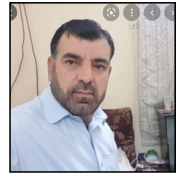


Anxiety and depression among coronary artery disease patients while attending outpatient department in private tertiary care hospital Peshawar, Pakistan



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Abstract

Objective: The objective of the study was to assess the anxiety and depression level among Coronary Artery Disease patients while attending outpatient department (OPD) in tertiary care hospital.

Methodology: Descriptive cross sectional study design was carried out among CAD patients in outpatient department. A sample of 53 participants were selected through convenient sampling technique. HADS questionnaire was used to assess the anxiety and depression among CAD patients. Data analysis was done by SPSS version 2.0.

Results: Out of total 53 participants 35 were male and 18 were female. Among which 58 were married and 5 were unmarried. Age of the participants ranged between 18 to >50. Among total sample 55.5% of the participants had severe anxiety and 38.1% had severe depression. Findings of the study showed that females have higher anxiety level than males. The result was significant with a p-value of 0.004.

Conclusion: CAD is second leading cause of death throughout the world. 79.5% of cardiac patients in Pakistan have been noticed that they are suffering from anxiety and depression. HADS questionnaire was used to assess anxiety and depression. The result of the study highlighted 55.5% of the participants had severe anxiety and 38.1% of the participants had severe depression. Anxiety and depression is associated with CAD and females had high anxiety level as compared to males.

Biography

Muslim Shah is working in Rehman College of Pakistan as an assistant professor.



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