68. PSYCHO-EMOTIONAL STATUS AND THERAPEUTIC ADHERENCE IN PATIENTS WITH VALVULAR HEART DISEASE

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Introduction. Valvular heart disease represents a major cause of cardiovascular morbidity and mortality worldwide. The progression of the disease is influenced not only by the severity of hemodynamic alterations but also by behavioral and psycho-emotional factors.

Aim of study. To analyse the relationship between psycho-emotional status and therapeutic adherence in patients with valvular heart disease during the preoperative period.

Methods and materials. The study included 50 patients hospitalized at the Institute of Cardiology, Department of Cardiac Surgery, between January and December 2025. Treatment adherence was assessed using the Morisky-Green scale (MMAS-4), where higher scores indicate a lower level of treatment adherence (0-4). Data of depression were obtained using the Patient Health Questionnaire (PHQ-9), while the Hospital Anxiety and Depression Scale (HADS) was used to assess subclinical and clinical levels of anxiety and depression in our patients. The relationships between the studied variables were analysed using correlation coefficient Spearman (r).

Results. Correlation analysis revealed a significant positive correlation between the PHQ-9 score and the MMAS-4 score ($r = 0.310$; $p = 0.028$), indicating that greater severity of depressive symptoms is associated with lower treatment adherence. From a clinical perspective, this finding suggests that patients with more severe depressive manifestations tend to adhere less to the prescribed therapeutic regimen, which may influence the control of cardiovascular symptoms and the course of the disease in the preoperative period. The correlation between the HADS-D score and MMAS-4 was positive, but not statistically significant ($r = 0.170$; $p = 0.238$), suggesting the same but less pronounced trend in the analysed group. Also, no significant association between anxiety by HADS-A and adherence of treatment was identified ($r = 0.142$; $p = 0.322$), thus, anxiety exerts a limited influence on treatment adherence in depressive patients.

Conclusions. Patients with valvular heart disease and depression during the preoperative period have reduced therapeutic adherence. Assessment of psycho-emotional status during the preoperative evaluation may help identify patients at increased risk of non-adherence and contributes to optimising clinical management.

Keywords. Valvular heart disease, psycho-emotional status, treatment adherence.

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