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THE IMPACT OF ANXIETY ON BLOOD PRESSURE OF FLOOD VICTIMS

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Aim To examine the anxiety and its impact on blood pressure (BP) among the flood victims.

Methods A total of 645 well-settled flood victims (234 male and 411 female, 46.1±19.1 years old) were included in this study. In the first day after settling down, all victims were received a Self-rating Anxiety Scale (SAS) questionnaire for evaluating anxiety scale and the score exceeding 50 points was considered as anxiety. During the first 3 days and on a certain day after 4 months, BP and heart rate (HR) were measured in the morning and afternoon with an electronic manometer (OMRON HEM-7000) and recorded as the value of first day, second day, third day and the fourth month.

Results (1) The prevalence of anxiety in the first day was 31.0% and decreased to 13.0% in the fourth month. Meanwhile, the prevalence of hypertension decreased from 15.2% to 3.1% ($p<0.05$). (2) The anxious group had higher systolic and diastolic BP (SBP and DBP) and the prevalence of hypertension in the first days and the fourth month, as well as higher anxiety scale in the fourth month. The SBP decrease amplitude was higher in the group with anxiety than in the group without anxiety (12.7 ± 18.6 vs 6.3 ± 16.5 mm Hg, $p<0.05$). (3) Multifactor analysis showed that the SBP in the first day was positively related with anxiety score.

Conclusion After well settling, 31% of flood victims had anxiety. Anxiety can significantly increase the BP and the prevalence of hypertension.