Abstract 22

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Title: Psychological Characteristics of Patients with Chest Pain at the Cardiology Outpatient Department

Background:
One of the chief complaints of outpatients who visit to cardiologists is chest pain. However, when they are examined, most of them do not have coronary artery disease (CAD). There are few cardiologists who carry out psychological tests in order to find out why the patients are diagnosed as non-CAD. The purposes of this study are 1) to find out psychological characteristics of the patients having CAD and non-CAD and 2) to see the relations between the intensity of chest pain and the psychological characteristics.

Methods:
108 patients with chest pain were enrolled. They answered questionnaires: numerical rating scale (NRS) of pain and symptom check list-minor psychiatric disorders (SCL-MPD). We divided them into two groups. Group 1 consisted of low probability of acute coronary syndrome (ACS) and Group 2 consisted of moderate to severe probability. Group 1 had a treadmill test, single-photon emission computed tomography (SPECT), or coronary artery MDCT. Then, coronary angiography (CAG) was performed to the patients who showed abnormal results. Group 2 had CAG directly.

Results:
19 patients (17.6%) were diagnosed as CAD. 10 patients (9.3%) underwent revascularization. The score of somatization was significantly higher in non-CAD group than CAD group (13 [9-20] vs. 9 [6-13], p=0.032). The score of anxiety and NRS was correlated in non-CAD group (r=0.246, p=0.020). The score of depression and NRS was inversely correlated in CAD group (r=-0.504, p=0.028). In multivariate regression analysis, the score of anxiety and NRS was correlated in all the patients (r² = 0.404, p=0.035, odds ratio 8.962, 95% confidence interval 0.001-0.361).

Conclusion:
The score of somatization was higher in non-CAD group than CAD group. The intensity of chest pain and the score of anxiety were correlated.