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Relation of personal anxiety with other psychosocial factors in female population aged 25-64 in Russia/Siberia: MONICA-psychosocial epidemiological study

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Purpose: To study prevalence of personal anxiety and its association with family stress and other psychosocial factors in female population aged 25-64 years in Russia.

Methods: Under the third screening of the WHO Monica-psychosocial (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. Anxiety levels were measured at the baseline by means of Spilberger's test.

Results: High level of personal anxiety (HLA) in female population of 25-64 years was 60.4%. The rate of poor sleep increased in three times in persons with HLA compared without anxiety (p<0.01). Major depression also had a peak in women with HLA and made up 13.5% (p<0.001). High values of vital exhaustion and hostility were more frequent for HLA compared to lower anxiety levels (p<0.01). 80% of those women with HLA had low indices of close contacts (p<0.001). There was increasing of conflicts in family up to 58.9% and changes in marital status with growth of anxiety levels (p<0.01). There was a tendency of increasing for job stress in those with HLA (29.5% with high and 52.6% with moderate job stress levels).

Conclusion: The prevalence of HLA in female population 25-64 years in Russia is large. Women with HLA more likely have major depression, high hostility and vital exhaustion, poor sleep, low social support, high family and job stress.

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