

# Heart Failure

- Most rapidly growing form of CV dz in America
- ½ of these patients are women
- By 2030, >8 million = expected cost \$70 billion
- > 50% hospitalized HF patients readmitted within 6 months
- Positive psychological states associated with superior cardiovascular outcomes

# Optimism and WHI

- >97K women with LOT-R scores
- Top quartile = 30% lower risk of CV disease:  
incident CHD  
mortality  
all cause mortality  
over approx 8 year period
- Positive psychology interventions not yet attempted in this population

# Positive Psychological Interventions

- Optimism “trait-like” – 40% is under one’s own control
- Meta-analysis of 50 trials in >4000 patients demonstrate efficacy of interventions which may last months after the intervention
- Best possible self: social relationships and health