Factors associated with health status and psychological distress among cardiac arrest survivors treated with an implantable cardioverter-defibrillator

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Purpose

To explore factors associated with health status and psychological distress among cardiac arrest (CA) survivors treated with an implantable cardioverter-defibrillator (ICD), and to compare their health status with a general Swedish population

Material and methods

- Cross-sectional study including 990 CA survivors treated with an ICD
- Linear regression analyses were used to explore factors associated with EQ index, EQ VAS (health status), HADS anxiety and HADS depression (psychological distress)

Results

The following factors were independently associated with worse outcome in all four final regression models:

Being unemployed
Suffering more comorbidity
Perceiving less control
Having a type D personality

Health status among ICD-treated cardiac arrest survivors compared to a Swedish general population*

Variable, m (SD)	All, n=1990	CA survivors, n=990	General population, n=1000	p-value ^a	Eta square (η^2) ^b
EQ index	0.81 (0.21)	0.84 (0.20)	0.79 (0.21)	<0.001	0.022
EQ mobility	1.24 (0.43)	1.27 (0.45)	1.21 (0.41)	0.002	0.005
EQ self-care	1.04 (0.23)	1.05 (0.23)	1.04 (0.23)	0.278	0.000
EQ usual activities	1.16 (0.42)	1.20 (0.46)	1.12 (0.37)	<0.001	0.014
EQ pain/discomfort	1.55 (0.56)	1.40 (0.53)	1.70 (0.55)	<0.001	0.073
EQ anxiety/depression	1.29 (0.49)	1.27 (0.47)	1.30 (0.50)	0.382	0.000

^a Mann-Whitney U test

* Matched for age and gender on a group level

^b Effect size measured by Eta square (small=0.01-0.06, medium=0.06-0.14, large>0.14)

Conclusions

- Health status among most ICD treated CA survivors is good
- Several factors predicting worse health status and more psychological distress were identified
- These results might be used when screening patients for health problems during post CA follow-up and when developing health promoting interventions