

Article: 0729

Topic: EPW28 - e-Poster Walk Session 28: Epidemiology and Social Psychiatry

Vital Exhaustion and Risk of Arterial Hypertension in 16-years Longitudinal Study of Russian Female Population: Monica-psychosocial Epidemiological Study

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Objective: To study the influence of vital exhaustion (VE) on risk of an arterial hypertension (AH) in female population of 25-64 years in Russia over 16 years.

Methods: Within the WHO MONICA-psychosocial program (MOPSY) random representative sample of women aged 25-64 years (n=870) were surveyed in 1994 in Novosibirsk. VE were measured at the baseline by questionnaire 'MOPSY'. From 1995 to 2010 women were followed for incidence of AH.

Results: High level of VE in studied cohort was revealed in 31.3 % of women. Hazard ratio (HR) of AH in women with VE during the first 5 years of study was higher in 2 time, compared women which had no VE (HR=1.99, 95.0%CI:1,03-3,87; p<0,05). There was a tendency of increasing risk of AH from younger to older age groups. HR of incident AH in persons with VE within 10 years after the baseline examination was 1.47 (p>0,05), but was significant in such age categories as 35-44 (HR=2.32, 95.0%CI:1,73-7,30; p<0,05) and 45-54 years (HR=2.34; 95%CI:1,94-5,84; p<0,05). We did not have significant risk of AH over 16 years of follow up in women with VE (HR=1.02; 95.0%CI: 0,23-4,62; p>0,05). AH more likely developed in physical workers with VE (p<0,05), and as tendency in married women with VE.

Conclusion: Our finding show high prevalence of HVE (33.4%) in female cohort of 25-64 years as a significant predictor of higher risk of AH over the long-term period, especially in married women occupied in manual work.