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### Depression and Anxiety in Adolescents with Congenital Heart Disease

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*Introduction:* Adolescents with congenital heart disease are at increased risk for developing psychological distress.

*Aim of the study:* To assess the prevalence of depression and anxiety in adolescents with congenital heart disease, and to identify the predictors related to these disorders.

*Methods:* This is a cross-sectional case-control study. A total of 60 adolescents with CHD aged from 12-18 years and 30 apparently healthy adolescents were recruited. All participants were assessed using a designed questionnaire, the Children's Depression Inventory (CDI), the Revised Children Manifest Anxiety Scale (RCMAS), and the Mini International Neuropsychiatric Interview for Children and Adolescents (MINI-Kid).

*Results:* Prevalence of depression was higher in adolescents with CHD compared to healthy control (18.3% vs. 3.3%,  $p = 0.048$ ). Moreover, 30% of adolescents with CHD had anxiety compared to 10% of the control group ( $p = 0.03$ ). Multivariate analysis of risk factors showed that level of education and symptomatic cardiac functional class were the significant predictors of depression in adolescents with CHD. Likewise, presence of more than one cardiac defect and having more than one cardiac catheterization were the significant predictors of anxiety in adolescents with CHD.

*Conclusion:* Adolescents with CHD are at increased risk of having depression and anxiety, especially those with low level of education, severe cardiac illness and having multiple cardiac catheterizations. Appropriate psychiatric assessment and early intervention can improve the quality of life of adolescents with CHD.