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STRESS, ANXIETY AND DEPRESSIVE SYMPTOMS ARE PREDICTORS OF WORSE OUTCOMES IN OUTPATIENTS WITH ARTERIAL HYPERTENSION AND CORONARY HEART DISEASE: RESULTS OF 1.5 YEARS FOLLOW-UP FROM THE COMETA MULTICENTER STUDY

SUPPLEMENTARY MATERIAL

Table 1. Psychosocial RFs and selected characteristics in patients with hypertension and/or CHD at the baseline examination

Risk factor	Male (n = 712)	Female (n = 1826)	All patients (n = 2538)
Low level of education*	26,9% (191)	22,7% (413)	23,9% (604)
Low income level	44,3% (312)	43,9% (797)	44,0% (1109)
No current employment**	70,7% (499)	73,0% (1325)	72,3% (1824)
Living alone	10,1% (70)	30,7% (554)	25,0% (624)
Lack of social support	4,2% (30)	6,8% (123)	6,1% (153)
History of mental disorders	8,4% (59)	15,3% (276)	13,4% (335)
Administration of anxiolytics	5,9% (37)	10,5% (169)	9,2% (206)
Administration of antidepressants	2,1% (13)	1,4% (23)	1,6% (36)
Administration of antipsychotics	1,4% (9)	1,3% (21)	1,3% (30)
Decreased mood background	31,9% (224)	34,0% (615)	33,4% (839)
Level of stress, VAS score			
< 5	35,6% (251)	31,0% (563)	32,3% (814)
5–7	47,5% (335)	45,8% (831)	46,2% (1166)
≥ 8	17,0% (120)	23,2% (422)	21,5% (542)
HADS-A, score			
< 8	65,3% (463)	47,6% (864)	52,6% (1327)
8–10	17,9% (127)	23,3% (423)	21,8% (550)
11–13	12,3% (87)	18,9% (343)	17,0% (430)
≥ 14	4,5% (32)	10,1% (184)	8,6% (216)
HADS-D, score			
< 8	60,9% (432)	56,2% (1020)	57,6% (1452)
8–10	25,8% (183)	26,6% (483)	26,4% (666)
11–13	8,2% (58)	11,5% (208)	10,5% (266)
≥ 14	5,1% (36)	5,7% (103)	5,5% (139)
DS-14, score			
Negative affectivity score ≥ 10	45,2% (314)	60,0% (1074)	55,9% (1388)
Social inhibition score ≥ 10 points	50,1% (348)	50,7% (908)	50,6% (1256)
Personality type D***	33,4% (232)	39,3% (703)	37,6% (935)

The data are presented as the percentage (%) and the absolute number of patients in brackets.

* Complete secondary education or a lower level of education; ** Both retired and unemployed; *** At a score of ≥ 10 for both the negative affectivity and social inhibition subscales at the same time. RF, risk factor; CHD, coronary heart disease; VAS, visual analogue scale.

Table 2. Associations between psychosocial RFs and MACEs

Risk factor	Value	MACE, % (n/N)	Odds ratio (95 % CI)*	P	P _{correlation, sex}	P _{correlation, history of CHD}
Low level of education**	No	4.9% (94/1922)	1	—	—	—
	Yes	8.6% (52/604)	1.70 (1.19–2.43)	0.0034	0.64	0.59
Low income level	No	5.5% (77/1411)	1	—	—	—
	Yes	6.2% (69/1109)	1.13 (0.80–1.58)	0.48	0.65	0.99
Employed	Yes	3.2% (22/698)	1	—	—	—
	No	6.8% (124/1824)	1.72 (1.06–2.79)	0.03	0.02	0.04
Living alone	No	5.9% (110/1875)	1	—	—	—
	Yes	5.8% (36/624)	1.08 (0.72–1.63)	0.70	0.94	0.63
Social support	Yes	5.8% (137/2368)	1	—	—	—
	No	5.9% (9/53)	1.06 (0.52–2.15)	0.87	0.20	0.29
History of mental disorders	No	5.9% (129/2173)	1	—	—	—
	Yes	5.4% (18/335)	0.97 (0.58–1.62)	0.91	0.75	0.81
Administration of anxiolytics	No	5.8% (119/2035)	1	—	—	—
	Yes	5.8% (12/206)	1.10 (0.59–2.06)	0.76	0.50	0.61
Administration of antidepressants	No	5.9% (129/2205)	1	—	—	—
	Yes	5.6% (2/36)	0.78 (0.18–3.34)	0.74	0.98	0.98
Administration of antipsychotics	No	5.7% (125/2211)	1	—	—	—
	Yes	20.0% (6/30)	4.00 (1.55–10.36)	0.0043	0.21	0.65
Level of stress, VAS score	< 5	5.3% (43/814)	1	—	—	—
	5–7	5.6% (65/1166)	1.15 (0.77–1.71)	0.61	—	—
	≥ 8	7.0% (38/542)	1.57 (0.99–2.48)	0.06	0.18	0.31
HADS-A, score	< 8	5.9% (78/1327)	1	—	—	—
	8–10	4.9% (27/550)	0.91 (0.58–1.45)	0.24	—	—
	11–13	5.1% (22/430)	0.98 (0.60–1.61)	0.47	—	—
	≥ 14	8.8% (19/216)	1.77 (1.03–3.05)	0.03	0.33	0.62
HADS-D, score	< 8	4.8% (70/1452)	1	—	—	—
	8–10	6.3% (42/666)	1.25 (0.83–1.86)	0.50	—	—
	11–13	6.8% (18/266)	1.30 (0.75–2.25)	0.77	—	—
	≥ 14	11.5% (16/139)	2.24 (1.25–4.04)	0.03	0.49	0.41
Negative affectivity, score	< 10	5.4% (59/1096)	1	—	—	—
	≥ 10	5.7% (79/1388)	1.14 (0.80–1.63)	0.48	0.04	0.76
Social inhibition, score	< 10	4.8% (59/1228)	1	—	—	—
	≥ 10	6.3% (79/1256)	1.29 (0.91–1.84)	0.15	0.39	0.61
Personality type D***	No	5.0% (77/1549)	1	—	—	—
	Yes	6.5% (61/935)	1.35 (0.95–1.92)	0.10	0.08	0.78

