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**The Effect of Vital Exhaustion On 16 Years Risk of Stroke in Female Population in Russia: Monica-
psychosocial Epidemiological Study**

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Objective: To study the effect of vital exhaustion (VE) on relative risk of stroke in female population of 25-64 years during 16 years in Russia.

Methods: Under the third screening of the WHO "MONICA-psychosocial" (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk in 1994. Questionnaire "MOPSY" was used to measure vital exhaustion (VE). From 1995 to 2010 women were followed for 16 years for the incidence of AH. Cox proportional regression was used for risk (HR) assessment.

Results: The prevalence of high level of VE in women aged 25-64 years was 31.2%.

Stroke was developed in 35 (6.3%) women over 16 years of study. Within 16 years of follow-up women with VE had 3.34-fold risk of stroke (95.0%CI:1.02-10.93; p<0.05) than those without VE. There was a tendency in increasing of stroke rate incidence in those with VE: in married women compared to unmarried ones and widowed; in those with secondary specialized education compared to lower educational levels; in first-line managers and hard manual laborers compared to easy manual workers without VE.

Conclusions: The prevalence of VE in women aged 25-64 years is more than 30%. Women with VE had higher relative risk of stroke over 16 years of follow up. Rates of stroke tend to be higher in managers and manual workers and in married women.