

## ASSOCIATION OF PERSONAL ANXIETY WITH ATTITUDE TOWARDS THE HEALTH AND RISK OF ACUTE CARDIOVASCULAR DISEASES OVER 16-YEARS IN FEMALE POPULATION AGED 25-64 IN RUSSIA

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**The aim:** To study the effect of personal anxiety on relative risk of myocardial infarction (MI) and stroke and its relation with awareness and attitude towards the health in female population of 25-64 years in Russia.

**Material and methods:** Under the third screening of the WHO "MONICA-psychosocial" program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. Levels of personal anxiety were measured at the baseline examination by means of Spilberger's test. From 1995 to 2010 women were followed for 16 years for the incidence of MI and stroke.

**Results:** High level of anxiety (HLA) in studied cohort revealed in 60% of women. Women with HLA had 1.5-3-fold growth of negative self-rated health (87.5%), about 90% had health complaints, more likely had negative behavioral habits and higher levels of job and family stress compared to those with lower levels of anxiety.

Risk of MI development in women with HLA over 16 years of study was higher in 4.2 times (95%CI=1.946-18.583; p=0.05), risk of stroke was higher in 3.5 times (95%CI=1.020-12.015; p< 0.05). MI and stroke incidence rates were higher in married women having HLA with low and high educational level who being in both "middle executives" and "hard manual labor" social classes.

**Conclusions:** There is high prevalence of HLA in female population aged of 25-64 years. Women with HLA had poor self-rated health and awareness about their health and it associated with higher risk of MI and stroke over 16 years of follow-up.