**HADS SCORE IN CHEST PAIN PATIENTS REFERRED TO A CARDIOVASCULAR CLINIC**

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Introduction: The Hospital Anxiety and Depression Scale (HADS) is a widely used instrument to measure psychological morbidity in many patients. The aim of the present study is to determine the prevalence of anxiety and depressive symptoms in patients referred to a cardiology outpatient clinic.

Patients and Methods: A total of 300 patients were recruited. The cardiologists were not informed of the results of the psychiatric interviews. Participants completed the hospital anxiety and depression scale (HADS) questionnaire immediately before entering cardiologist office. All patients underwent accurate physical examination and if need exercise stress test or echocardiography.

Results: Of the 300 included patients, 65% were women and 35% were men. Age ranged from 20 to 65 years, with a mean of 50.4 years. At baseline the prevalence of “definite” anxiety in this sample (HADS score ≥11) was 42% and 31% of individuals had definite depression (HADS score ≥11).only 15% of patients had definite heart problem. . Patients with abnormal HADS scores were significantly younger (mean age 35 ± 10.0 vs. 54 ± 8 years, P = 0.01), more likely to be female [in the anxiety group 50% (62) vs. 29% (20), P = 0.02 and in the depressed group 35.0% (44) vs. 25% (17), P = 0.04].

Conclusion: The prevalence of anxiety and depression in this sample was very high especially, in women with angina who are at a lower risk of underlying CAD.