

Study of anxiety disorders among elderly patients with heart failure

El-Saeid, S. H.

Ain-Shams Univ., Cairo (EGY). Fac. of Med.

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This work aimed to assess the relationship between congestive heart failure and anxiety disorders in elderly. A case-control study was performed on 90 elderly persons, aging 60 years and older, selected as two groups. The first group (control group) included 30 healthy elderly. The second group (case group) included 60 elderly who had been diagnosed as congestive heart failure patients. Every participant was subjected to geriatric depression scale (GDS), the activities and instrumental activities of daily living (ADL) and IADL) and Spielberger anxiety and trait scales. The elderly with heart failure had higher anxiety scores both in state and trait compared to control elderly group. The results of anxiety scales are inversely related to age and the presence of hypo-kinetic areas In Echo, where the results are directly related to the grade of New York Heart Association (NYHA), rheumatic heart diseases and atrial fibrillation. Cardiomyopathy patients had grater anxiety scores than those without cardiomyopathy.