

Prevalence of Anxiety and Depression Among Cardiac Diseases Patients in Saudi Arabia: A Cross-Sectional Study

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ABSTRACT

Epidemiological studies have confirmed the relationship between CVD and several psychological conditions. Patients who suffer from CVD and psychological conditions such as depressive symptoms are also at increased risk for repeated cardiovascular events. The aim of this research was to assess the prevalence of anxiety and depression among CVD patients in Saudi Arabia. A cross-sectional online survey study was conducted in Saudi Arabia in November 2024 on patients who are diagnosed with cardiac diseases. The Arabic version of patient health questionnaire-9 (PHQ-9) scale and the Generalized Anxiety Disorder - 7 (GAD-7) scale was used to assess depression and anxiety level across the study sample. Multiple logistic regression was performed to assess the factors associated with severe to moderate depression and severe anxiety levels. A total of 260 participants included in the study. Females had significantly higher odds of depression compared to males (OR=1.84,95% CI=0.99–3.43, p=0.05). Patients with a diagnosis duration of 1–3 years had significantly lower odds of experiencing depression compared to those diagnosed less than six months ago (OR=0.29,95% CI=0.11–0.78, p=0.014). Patients aged over 60 years old had a significant lower odd of anxiety (OR =0.18, 95%CI= 0.05 - 0.72, p =0.01). Anxiety and depression are common across patients with CVDs. Females showed higher likelihood of developing severe depression. The psychological evaluation and management of CVDs patients should be given priority in current practices. High risk population should be educated and directed on self-care practices in order to minimize the risk of mental issues.

Keywords: Anxiety; Cardiovascular Diseases; Depression; Mental; Saudi Arabia

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