

The Prevalence and Predictors of Anxiety and Depression in Adolescents with Heart Disease

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[Overview]

- Background
- Aims
- Methods
- Results
- Conclusions

[Background]

- High incidence of congenital heart disease (CHD, 1% of live births) & increasing surviving adolescent population
- Heart disease impacts on physical and psychosocial functioning.
- In Australia adolescents – depression rate 6%, anxiety 14% (ABS, 2008)

[Aims]

- To assess the psychological functioning of adolescents with heart disease.
- To examine the contributing factors that might have an effect on psychological functioning in adolescents with heart disease.

Methods

- Recruitment:
 - Patients aged 12-20 years old with heart disease
 - Exclusion criteria:
 - intellectual disabilities
 - other chronic disease
 - non-English speaking
- Study setting:
 - MMC outpatient/private consultant rooms
- Questionnaires administrated
 - At time of attendance (53/120)
 - Completed at home and returned by mail (67/120)

Instruments

- Questionnaires completed by patients
 - Hospital Anxiety and Depression Scale (HADS)
 - Multidimensional Scale of Perceived Social Support (MSPSS)
 - Life Orientation Test-Revised (LOT-R)
 - Sense of Coherence-13

[Results (1)]

- N=120
- Sex - male 65 (54%)
- Mean age 16 yrs
- 104(86%) live with parents
- 19 (16%) had family history of CHD
- 19 at university/TAFE
- 30 had P/T, 16 had F/T job
- 21(17%) had previous cyanotic CHD.

Results (2)

- 4 (3%) patients were above the cut-off score for probable depression and a further 7 (6%) patients were in the range of possible depression – 9% in total.
- 12 (10%) had probable anxiety, and 20 (17%) were in the range for possible anxiety – 27% in total
 - Both incidences were higher than the norm for the Australian adolescents
- 7 (6%) adolescents had either probable/possible anxiety or depression
- None were clinically recognized or referred for treatment

Results (3)

- Depression and anxiety were significantly negatively associated with feelings of optimism ($r=-0.496$, $p<0.01$), social support ($r=-0.316$, $p<0.01$), sense of coherence ($r=-0.274$, $p<0.01$).
- No relationship between the level of depression and anxiety and either increasing age or gender.

Conclusions

- Heart disease may impact on the adolescents' psychological function. (Anxiety 27% in this study compared to 14% in Australian adolescents, Depression 9% compared to 6%)
- Aim to improve the adolescent's sense of optimism, strengthen a sense of coherence, and improve social support to reduce anxiety and depression.



Thank you!