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Background and Aims: Prevalence of depression and anxiety in patients recovering from acute coronary syndrome (ACS) i.e., myocardial infarction and unstable angina is higher than in general population and both depression and anxiety are associated with poor cardiac outcomes and higher mortality. Despite the prognostic role of post-ACS depression no clinical trials of prevention of depression and anxiety in this population of patients has been undertaken. The aim of the study is to evaluate the efficacy of preventive treatment with SSRI (escitalopram) in the first year after ACS.

Methods: 234 non-depressed patients will be enrolled within 8 weeks after ACS and will be randomly assigned to treatment with escitalopram/placebo (5-20 mg) in 52 weeks. There will be 9 psychiatric and 3 cardiologic assessments during the year of the study. Primary outcome measures are the diagnosis of depression and HDS (Hamilton Depression Scale). Psychiatric measurements: SCAN (Schedules for Clinical Assessment in Neuropsychiatry), HDS, HAS (Hamilton Anxiety Rating Scale), UKU Side Effect Rating Scale, ESSi (ENRICH Social Support Instrument), SF-36 (SF-36 Health Survey), SCL-92 (Symptom Check List) and BDI (Beck Depression Inventory). Cardiologic measurements are blood pressure, electrocardiography, echocardiography (left ventricular ejection fraction), heart rate variability and use of medicine.

Conclusion: ACS patients with mental illness often remain untreated with an increased risk of somatic comorbidity and mortality. DECARD study is the first study evaluating the effect of prophylactic treatment of depression in patients with ACS. The study is ongoing and on 15th October 2007 there were 216 patients enrolled.

P0200

Depression prevalence and its related factors in nursing homes elderly

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Backgrounds and Aims: Depression, especially in nursing homes elderly, is one of the most important mental health disorders. There is many controversy about depression's related factors ; so this study was carried out in order to asses depression prevalence and related factors in nursing homes elderly in Kashan – Iran 2007.

Methods: In this cross-sectional study, all of people aged ≥ 60 years old who were resident in Golabchi center of Kashan city (n=52) were selected. The GDS-30 questionnaires were completed through interview using self-reporting method. Depression status was determined in 0-30 scale .The sample were divided two groups. 0-9 and 10-30 scores was spotted as no-depressed and depressed groups respectively. The data analyzed using T-test and exact fisher test.

Results: Prevalence depression was 85/5%. Depression prevalence was more in men, unmarried people, uneducated people, people who were under the treatment insurance, people who had specific income source, people who had visitors at least monthly, ill people, optional inhabitancy, people who had religious beliefs in medium level and less, and they had participated in religious ceremonies in medium

level and less; But these differences were not significant. Age, duration of inhabitancy and child number was not also different between two groups.

Conclusion: Prevalence of Depression in nursing homes elderly is numerous. In order to improve old people quality of life must attend to this topic.

Key words: Geriatric, Depression, related factors

P0201

An alternative approach to treatment of depression

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Objective: To demonstrate through 3 classic case examples that depression can be predictably overcome through 'Breakthrough Intimacy' - closeness between committed couples far greater than their previous maximum experience, eliminating depression by making it unnecessary.

Method: Lifetrack therapy works with couples (the patient and his/her partner in life) bringing them far closer than ever before, guided by their own daily self-rating on 41 parameters that allow accurate graphic tracking via Internet of subtle changes in their personalities during each therapy session. Working in three-way teamwork, the therapist actively help the couple to achieve closeness far greater than their previous maximum level, overcoming waves of symptom spikes (such as depression) until they disappear by exhaustion, as the couples undergo personality transformation.

Results: Of the 1,170 patients treated (all of them showing varying degree of depression) over the last 20 years, 48% of patients reached a level of adjustment beyond their previous maximum level. Among them, 31% reached a level more than twice, 24% reached more than three times, 20% reached more than four times, 16% reached more than five times, and 7.6% reached more than ten times their previous maximum level of adjustment according to their own daily subjective self-rating, far beyond symptom elimination.

Conclusion: Depression may be better understood and treated as the consequence of one's personality which can be transformed through 'Breakthrough Intimacy'. The results of this study over the last 20 years support an alternative approach in treatment of depressive disorder.

P0202

Impairment of memory function by computer operation demands in recurrent depressive disorder

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Impairment of memory function in depressive patients is discussed controversially. At least memory impairment might be expected in more complex and effortful memory tasks.

