

ROLE OF STRESS IN A STROKE IN RUSSIA: 14-YEAR EPIDEMIOLOGICAL STUDIES BASED PROGRAM WHO "MONICA-PSYCHOSOCIAL"

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Aim: We sought to examine the relationship between stress at family and work and the risk development of stroke among men ages 25 to 64 years.

Methods: Within the framework of program WHO MONICA -PSYCHOSOCIAL (MOPSY) was examined representative sample of men 25-64 years old (1994 year). Total sample was 657 persons. Stress at family and work were measured at baseline with the use of the MONICA - psychosocial Interview Stress at family and work. The incidence of new cases of stroke was revealed at 14-year follow-up. Cox - proportional regression model was used for an estimation of hazard ratio (HR).

Results: Within the first 5 years was observed increase risk of development stroke was higher in 2.5 times (95%CI 1.079-6.18, $p < 0.05$), 10-years period HR=2.4 (95%CI 1.37-6.54, $p < 0.05$); during 14-years was tended to increase the risk of stroke in 2 times ($p > 0.05$) at the men testing high stress in family in comparison with men, marking moderate stress in family was observed.

Within 5 years was observed increase risk of development stroke was higher in 2.6 times (95%CI 1.7-5.6, $p < 0.05$) Risk of development stroke the men testing stress at work, within 10-years period HR= 4.4 (95%CI 2.4-8.7, $p < 0.05$), within 14-years HR=3.6 (95%CI 0.3-9, $p < 0.05$) in comparison with men of not testing stressful situations at the workplace.

Those most at risk of stroke have been exposed to men with high levels of stress in the family and at work of groups: divorced men, widowers, and engaged in heavy physical labor.

Conclusion Determined that the risk of stroke in men experiencing stress in the family and at work up to 3-4 times within the first 5 years of observation.

Protective factor in reducing the risk of stroke were high educational and professional levels, and stable family situation.