

ASSESSMENT OF QUALITY OF LIFE AT MITRAL VALVE PROLAPSE PATIENTS SUFFERING ANXIETY DISORDERS

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Mitral valve prolapse (MVP) is a common cardiac pathology. Researchers note a high incidence of anxiety disorders among MVP patients.

Objectives: To study "Quality of Life" (QOL) features in MVP patients suffering anxiety disorders.

Methods: We examined 290 MVP patients and 73 healthy subjects.

30 patients received medication with alprazolam within 10 weeks.

18 patients attended courses about rational-emotive therapy (16 sessions, individual assessments).

Psychological and clinical examinations of the patients were made before and after psychotherapy courses and medication. Psychological testing embraced the assessment of anxiety indicators (Spilberger Scale); and QOL indicators were assessed through the Ryff Scales of Psychological Well-Being, the Visual Analog Scale (VAS) - the "health" dimension, and the Disability Scale (DISS) - the dimensions of "work," "social life," and "personal life."

Results: MVP patients are distinguished from healthy subjects by lower rates of QOL indicators, and increased anxiety.

A significant reduction in anxiety were found, as well as increase in QOL indicators after medication, and after psychotherapy. However improvement of QOL indicators was more expressed after psychotherapy.

Physical examination of the patients revealed a significant reduction in the frequency and intensity of panic attacks, chest pain, and thermoregulation disorders in both groups of patients, as well as the decrease of prolapse depth in all the patients after psychotherapy.

Conclusions: The research showed a significant improvement in QOL indicators, and also in a number of clinical symptoms in MVP patients suffering anxiety disorders after psychotherapy.

These results are important for the therapy and psychological assistance to MVP patients.