80 patients with recurrent depressive disorder (ICD-10: F33) were compared to healthy controls in two computerized memory tasks (NEUROBAT verbal recognition and nonverbal free recall). Psychopathology (HDRS, BDI, mood scales) and computer attitude as well as computer experience were controlled as possible co-variables. A correlation between performance in computerized

neuropsychological assessment and computer attitude had been found in former studies (Weber et al. 2002, *Acta Psychiatr. Scand.*, 105, 126–130).

Unexpectedly in older patients poorer memory performance could be shown in the simple recognition task and not in the more effortful free recall. No correlations were found to depressive psychopathology. Significant correlations between computer experience and recognition task performance indicate that computer operation might be regarded as a relevant additional executive demand. The additional executive demand seems to cause a relevant inhibition of memory function in patients with lower degree of automation in computer operation.

The results of the present study confirm the well known difficulties in interpretation of neuropsychological test results in depression. The impairment by computer operation demands predominantly concerns female and older patients. Computer experience and computer attitude should be measured routinely concomitant to computerized neuropsychological assessment. Non-computerized tests should be used additionally in order to confirm results if necessary.

Furthermore the inhibition of distinct cognitive functions by additional executive demands might be regarded as a neuropsychological dimension of depressive psychopathology.

P0203

The effect of music on the patient's anxiety before coronary artery angiography

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Introduction: Anxiety is a kind of agitation and concern stemming from the feeling of threat or hazard in human soul.

Materials and Methods: This study was monitored by triangular sequential analysis test. The samples consisted of 110 patients undergoing coronary artery angiography among whom 55 patients were randomly chosen to be allocated in the control group and 55 patients in experimental group. The demographic questionnaire, Spielburge's stat-trait anxiety inventory and digital indicator were used to collecting data. About one hour before angiography, the demographic part of the questionnaire was completed by the participants in both groups. Then soothing and no words music was played for the experimental group for 15 minutes.

Results: The results of this study indicated that after the entrance of 80 patients in the fourth interim analysis in this study (41 in the test group and 39 in the control group), the clinical trial stopped in the interests of the test group ($p=0.009$ triangular test). The rate of anxiety stat and trait, systolic and diastolic blood pressure and respiratory rate of the test group after music intervention indicated statistically significant difference in contrast to the control group, based on the results the analysis of covariance test. But the difference between the heart rate in these two groups was not statistically significant ($p=0.174$).

Conclusion: The results obtained indicated the effect of music on coronary artery angiography anxiety. Therefore, it can be concluded that listening to music may be an assisting treatment for anxiety and its resulting physiological signs.

Key words: Anxiety/ Angiography/ Music

P0204

Depression, heart disease, mortality and cholesterol: A new look at controversial data

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Back ground: The importance of cholesterol for health, physical and psychological well-being has been recognized for a long time. Changes in serum cholesterol levels may have a direct impact on mental performance, mood, behavior, survival and expected lifetime duration.

Objective: To examine the association between depression and cholesterol levels and to discuss the possible implications in clinical practice.

Method: A MEDLINE search was conducted to identify relevant studies and reviews. The results of our own research will be also presented.

Results: Clinical investigations of cholesterolemia in patients with depressive disorders have produced very conflicting results. Recently, low serum cholesterol was proposed as a biological marker for depression, suicide and affective disorders. Depression has increasingly been recognized as an independent risk factor for coronary heart disease (CHD). On the other side, CHD is related to high serum cholesterol levels. It seems that both low and high serum cholesterol may be associated with a higher risk of the premature deaths as well as with depression.

Conclusion: Our current knowledge on the relation between cholesterolemia and depressive disorders is poor and controversial. The lipoprotein profile, rather than total cholesterol levels, seems to be more important.

P0205

Depression, anxiety and their correlation with cognitive functions in affective disorders

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Background: In patients suffering from depression, neuropsychological deficiencies of attention, memory, psychomotor speed and executive functions are observed.

Aims: The aim of this study is to find relationship between selected cognitive functions, and intensity of depression and anxiety as state and trait in depressed patients.

Methods: 16 Patients meeting the ICD 10 criteria of depressive disorders (F32, F33) were recruited. Patients with mild-to-moderate depression as measured by Beck Depression Inventory (BDI) score were included in the study. The battery of cognitive neuropsychological tests used to assess cognitive functions included: trail making test, part A and B, and Stroop test, part RCN and NCWd. The intensity of anxiety as state and trait was assessed with the use of the Spielberger State-Trait Anxiety Inventory (STAI). The results were analyzed statistically.

Results of the study: In the examined group no statistically significant relation between the results neuropsychological tests (trail making test, part A and B, Stroop test) and the intensity of depression measured with BDI, and the intensity of anxiety as state and trait, measured with STAI was found. Interestingly a statistically