Psychological Correlates of Early Onset IHD in a Sample Drawn from Pakistani Population

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Abstract- Currently burgeoning research literature confirms significant association among psychological risk factors and onset of IHD; however the evidence avails only from studies carried out in the west. Focus of studies conducted on indigenous population has been on assessing classical risk factors. Psychological risk factors have mostly been ignored, though evidence proves that in many cases these risk factors surmount larger if not equivalent risk to classical risk factors. The present research will explore psychological risk factors for early onset of Ischemic Heart Disease (IHD) in a sample drawn from Pakistani population. Primary study variables include perceived stress, depression, anxiety, hostility, anger. It is primarily hypothesized that there is significant relationship between psychological factors and risk for early onset of IHD. It is further hypothesized that there is significant relationship between reported family history of IHD and physical health factors (diabetes and hypertension), physical measurements (body mass index and waist and hip circumference) and risk for early onset of IHD. Case control research design was employed in the present study. Sample included male and females between 35 to 55 years of age, that were recruited from five hospitals in Lahore city, running a coronary care unit or equivalent cardiology ward through purposive sampling. Standardized tools were translated in indigenous language and there psychometric properties were predetermined through a pilot study. Results of the study were analyzed by using multivariate logistic regression model. The analyses addressed the hypotheses described above. Results of the study highlight significant association between psychological risk factors and early onset IHD. Implications for the implementation of psychological interventions are being highlighted.

Remark: The full paper may be found in www.inrit2011.com or www.ijcim.th.org.