Health status and psychological distress among in-hospital cardiac arrest survivors in relation to sex

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Introduction & Aim: Knowledge about health among cardiac arrest (CA) survivors is sparse, in particular among those suffering in-hospital cardiac arrest (IHCA). The aim was to describe health status and psychological distress among IHCA survivors in relation to sex.

Methods: This national register study presents follow-up data of 594 IHCA survivors, from 64% of eligible hospitals in Sweden, between 2013 and 2105. A questionnaire was sent to the survivors, 3-6 months post CA, including measures of health status (EQ-5D) and psychological distress (HADS).

No conflict of interest

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Results: Women reported more problems in most dimensions of EQ-5D, worse health status (EQ-index) (0.75 vs 0.79, $p<0.001$) and a lower median value for EQ-VAS (65 vs 75, $p<0.001$). Women also reported more problems with anxiety and symptoms of depression compared to men. Being women was significantly associated with lower health status and more psychological distress in the regression models. No interaction effects for sex and age were found.

Conclusions: Although the majority of the survivors reported acceptable health status and no psychological distress, a substantial group reported serious problems. Women reported worse health status and more psychological distress compared to men. All IHCA survivors should be screened for health problems during the post cardiac arrest follow-up, and offered support when needed.

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Variable	All patients (n=594)	Women (n=218)	Men (n=376)	p-value
EQ VAS, md (q1-q3)	70 (50-80)	65 (50-80)	75 (55-80)	$<0.001^a$
EQ index, md (q1-q3)	0.78 (0.67-0.86)	0.75 (0.61-0.81)	0.79 (0.69-0.87)	$<0.001^a$
HADS anxiety, md (q1-q3)	2 (0-5)	3 (1-6)	2 (0-5)	$<0.001^a$
HADS depression, md (q1-q3)	2 (1-5)	3 (1-6)	2 (1-4)	$<0.001^a$

^a Mann-Whitney U test

EQ VAS= EuroQoL Visual Analogue Scale, HADS= Hospital Anxiety and Depression Scale