



Statistical and Significant Influence on Physical and Mental Health in Patients with Angina

Samar Khalifa*

Department of Psychiatry, Princess Nourah Bint Abdul Rahman University, Riyadh, Saudi Arabia

ABOUT THE STUDY

Angina is well-known as chest pain brought on by inadequate oxygen-rich blood flow to the heart muscle. This discomfort occasionally radiates to the back, shoulders, arms, or neck. It is a sign of heart issues, most frequently coronary heart disease. Angina can be classified into four categories: stable, unstable, microvascular, and variable angina. Unstable angina does not necessarily follow a precise pattern, but stable angina does. Variant angina is an uncommon form of the disease, whereas microvascular angina is more prevalent. Angina may be primarily caused by coronary artery spasm or ischemic heart disease. A number of risk factors do exist, though, including smoking, high blood pressure, metabolic syndrome, abnormal cholesterol levels, diabetes, obesity, and inactivity.

Despite being a separate medical issue, depression reportedly aggravates cardiac problems, particularly in CHD patients, according to the American Heart Association. Basic understanding of depression is necessary to comprehend the impact of depression on the heart. Depression is a mood illness that causes persistent feelings of melancholy and has an impact on behaviour and thought. Additionally, it may result in physical and mental issues, which would reduce the patient with this disorder's activity and functional capacity. An individual may experience sadness, grief, and bereavement throughout their lives. Because these feelings are persistent in depression, it is very different. Thankfully, depression can be treated, but it might take a while.

Using accurate and sensitive scales to measure health in order to get results that are significant and easy to understand for that particular community is one of the finest ways to evaluate a population. This study set out to investigate the influence of depression on the physical and mental health of adult patients with angina because several studies indicated that depression has the potential to exacerbate angina as a medical condition but none of these studies looked at how depression affected those patients' physical and mental health.

The correlation between research factors, such as angina and depression as predictor variables and physical and mental health issues as indicator variables, was examined using the chi-square test in the inferential analysis. All inferential analysis results with a significance level of P-value 0.05 indicated p-values 0.0001, showing that there are significant correlations between angina, depression, and both physical and mental health issues.

Adult angina patients without depression have an OR of physical health issues of 0.732, whereas those with depression have an OR of 1.389. This suggests that adult angina patients with depression have 61.95% more physical health issues than adult angina patients without depression.

The odds ratio (OR) of mental health issues was 0.853 in adult angina patients who did not have depression, compared to 1.192 in adult angina patients who did. This shows that adult angina patients with depression have 33.15% greater mental health issues than adult angina patients without depression.

Approximately 16.2 million Americans suffered from depression in 2016, according to the National Institute of Mental Health. However, the number of patients rose to almost 17.3 million in 2017. According to several studies, there is a connection between depression and angina in terms of how each condition affects a patient's life. Depression and angina frequently co-occur, and as a result, patients with this disorder have high rates of morbidity and mortality.

Acute myocardial infarction (AMI) patients shown that AMI survivors have persistent depression. Additionally, studies have found that symptoms of sadness following myocardial infarction are significant risk factors for developing other heart diseases. Although there are numerous studies demonstrating the link between angina, depression, and patients' quality of life, none have specifically demonstrated the impact of this association on patients' physical and mental health. Therefore, the purpose of this study was to examine the impact of depression on the physical and emotional well-being of adult angina patients.

Correspondence to: Samar Khalifa, Department of Psychiatry, Princess Nourah Bint Abdul Rahman University, Riyadh, Saudi Arabia, E-mail: khalifasamar@gmail.com

Received: 01-Oct-2022, Manuscript No. JOP-22-18775; **Editor assigned:** 03-Oct-2022, PreQC No. JOP-22-18775(PQ); **Reviewed:** 17-Oct-2022, QC No JOP-22-18775; **Revised:** 24-Oct-2022, Manuscript No. JOP-22-18775(R); **Published:** 31-Oct-2022. DOI: 10.35248/2378-5756.22.25.533

Citation: Khalifa S (2022) Statistical and Significant Influence on Physical and Mental Health in Patients with Angina. J Psychiatry. 25:533.

Copyright: © 2022 Khalifa S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Adult angina patients' physical and emotional healths are significantly impacted by depression. In adult angina patients,

depression increased the physical health issues by 61.95% and the mental health issues by 33.15%.