

DEPRESSION AND RISK DEVELOPMENT OF ACUTE CARDIOVASCULAR DISEASES IN FEMALE POPULATION AGED 25-64 IN RUSSIA

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The aim: To explore the effect of depression (D) on relative risk of myocardial infarction (MI) and stroke and its relation with awareness and attitude towards the health in female population of 25-64 years in Russia.

Material and methods: Under the third screening of the WHO "MONICA-psychosocial" (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. D was measured at the baseline examination by means of test "MOPSY". From 1995 to 2010 women were followed for 16 years for the incidence of MI and stroke.

Results: The prevalence of D in women aged 25-64 years was 55.2%. With growth of D levels positive self-rated health reduced and almost 100% of those women have health complaints. Women with major D significantly extended negative behavioral habits: smoking and unsuccessful attempts to give it up, low physical activity, they are less likely to follow a diet. Major D associated with high job strain and family stress.

Risk of MI development in women with D during 16 years of study was higher in 2.53 times (95%CI=1.26-24.34; $p < 0.05$), risk of stroke was higher in 4.63 times (95%CI=1.03-20.89; $p < 0.05$). MI and stroke rates were more likely in married women having D with average educational level who being in both "managers" and "physical labor" social classes.

Conclusions: The prevalence of D in women aged 25-64 years more than 50%. Women with D had 2.53-fold risk of MI and 4.63-fold risk of stroke over 16 years of follow-up.