

Anxiety traits as predictor of stroke in general population in Russia / Siberia: gender features. WHO program MONICA-Psychosocial study

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Purpose: To evaluate the influence of personal anxiety on risk stroke in general population of Russia / Siberia. Methods: In frame of the third screening WHO program "MONICA-psychosocial" a random representative sample of the population aged 25-64 in Novosibirsk in 1994 (men n = 657, women n = 870) was surveyed. The program included: registration of socio - demographic data; personal anxiety was studied with Spielberger test. Over 16-year period cases of stroke incidence in women and men were identified (35 and 22, respectively). Cox regression model was used for relative risk assessment (HR) results: Over 16 years the risk of stroke in women with high anxiety level (HLA) was 3.5-fold higher compared to those with lower anxiety levels. HR was 4.43-fold higher in men. After adjustment for age and social parameters, HR risk of stroke was 3.5 and 3.2-fold higher for women and men with HLA, respectively. The greatest risk of stroke in presence of high anxiety was in divorced (HR = 5.017) and widowed men (HR = 3.848), aged 55-64 years (HR = 5.8). Conclusions: Anxiety is the most potent psychosocial risk factors for stroke in general population. The risk of stroke was higher in men over 16-years period in spite attenuated associations after adjustment.