## Impact of Anti-hypertensive Medication On Psychological Status and Quality of Life in Essential Hypertension

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**Background:** Previous findings regarding a possible association among anti-hypertensive medication and dimensions of depressive symptoms, psychopathology and quality of life are mixed.

**Objectives:** This study examined whether anti-hypertensive medication impacts on depressive symptoms, psychopathology and quality of life in a sample of hypertensive patients.

**Aims:** Using a prospective design we aimed to explore the psychological status of hypertensive patients both at baseline and one year later.

**Methods:** A sample of 198 patients (89 men – 108 women, mean age 52, 9 years, SD = 11, 81 ranged 25-78) with a newly diagnosis of essential hypertension was recruited from a general hospital. The questionnaires included at baseline (T1): a) question for the recording of social-demographic characteristics and clinical features, b) The Short Form 36 (SF-36) General Health Survey questionnaire, c) the Beck Depression Inventory –II (BDI-II), and d) The Symptom Checklist-90-Revised (SCL-90-R). Sixty-two participants completed the SF-36, BDI-II and SCL-90-R again one year later (T2).

**Results:** Paired t tests showed that there were not significant differences on the psychological measures from baseline to one-year follow-up (Table 1).

**Conclusions:** Our findings do not support that anti-hypertensive medication has any impact on depression, general psychopathology and quality of life scores than those who use only a dietary program.

**Table 1.** Descriptive statistics for the psychological variables

| | Paired Differences (N=62) | | | | | | |
| | Mean | SD | 95% Confidence Interval of the Difference | | t | df | P value |
| | | | Lower | Upper | | | |
|---|---|---|---|---|---|---|---|
| Physical Functioning T1 – T2 | .25484 | 22.62 | -5.49128 | 6.00095 | .089 | 61 | .930 |
| Role-Physical (RP) T1-T2 | -2.01613 | 53.99 | -15.72945 | 11.69719 | -.294 | 61 | .770 |
| Role-Emotional (RE) T1-T2 | -1.61258 | 41.12 | -12.05679 | 8.83163 | -.309 | 61 | .759 |
| Vitality T1-T2 | -.13689 | 21.53 | -5.65215 | 5.37838 | -.050 | 60 | .961 |
| Mental Health (MH) T1-T2 | 2.58065 | 28.66 | -4.69836 | 9.85965 | .709 | 61 | .481 |
| Social Functioning T1-T2 | 5.24194 | 34.51 | -3.52341 | 14.00728 | 1.196 | 61 | .236 |
| Bodily Pain T1-T2 | 1.37097 | 30.12 | -6.27849 | 9.02042 | .358 | 61 | .721 |
| General Health (GH) T1-T2 | -.92758 | 24.03 | -7.03017 | 5.17501 | -.304 | 61 | .762 |
| Physical Component Summary (PCS) T1-T2 | -.32903 | 25.37 | -6.77322 | 6.11516 | -.102 | 61 | .919 |
| Mental Component Summary (MCS) T1-T2 | 1.48855 | 23.91 | -4.58548 | 7.56258 | .490 | 61 | .626 |
| Somatization T1-T2 | -.033 | 11.18 | -2.896 | 2.831 | -.023 | 60 | .982 |
| Obsessive-compulsive T1-T2 | -.557 | 9.04 | -2.874 | 1.759 | -.481 | 60 | .632 |
| Interpersonal sensitivity T1-T2 | .016 | 7.21 | -1.833 | 1.865 | .018 | 60 | .986 |
| Depression (SCL-90) T1-T2 | .770 | 11.57 | -2.195 | 3.736 | .520 | 60 | .605 |
| Anxiety T1-T2 | .770 | 8.45 | -1.395 | 2.936 | .712 | 60 | .479 |
| Hostility T1-T2 | 1.180 | 5.32 | -.183 | 2.543 | 1.732 | 60 | .088 |
| Phobic anxiety T1-T2 | -.902 | 3.57 | -1.816 | 1.013 | -1.972 | 60 | .055 |
| Paranoid ideation T1-T2 | .672 | 6.95 | -1.108 | 2.453 | .755 | 60 | .453 |
| Psychoticism T1-T2 | -.082 | 6.66 | -1.789 | 1.625 | -.096 | 60 | .924 |
| Depressive symptoms (BDI) T1-T2 | -1.190 | 11.13 | -3.995 | 1.614 | -.849 | 62 | .399 |