

**AH-44**

**Self-Perceived Burden and Depression among Patients with Coronary Heart Disease: The Moderating Role of Social Support**

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**Background & Hypothesis:**

The aim of the study was to investigate the effects of self-perceived burden and social support on depression in patients with coronary heart disease (CHD).

**Methods:**

Eighty-six CHD patients participating in cardiac rehabilitation responded to a battery of psychosocial measures. Hierarchical multiple regression analyses were conducted. Age, gender, education level, history of myocardial infarction, hypertension, coronary artery bypass surgery and angioplasty were controlled for in the analysis.

**Results:**

Of the participants, 19% reported moderate to severe depressive symptoms, and 47% of the respondents indicated that they experienced significant levels of self-perceived burden. Social support ( $\beta = -0.438$ ,  $P < 0.001$ ) and self-perceived burden ( $\beta = 0.312$ ,  $P = 0.004$ ) were found to be significant independent predictors of depressive symptoms. Additionally, social support was found to moderate the impact of self-perceived burden on depressive symptom severity,  $\beta = -0.312$ ,  $\Delta R^2 = 0.092$ ,  $P = 0.001$ . Simple slope analyses revealed significant positive associations between self-perceived burden and depression at low ( $b = 0.287$ ,  $P < 0.001$ ) and average ( $b = 0.132$ ,  $P = 0.024$ ) levels of social support, but not for high levels of social support ( $b = -0.024$ ,  $P = 0.744$ ).

**Discussion & Conclusion:**

Self-perceived burden appeared to be a common experience among CHD patients. In addition, social support appeared to be a protective factor against self-perceived burden. Assessing feelings of self-perceived burden and levels of social support may help identify CHD patients at higher risk for depression.