

P01-302 - **THE EFFECTS OF CARDIAC SURGERY ON HEALTH - RELATED QUALITY OF LIFE, AND EMOTIONAL STATUS OUTCOMES: A FOLLOW-UP STUDY**

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Objective: The aim of this study was to assess the course of quality of life and emotional status outcomes during the six months after elective CABG.

Method: In a prospective study, we followed up for 6 months 138 of the original 147 CABG patients. A series of psychometric self - rating scales were administered.

Results: The ratings obtained from the BDI reflected significant decreases in levels of depression from preoperative to 6 - month follow - up assessments (before surgery = 6.5 ± 4.9 ; at 6 - month follow - up = 4.6 ± 4.7 ; $p < 0.001$). The PTSS - 10 ratings from the whole sample reflected significant decreases in levels of PTSD symptoms from preoperative to 6 - month follow - up evaluations (before surgery = 18.2 ± 6.7 ; at 6 - month follow - up = 17.3 ± 8.0 ; $p < 0.01$). The measurements of health - related quality of life indicated significantly higher SF - 36 values on all of the eight health - related domains from preoperative to 6 - month follow - up. However, at 6 - month follow - up, patients with clinical depression and posttraumatic stress symptoms had significantly lower SF - 36 values on a variety of SF-36 domains.

Conclusion: Elective CABG is associated with significant improvements in HRQOL relative to the preoperative period, but impairments in HRQOL were found in a subgroup of post - CABG patients with evidence of PTSD, or depression at 6 - month follow - up.