

ASSESSMENT OF EFFECTS OF STRESS ON STROKE AT ARDABIL HOSPITALS FROM 2002 TO 2003.

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Abstract

Introduction: psychological stress is common after stroke, but little is known about its etiologic importance, although general public often ascribes stroke to the experience of stress. Therefore we examined whether psychological stress leads to an increased risk stroke.

METHODS: the association between the 28-item General Health Questionnaire (GHQ) and Holmes and Rahe Questionnaire, measure of psychological stress and stroke in case control study of 150 cases of CVA patients and 150 cases non CVA patients.

RESULTS: This investigation shows that stress degree (Holmes and Rahe Questionnaire) is in CVA patients 10.7 and in non CVA patients 8.9 ($p=0.004, t=2.08$) There was a graded association between degree of psychological stress and risk of stroke.

Depression degree (GHQ) in CVA patients 34.53 and non CVA patients is 28.37 ($P=0.04, t=2.02$) therefore Depression has effect on CVA.

Anxiety, somatization, social function (other GHQ items) are not relationship with stroke.

CONCLUSIONS: we consider that psychological stress is by other risk factors of stroke, and stress have direct effect or indirect relationship with stroke such as increase blood pressure or heart disease.

Further work examining the mechanisms of this association is required.

key words: stress, stroke, Anxiety, Depression.