

not differ between the groups. Among individuals without symptoms of depression, males prevailed (90.9% in the non-depressed group vs 69.7% in the group with severe depression, $p=0.007$). Hypercholesterolemia was more frequent in patients with depressive symptoms (43.9% in the non-depressed group vs 63.3% in the group with depressive symptoms, $p=0.02$). During follow-up period 33 patients died (21.2%). Adjusted HR for all-cause mortality on depression score was 1.05, 95% CI 1.01–1.09, $p=0.02$. Patients without depression were accepted as a reference group with HR=1.0 for analysis of categorical indicator. HR was 1.08, 95% CI 0.46–2.54, $p=0.9$ in patients with mild depressive symptoms and 2.92, 95% CI 1.17–7.32, $p=0.02$ in patients with severe depressive symptoms.

Conclusion: Depression was associated with gender and hypercholesterolemia. Severe symptoms of depression are independently associated with all-cause mortality in patients with CHF and implanted cardiac devices for CRT.

P5407
Predicting adherence to internet-delivered cognitive behaviour therapy for comorbid symptoms of depression and anxiety after myocardial infarction

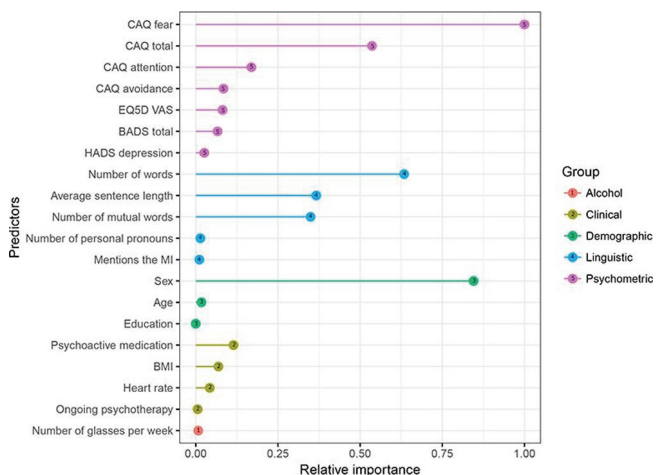
J. Wallert¹, E. Gustavson¹, C. Held², G. Madison³, F. Norlund¹, L. Von Essen¹, E. Olsson¹. ¹Uppsala University, Department of Women's and Children's Health, Uppsala, Sweden; ²Uppsala Clinical Research Center, Department of Medical Sciences: Cardiology, Uppsala, Sweden; ³Umeå University, Department of Psychology, Umeå, Sweden

Background: Psychotherapeutic treatment for the subgroup of patients with MI that also suffer from comorbid symptoms of anxiety and/or depression (MI-ANXDEP) is part of cardiac rehabilitation (CR). Adherence to a range of treatments and lifestyle advice is crucial for risk reduction in these patients. Understanding the relative importance of predictors of adherence to internet-delivered cognitive behaviour therapy (ICBT) for MI-ANXDEP could improve their targeted care.

Purpose: We estimated the relative importance of a range of established and novel predictors of adherence to ICBT for MI-ANXDEP patients.

Method: The study sample consisted of 90 MI-ANXDEP patients (58.4 years, 62% men) recruited from 25 hospitals in Sweden who were randomised to active treatment in the ICBT trial U-CARE Heart. Time-point of prediction was at completion of the first homework assignment (HWA), and adherence was gauged at the end of treatment (48% adherers). Adherence was defined as completing at least the first two HWAs within the 14-week treatment period. A supervised machine learning (ML) procedure, applying 3x10 cross-validated recursive feature elimination with a random forest model as internal classifier, estimated the relative importance of predictors for adherence from a range of patient demographic, clinical, and linguistic variables that were available at completion of the first HWA.

Result: Out of 34 potential predictors, ML selected an optimal set of 19 predictors (Accuracy 0.64, 95% CI 0.61–0.68). The strongest predictors for being classified as adherent were in order of relative importance (1) higher self-rated cardiac fear (CAQ fear), (2) female sex, (3) more words used by the patient to answer the first homework assignment (Number of words), (4) higher self-rated general cardiac anxiety (CAQ total), and (5) a higher rate of words used by the patient that were identical with words prompted by the first homework assignment (Number of mutual words), as depicted in the figure.



