

Depression and extremes of blood pressure predict highest rates of harmful vascular events

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Depressive symptoms and extremes of blood pressure predict the highest rates of harmful vascular events in patients with existing heart disease, diabetes or stroke, according to research presented at ESC Congress today by Dr Bhautesh Jani, clinical academic fellow in the Institute of Health and Wellbeing, University of Glasgow, UK.

The study in more than 35 000 [patients](#) found that the risk of further stroke or heart attack, heart failure or dying due to [heart disease](#) at four years was 83% higher in depressed patients with high [blood pressure](#) and 36% higher in depressed patients with low blood pressure, compared to those with normal blood pressure and no depressive symptoms.

"Previous studies have shown that patients with existing heart disease, diabetes or stroke are more likely to suffer from further heart attack or stroke than the general population, particularly those who have extremes of blood pressure or have depressive symptoms but until now the effects of having both together were unknown," said Dr Jani. "This is the first study which has specifically investigated the relationship between depressive symptoms and extreme blood pressure in influencing the rate of heart attack, stroke, heart failure and heart disease related deaths in patients with existing heart disease, diabetes or stroke."

The study included 35 537 community dwelling patients with existing heart disease, diabetes or stroke from Scotland, UK. In 2008-09

depression was assessed using the hospital anxiety and depression score (HADS-D). Systolic (SBP) and diastolic (DBP) blood pressure were recorded and patients were classified as very high (SBP>160, DBP>100), high (SBP 140-159, DBP 90-99), normal (SBP 130-139, DBP 80-89), tightly controlled (SBP 120-129, DBP 80-84) or low (SBP

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