



Psychotherapy In Cardiovascular Diseases

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INTRODUCTION

Cardiovascular diseases are among the important causes of morbidity and mortality for men and women (1,2). Coronary artery disease (CAD), heart failure, valvular heart diseases and arrhythmias are some of the cardiovascular diseases. The etiology and course of cardiovascular diseases are associated with psychiatric symptoms. Many mechanisms support this relationship. In addition, the relationship between psychiatric characteristics and cardiovascular diseases can be bidirectional. The symptoms and treatment of arrhythmias and coronary heart disease can cause psychiatric symptoms. Psychiatric symptoms and psychiatric disorders can also exacerbate heart disease. In addition, when people have psychiatric symptoms, they may show risky behaviors and an unhealthy lifestyle (3).

Cardiac rehabilitation (CR) is a comprehensive program aimed at exercise training, recognition, and reduction of cardiac risk factors(4). American College of Cardiology (ACC) and American Heart Association (AHA) suggests CR in the first line for the acute coronary syndrome, coronary artery bypass, chronic stable heart failure, heart valve surgery, and percutaneous coronary intervention (5). Nowadays, psychoeducation and other psychological interventions are the essential components of CR. These interventions are generally aimed at helping the patient to recover, educating them about the risk factors of the disease, and preventing relapse. The components of these interventions may differ and range

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(A Stepwise Psychotherapy Intervention to Reduce the Risk in Coronary Artery Disease) study, patients with CAD received three sessions of supportive-expressive psychotherapy, and those with persistent depressive symptoms received group psychotherapy (48). There was no difference in improvement in depressive symptoms or cardiac outcomes between the control and intervention groups.

CONCLUSION

Psychiatric symptoms in cardiovascular diseases are significant both independently and because they can lead to alienation from a healthy lifestyle. Addressing these situations can result in a decrease in cardiac recovery and psychiatric symptoms. Treatment can be provided with both pharmacological agents and psychotherapeutic interventions. In this sense, psychoeducation, CBT, MBI, and other psychotherapy interventions can be essential to cardiac rehabilitation.

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