Conclusion(s): It is of clinical importance to understand poor adherence to ICBT treatment in the high risk MI-ANXDEP subpopulation. Higher cardiac anxiety and female sex were the strongest predictors for adherence. A novel finding was that

linguistic variables were important for predicting adherence, particularly the number of words used may signify the degree of personal investment and motivation for treatment, and the number of mutual words used may be a proxy for therapeutic alliance within the treatment. Education had no predictive value. Future research should investigate potential causal mechanisms, and whether these findings replicate outside of Sweden, in larger samples, and for similar eHealth treatments.

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P5408
The effects of different preventive counseling programs on illness perception in patients with paroxysmal atrial fibrillation after catheter ablation

N. Pogosova, A.I. Telegina, Y.M. Yufereva, K.V. Davtyan. *National Center for Preventive Medicine, Moscow, Russian Federation*

Background: Illness perception is a major contributor to patient's behavior yet little is known about cognitive representation of illness in patients (pts) with atrial fibrillation (AF).

Purpose: To assess the impact of different preventive counseling programs on illness perception in pts after catheter ablation (CA) performed for paroxysmal AF.

Methods: This is a prospective randomized controlled study with 3 parallel groups of pts with paroxysmal AF after CA (radiofrequency or cryoablation). Pts were randomized into 3 groups in 1:1:1 ratio. During hospitalization for CA pts from all groups received single-session preventive counseling with focus on their individual cardiovascular risk factors profile. After discharge pts from Group 1 received remote preventive counseling by phone and pts from Group 2 - by e-mail every two weeks for the first 3 months after enrollment (a total of 6 sessions). Group 3 received usual care. Illness perception was assessed using The Brief Illness Perception Questionnaire (BIPQ). Both overall score which represents the degree to which illness is perceived as threatening or benign and scores for 8 IP dimensions were calculated.

Results: A total of 93 pts aged 37 to 72 years were enrolled (mean age 56.48±7.41 years, 57% men). The groups were well balanced according to demographic and clinical features. At 1 year of follow-up pts from both intervention groups experienced significant improvement of the overall illness perception score vs. control (table). This improvement was mainly driven by significant increase of personal and treatment control and by significant decrease of consequences, concern about their condition and emotional representation to the disease in both groups. The timeline and understanding of the disease did not change significantly.

Conclusions: Preventive counseling programs with remote 3 months support via phone and e-mail improve the illness perception in AF pts after CA what may positively affect their health behavior.

NUTRITION, MALNUTRITION AND HEART DISEASE

P5409
Low-carbohydrate diets and all-cause and cause-specific mortality: a population-based cohort study and pooling prospective studies

M. Mazidi¹, N. Katsiki², D.P. Mikhailidis³, M. Banach⁴. ¹Chalmers University of Technology, Department of Biology and Biological Engineering, Food and Nutrition Science, Gothenburg, Sweden; ²Aristotle University of Thessaloniki, Second Propedeutic Department of Internal Medicine, Thessaloniki, Greece; ³University College London, Department of Clinical Biochemistry, London, United Kingdom; ⁴Medical University of Lodz, Department of Hypertension, Lodz, Poland. On behalf of International Lipid Expert Panel (ILEP)

Background: Little is known on the long-term association between low-carbohydrate diets (LCD) and mortality.

Purpose: We aimed to evaluate the link between LCD with total and cause-specific mortality by applying on both individual data and pooling prospective studies.

Methods: Data from National Health and Nutrition Examination Survey (NHANES) (1999–2010) were collected. We used adjusted Cox regression to determine the risk ratio (RR) and 95% confidence interval (95% CI), as well as random effects models and generic inverse variance methods to synthesize quantitative and pooling data, followed by a leave-one-out method for sensitivity analysis.

Results: Based on the data from NHANES with 24825 participants (mean age of 47.6 years, comprising 48.6% men and 51.4% women), after adjustment, participants in the top quartile (Q4) of LCD had the highest risk of total (32%; hazard ratio [HR] 1.32 [1.14–2.01], $p<0.001$), cardiovascular (CVD) (50%; 1.50 [1.12–

Abstract P5408 – Table 1

Overall score of illness perception, mean ± SD*	Group 1 (support via phone)	Group 2 (support via e-mail)	Control group	Differences between group 1 vs. control	Differences between group 2 vs. control
Baseline	45.1±12.1	43.73±9.26	45.05±9.87		
After 12 months	29.85±15.3	29.67±7.7	38.75±8.16	$p<0.05$	$p<0.001$