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Treatment of Anxiety in Patients with Coronary Heart Disease:
A Systematic Review

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Abstract

Objective: Anxiety is common in patients with coronary heart disease (CHD) and is associated with increased risk for adverse outcomes. There has been a relative paucity of studies concerning treatment of anxiety in CHD patients. We conducted a systematic review to organize and assess research into the treatment of anxiety in CHD patients.

Methods: We searched CCTR/CENTRAL, MEDLINE, EMBASE, PsycINFO, and CINAHL for randomized clinical trials (RCTs) conducted before October 2016 that measured anxiety before and after an intervention for CHD patients.

Results: 475 records were subjected to full text review, yielding 112 publications that met inclusion criteria plus an additional 7 studies from reference lists and published reviews, yielding 119 studies. Sample size, country of origin, study quality, and demographics varied widely between studies. The majority of studies were conducted with non-anxious patients. The Hospital Anxiety and Depression Scale and State-Trait Anxiety Inventory were the most frequently used instruments to assess anxiety. Interventions included pharmacological,

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