

P-1382 - POSTTRAUMATIC PREDICTORS OF CARDIOVASCULAR DISEASES AMONG YOUNG POPULATION

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There is a growing body of epidemiologic evidence that psychosocial factors are linked to cardiovascular disease. The study research included 204 respondent, with average age of 20, (98 were girls and 106 were boys). Each respondent has filled out a general questionnaire, an interview to monitor post-traumatic predictor of cardiovascular disease in young population. Each respondent was interviewed, brief personal history noticed and following anthropometric parameters were taken: weight , height, Body Mass Index, waist-to-hip ratio and measured blood pressure. In the laboratory the following parameters were examined: cholesterol, triglycerides, HDL, LDL, VLDL and blood sugar level. Psychiatrist interviewed each respondent and completed Brief Psychiatric Rating Scale. Respondents completed Social Adaptation Self-evaluation Scale, Zung Self-Rated Depression Scale, Beck Anxiety Inventory and Semi-Structured Interview for Survivors of War.

Analysis of risk factors showed that 24,5% of young population do smoke, 33,9 % do not have physical activity, 19.5% are overweight, 4.3% are with high blood pressure (above 140/90) , 2.8% are with high blood sugar level, increased cholesterol at 13.7% respondents and LDL at 17.6%, while positive family history noticed in 19.4% of respondents in the study. Psychological examination shown that 52.5% of them are depressed while 72.8% had traumatic event. These adverse and stressful life events experienced in sensitive developmental period for children, are risk factors for later manifestation of depression in adolescence and young adulthood, and creates difficulties in social adjustment, which was found in 15% of respondents. 17% of students on self-assessment scales is perceived as mildly anxious.