**INCREASED PSYCHOSOCIAL STRESS IN GREEK MIGRANTS WITH CHD: THE HEALTHY HEART, HEALTHY MIND STUDY**

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Background and Objectives: CHD risk and morbidity have been found to be higher in certain immigrant groups such as those from Southern Europe. The aim of this study is to examine differences in psychosocial factors that may contribute to higher CHD morbidity such as depression, anxiety, quality of life, perceived and actual social support and physical health status in Greek-born, Italian-born immigrants and Anglo-Australian outpatients living in Australia with coronary heart disease.

Methods: A total of 152 Greek-born (n=61) and Italian-born (n=29) immigrants and Anglo-Australian (n=62) outpatients with stable coronary artery disease with a mean age of 70.40 (8.04) years were recruited from two major hospitals between 2009 and 2011 in Melbourne, Australia. Outpatients completed the BDI-2, the Cardiac Depression Scale, the STAI, the WHOQOL-BREF, the SF-12, the Perceived Social Support Scale and the Enriched Social Support Instrument at a 3.5 month post discharge period.

Results: Compared to the Anglo-Australians and Italian-born immigrants, the Greek-born immigrants reported significantly higher depression (p < 0.001) and anxiety

(p < 0.001) even when adjustments were made for CHD risk factors, lower QOL on the physical health (p < 0.001) and psychological health (p < .05) domains, lower reported physical health status (p < 0.05) and lower perceived social support

(p < 0.01).

Conclusions: Greek-born immigrants were found to have higher psychosocial stress compared to similar aged Italian-born immigrants and Anglo-Australians. Differences in psychosocial risk factors may contribute to differences in CHD morbidity and prognosis between Greek-born immigrants and other immigrants living in Australia.