

Recovery from psychological distress in acute coronary syndrome

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Happiness has been linked with **better health**, longer life, and greater well-being in numerous scientific studies.

Background and Aim

- Around **20%** of patients with acute coronary syndrome (ACS) develop depression.
- Health behavior and education could be an important factor for reducing depressive symptoms in ACS patients.
- We collected data to estimate the incidence of psychiatric disorder in Japanese patients after ACS.

Result

- Depression in ACS patients might be lower in Japan than in Western countries (Table.1).

Table.1 Psychiatric comorbidity 6 month after ACS (n=101)

Psychiatric illness	n
Major depression	4
PTSD	2
Any psychiatric illness	8 (8%)

Next step

- We examine the impact of health behavior and education after ACS event on later depressive symptoms in ACS patients.