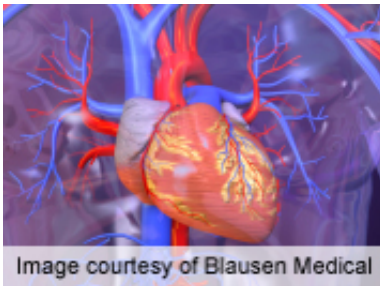


Depression, anxiety tied to T-wave abnormalities

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(HealthDay)—Depression and anxiety are independently, yet oppositely, associated with electrocardiographic (ECG) T-wave inversions, according to a study published in the Dec. 15 issue of *The American Journal of Cardiology*.

William Whang, M.D., from the Mailman School of Public Health at Columbia University in New York City, and colleagues analyzed data from 5,906 participants in the Multi-Ethnic Study of Atherosclerosis, a cohort free of symptomatic cardiovascular disease. The Center for Epidemiologic Studies Depression Scale was used to assess depression, while [trait anxiety](#) symptoms were assessed with the Spielberger State-Trait Anxiety Inventory. ECGs were obtained at rest during the baseline examination.

The researchers found that elevated depressive symptoms were associated with increased odds of T-wave inversion, after multivariable adjustment (odds ratio, 2.02; $P = 0.001$), while greater trait [anxiety](#) was associated with reduced odds of T-wave inversion (odds ratio, 0.47; $P = 0.003$). The results were similar in both men and women, as well as across racial and ethnic subgroups (non-Hispanic white, African-American, Hispanic, and Chinese).

"Negative emotions may have a differential impact on cardiovascular mortality through unique relations with cardiac repolarization," the authors write.

More information: [Abstract](#)
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