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The prevalence of anxiety among patients with implantable cardioverter-defibrillator, does it change with decades of implementations?

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INTRODUCTION:
Currently, it is believed that implantable cardioverter-defibrillator (ICD) is the most effective method of primary and secondary prevention of sudden cardiac death due to ventricular arrhythmias. Although ICD saves lives, it can lead to psychological disturbance in many patients including anxiety and other forms of psychological distress.

AIM:
The aim of this meta-analysis was to assess the prevalence of anxiety among adults with an implantable cardioverter-defibrillator. A more accurate estimate of anxiety prevalence than what is currently available is needed to gauge the potential impact of anxiety management among patients with implantable cardioverter-defibrillator.

METHODS:
A comprehensive search of articles that were published between 1999 and October 2018 was conducted using MEDLINE, PubMed, Web of Science, Scopus and Google Scholar. Data extraction was carried out by two independent researchers. The severity of anxiety symptoms in the included studies was measured by self-report questionnaires; Hospital Anxiety and Depression Scale (HADS). The quality of the included studies was assessed using the Newcastle-Ottawa Scale. A random-effects model was used to estimate the pooled mean difference of these values between patients with ICD and the controls. The eligible publications were divided into two parts depending on the decade in which they were carried out; the first decade 1999-2008 and the second decade 2009-2018.

RESULTS:
20 studies of the 591 search results met the inclusion criteria with data from 7352 patients (77 % male, mean age 59 years) with implantable cardioverter-defibrillator. Patients with ICD implanted in the first decade have reported a higher prevalence of anxiety symptoms (HADS index = 8) compared to the patients with ICD implanted in the second decade, respectively (25.5% vs 19.6 %, p < 0.001). Fig. 1.

CONCLUSION:
Based on existing data, the prevalence of contemporary anxiety in patients with ICD is high as 19.6% but significantly lower than in the previous decade. This requires further research on the cause and the possibility of treatment. This may be related to the dissemination of information about this modern method of treatment in society.
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