

THE EFFECT OF DEPRESSION ON 16 YEARS RISK OF STROKE IN FEMALE POPULATION AGED 25-64 IN RUSSIA: EPIDEMIOLOGICAL PROGRAM WHO "MONICA-PSYCHOSOCIAL"

V. Gafarov, D.O. Panov, E.A. Gromova, I.V. Gagulin, A.V. Gafarova

¹FSBI Collaborative laboratory of Cardiovascular Diseases Epidemiology SB RAMS & ²FSBI Institute of Internal Medicine SB RAMS, Novosibirsk, Russia

The aim: To explore the influence of depression (D) on relative risk of stroke and its relation with awareness and attitude towards the health in female population of 25-64 years in Russia.

Material and methods: Under the third screening of the WHO "MONICA-psycho-social" (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. D was measured at the baseline examination by means of test "MOPSY". From 1995 to 2010 women were followed for 16 years for the incidence of stroke.

Results: The prevalence of D in women aged 25-64 years was 55.2% (major D was 12%). With growth of D levels positive self-rated health reduced and almost 100% of those women have health complaints. Women with major D significantly extended negative behavioral habits: smoking and unsuccessful attempts to give it up, low physical activity, they are less likely to follow a diet. Major D associated with high job strain and family stress.

Risk of stroke development in women with D during 16 years of study was higher in 4.63 times (95%CI=1.03-20.89; p<0.05) compared to those without D. Stroke rates were more likely higher in married women having D with incomplete higher/secondary vocational education who being in "physical labor" social classes.

Conclusions: The prevalence of D in women aged 25-64 years more than 50%. High D levels associate with poor self-rated health, unhealthy lifestyle and high level of job and family stress. Women with D had 4.63-fold risk of stroke over 16 years of follow-up.