Mood instability and cardiovascular modification in cardiovascular disease outpatients. The ABC study on heart disease.

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Background

- Mood instability (MI) is a condition characterized by unpredicted frequent fluctuations in a person's emotional state. It is a common personality trait observed in the general population, and it has been reported to be associated with a range of adverse health outcomes, and may also serve as an additional risk factor for cardiovascular morbidity.

Purpose

- To assess **mood instability** and its effects on **cardiovascular functions** among CVD outpatients.

Methodology

- Consecutive patients who were presented to the **cardiac outpatient clinic** in the last 5 years were recruited.
- Patients were divided into **2 groups** according to the presence or absence of MI symptoms based on the patient's self-assessment **psycho-emotion questionnaire**.
- Cardiovascular functions were assessed and compared between both groups.

Results

- **415** patients were included.
- Patients' mean age was 66±18 years, and 57% were males.
- 137 (33%) patients suffered mood instability symptoms, and they shared most demographic and clinical characteristics with patients who did not.

Results

- However, males were more frequent among patients with no MI symptoms.

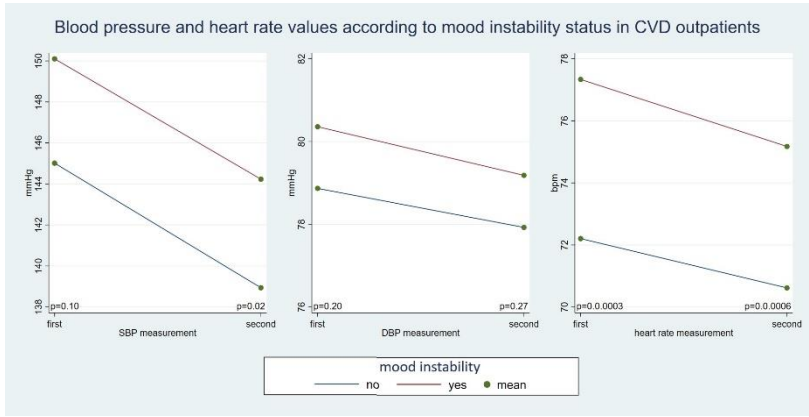
	Mood instability (n=137)	No Mood instability (n=278)	P value
SBP mmHg	150±23	145±21	*0.02*
DBP mmHg	80±12	79±11	0.19
Heart rate bpm	77±15	72±13	*0.0003*

- Multivariable linear regression models:

Mood instability (β±SE= 4.3±2.2, p<0.049) and **age** (β±SE= 0.4±0.05, p<0.0001) were independent predictors for higher **SBP** values.

Mood instability was also independently associated with a higher **heart rate** (β±SE= 5.1±1.4, p=0.001).

- Results Kept true even stronger with repeated BP and HR measurements.



Conclusion

Mood instability is associated with a significant increase in SBP and heart rate values in cardiac outpatients.