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Do cardiovascular risk factors are associated with anxiety and insomnia

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Background: Previous studies showed a negative impact of anxiety on progression of coronary artery disease (CAD). However, few studies examined the association of modifiable CAD risk factors among individuals not previously diagnosed with CAD and each anxiety and insomnia.

Aim of the Study: The study aimed to examine prevalence of anxiety and insomnia in Jordanian individuals with one or more modifiable CAD risk factors; and to examine the association among CAD modifiable risk factors, anxiety and insomnia.

Methods: A cross-sectional descriptive design was used utilizing a simple random sampling technique. Participants inclusion criteria were; Jordanian with 18 years or more, had one or more of CAD modifiable risk factors, agreed to participate and mentally competent. Exclusion criteria were participants diagnosed with coronary artery diseases or any other diseases. In addition to demographical and clinical details, the Insomnia Severity Index and Hamilton Anxiety Rating Scale (HAM-A) was used. Linear regression was used to examine as possible predictors for each anxiety and insomnia.

Results: One thousand and eleven participants had met the inclusion criteria and willing to participate in the study. The results indicated that 30.2% had higher anxiety, and 29.7% had higher insomnia level. Linear regression indicated that individuals diagnosed with diabetes mellitus, hypertension, or dislipidemia predicted high insomnia. Moreover, individuals with higher insomnia were associated with high anxiety.

Conclusion: The study concluded that both anxiety and insomnia are relatively high among individuals with one or more CAD risk factors. Individuals diagnosed with diabetes mellitus, hypertension, or dislipidemia had higher insomnia. As these risk factors impacted negatively on insomnia with the presence of high anxiety; this may accelerate the development of CAD. The current study recommends nurses and health care professionals to assess and develop interventions aiming to decrease anxiety and insomnia among this population. Furthermore, the current study recommends further longitudinal research examining this association.

Biography

Ahmed Al-Smadi, PhD, RN, has 16 years of experience as Nurse and Researcher. He earned his Bachelor's and Master's degrees in Nursing from Jordan University of Science and Technology and his PhD in Nursing from University of Ulster, United Kingdom. Currently, he is working as Assistant Professor in Nursing at American University of Madaba. His main research interests are cardiac care nursing, refugee's health and psychological health.

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