

Depression post acute coronary syndromes : Incidence and predictors

Awwad, M. Darahem, K.

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Depression occurs comorbidly in patients hospitalized for a range of cardiac conditions and procedures. To date, few predictors of persistent depression in cardiac patients have been identified, apart from a past history of depression. This study assesses the incidence of depressive symptoms and predictors of depression within 3 months post acute coronary syndromes. This study included 72 patients with acute coronary syndromes; 25 patients diagnosed with MI and 47 patients diagnosed with unstable angina. Depression was measured using the Beck Depression Inventory (BDI). Predictor variables were assessed and included demographic details and clinical cardiac and depression risk factors.

The incidence of depressive symptoms was 41.7%, while the severity of depression according to the BDI score was; 16.7% for mild depression, 20.8% for moderate depression and 4.2% for severe depression. The independent predictors for depression (moderate and severe) within 3 months after acute coronary syndromes were; having a past history of depression (OR 20.4), female gender (OR 17), marital separation (OR 4.6), and having past history of cardiac condition (OR 3.5). In conclusion, these predictors in

this study may assist physicians in identification of cardiac patients who are at risk of depression and who may require active intervention.