

P01-12 - GENDER DIFFERENCES IN MENTAL DISTRESS AMONG HEART SURGERY PATIENTS IN NORTHERN NORWAY

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Objectives: There is a need for more research on women with coronary disease and potential gender differences. This paper report a study of gender differences in psychological distress, health behavior, and coronary health in patients having coronary artery bypass graft surgery (CABG).

Methods: 229 patients (41 women) having CABG treatment at a hospital in Northern Norway completed a questionnaire 3-15 months after discharge (mean = 8.8, SD = 3.2), and medical data were gathered from their hospital records. Age ranged from 35 to 65 years (Mean = 60.5, SD= 7.4).

Results: No gender differences were found on age, education, work status, or living alone, on coronary health measured by LVEF, NYHA, blood pressure, diabetes, on health related life style measured by smoking, BMI, and physical activity, or the number of days treated at the hospital, or time since hospital discharge.

In univariate analysis, women (compared with men) reported higher levels of mental distress (SCL10; mean = 1.85 versus 1.57, $t = 2.73$, $p < .006$). Furthermore, women experienced the time at home following hospital discharge as more difficult than what men did. In a logistic regression analysis of gender, SCL10 together with LVEF were significant predictors, controlling for time since hospital discharge and days treated at the hospital,

Discussion: The higher rate of depression among female CABG patients in this study from Northern Norway is comparable to studies elsewhere. Results are discussed in light of theories of coping and self-regulation, other studies on gender differences in CAD, and implications for treatment.