* Age- and sex-adjusted; ** Complete secondary education or a lower level of education;

*** At a score of ≥10 for both the negative affectivity and social inhibition subscales at the same time.

RF, risk factor; MACE, major adverse cardiovascular event; CHD, coronary heart disease; CI, confidence interval; VAS, visual analogue scale.

Table 3. Associations between levels of stress, anxiety and depressive symptoms and MACEs in patients with hypertension and CHD

Scale	Odds ratio (95 % CI), P-value	
	Adjusted for age, sex, history of CHD and diabetes mellitus	Adjusted for age, sex, history of CHD and diabetes mellitus, smoking status, and body mass index
Level of stress, VAS score		
< 5	1	1
5–7	1.12 (0.74–1.67), P = 0.55	1.06 (0.71–1.60), P = 0.40
≥ 8	1.54 (0.97–2.45), P = 0.06	1.52 (0.96–2.43), P = 0.05
HADS-A, score		
< 8	1	1
8–10	0.92 (0.58–1.46), P = 0.27	0.95 (0.60–1.52), P = 0.35
11–13	0.96 (0.58–1.58), P = 0.42	0.93 (0.56–1.55), P = 0.32
≥ 14	1.76 (1.01–3.05), P = 0.03	1.81 (1.04–3.15), P = 0.02
HADS-D, score		
< 8	1	1
8–10	1.20 (0.80–1.80), P = 0.64	1.25 (0.83–1.88), P = 0.84
11–13	1.20 (0.69–2.09), P = 0.72	1.14 (0.64–2.01), P = 0.55
≥ 14	1.94 (1.07–3.53), P = 0.07	1.95 (1.07–3.55), P = 0.06

RF, risk factor; MACE, major adverse cardiovascular event; CHD, coronary heart disease; CI, confidence interval; VAS, visual analogue scale.

Table 4. Associations between levels of stress, anxiety and depressive symptoms and all-cause mortality and/or MACEs in patients with hypertension and CHD

Scale	Odds ratio (95 % CI), P-value		
	Adjusted for age and sex	Adjusted for age, sex, history of CHD and diabetes mellitus	Adjusted for age, sex, history of CHD and diabetes mellitus, smoking status, and body mass index
Level of stress, VAS score			
< 5	1	1	1
5–7	1.15 (0.80–1.65), P = 0.63	1.13 (0.79–1.63), P = 0.59	1.09 (0.76–1.58), P = 0.44
≥ 8	1.54 (1.01–2.33), P = 0.04	1.52 (1.00–2.30), P = 0.05	1.53 (1.00–2.33), P = 0.04
HADS-A, score			
< 8	1	1	1
8–10	0.96 (0.64–1.44), P = 0.42	0.97 (0.64–1.45), P = 0.43	0.97 (0.64–1.46), P = 0.50
11–13	0.97 (0.62–1.52), P = 0.50	0.97 (0.62–1.51), P = 0.47	0.90 (0.57–1.43), P = 0.29
≥ 14	1.51 (0.91–2.52), P = 0.09	1.52 (0.91–2.54), P = 0.08	1.56 (0.93–2.61), P = 0.06
HADS-D, score			
< 8	1	1	1
8–10	1.33 (0.93–1.89), P = 0.75	1.30 (0.91–1.86), P = 0.85	1.29 (0.89–1.85), P = 0.88
11–13	1.21 (0.73–2.02), P = 0.48	1.15 (0.69–1.92), P = 0.45	1.10 (0.65–1.85), P = 0.36
≥ 14	2.30 (1.35–3.92), P = 0.01	2.11 (1.23–3.62), P = 0.02	2.11 (1.22–3.62), P = 0.02

RF, risk factor; MACE, major adverse cardiovascular event; CHD, coronary heart disease; CI, confidence interval; VAS, visual analogue scale.