prevalence of anxiety disorders depending on type of AF showed no statistically significant differences: 6.92±4.52 (mean±SD) paroxysmal/persistent AF vs. 5.69±4.34 (mean±SD) permanent AF (p=0.122). There were also no statistically significant differences in depressive disorders: 4.59±3.45 (mean±SD) paroxysmal/persistent AF vs. 4.45±3.78 (mean±SD) permanent AF (p=0.643).

Conclusion & Significance: Even though only a small proportion of study participants showed depressive or anxious symptoms, the emotional state should be regularly assessed in this group. Among patients with depressive and anxiety symptoms, interventions to prevent progression are indicated.



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Recent publications

1. Lomper K, Łoboz-Rudnicka M, Bańkowski T, Łoboz-Grudzień K, Jaroch J. The Influence of Frailty Syndrome and Dementia on the Convenience and Satisfaction with Oral Anticoagulation Treatment in Elderly Patients with Atrial Fibrillation. *International Journal of Environmental Research and Public Health*. 2022; 19(9):5355. <https://doi.org/10.3390/ijerph19095355>
2. Uchmanowicz I, Lomper K, Gros M, Kałużna-Oleksy M, Jankowska EA, Rosińczuk J, Cyrkot T, Szczepanowski R. Assessment of Frailty and Occurrence of Anxiety and Depression in Elderly Patients with Atrial Fibrillation. *Clin Interv Aging*. 2020;15:1151-1161 <https://doi.org/10.2147/CIA.S258634>
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Biography

Katarzyna Lomper has completed doctoral studies and her PhD in 2018 from Medical University of Wrocław, Poland. She works as a research and teaching assistant professor at Medical University in Wrocław, Poland. In her scientific work, she mainly focuses on cardiovascular diseases, in particular atrial fibrillation and disorders associated with geriatric conditions.