

## OP35.4

### Ideal cardiovascular health and psychosocial risk factors

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**Background & Aim:** The American Heart Association (AHA) has defined ideal cardiovascular health as the absence of disease and the presence of seven key health factors and behaviors, 'Life's Simple 7'. However, little is known about mental aspects associated with ideal cardiovascular health metrics. The aim of the present study is to assess the relationship of psychosocial risk factors with 'Life's Simple 7' among Finnish women at working age.

**Methods:** A cross-sectional study among 732 caucasian female employees (mean age  $48 \pm 10$  years) from ten randomly selected work units, conducted in 2014. Ideal cardiovascular health metrics were evaluated with physical examination, laboratory tests, medical history, and self-administrated questionnaires. Psychosocial risk factors, i.e. social isolation, stress, depressive symptoms, anxiety, hostility, and type D personality were assessed with core questions.

**Results:** The prevalence of having 5-7 ideal cardiovascular health metrics was 183 (25.0%). There were 272 (37.2%) women who had none of the psychosocial risk factors. Anxiety (31.3%), work stress (30.7%) and type D personality (26.1%) were the most prevalent of the psychosocial risk factors. The prevalence of depressive symptoms ( $p < 0.001$ ) and type D personality ( $p = 0.049$ ) decreased linearly according to the sum of ideal cardiovascular health metrics after adjustment with age and education years.

**Conclusions:** Psychosocial risk factors have a considerable relationship with the achievement of AHA's 'Life's Simple 7' in women at working age. Especially, screening and treating depression, and dealing with type D personality might be crucial to improve cardiovascular health in the population level.