

TABLE 1. Characteristics of research studies ($n=11$) related to psychological factors & CVD risk in women.

Author & Year published	Study Design	Sample	Instruments	Findings
Andre-Petersson et al. (2007)	Prospective cohort	N=7,770 4707 women (54.2 years old) and 3063 men (55.5 years old)	The MalmoDiet and Cancer Study (MDCS) questionnaire	At follow-up, social support at work was an independent predictor of MI and stroke among women RH:2.07 (CI: 1.00–4.27).
Albert et al. (2005)	Prospective cohort	N= 72,359 women with no history of CVD or cancer	The Crown-Crisp phobia index (CCI)	A higher score on the CCI was associated with an increased risk of sudden cardiac death and fatal CHD but not of nonfatal MI in age-adjusted (p , trend ≤ 0.008) and in multivariable models excluding possible biological intermediaries (p , trend ≤ 0.03).
Clouse et al. (2003)	Prospective cohort	N= 76 women with type 1 and type 2 diabetes ($n=16$ with and $n=60$ without active major depression)	The National Institute of Mental Health Diagnostic Interview Schedule—version 3 (DIS)	Development of CHD was significantly more rapid in women with depression ($p < 0.01$ between 10-year curves), an effect that persisted after controlling for baseline differences in BMI. Depression also was an independent predictor of CHD in the multivariate model with an age-adjusted HR of 5.2 (CI: 1.4–18.9; $p=0.01$).
Dahlén et al. (2022)	Prospective cohort	N= 502,594 participants (37–73 years old)	Personality proxies were created using self-reported data on psychological factors, mental health and social support, to match the facets of the Big Five traits.	Nervousness significantly increases the risk for incident MI among women (HR: 1.13; (CI:1.08–1.19)) compared to men (HR: 1.05; (CI:1.02–1.08)).
Gafarov et al. (2013)	Prospective cohort	N= 870 women (25-64 years old)	The Berkman-Sym test	Over a 16-year follow-up period, women with low indices of close contacts had 4.9 times higher RR for MI & 4.1- times higher risk for stroke. A low level of social network increased the MI risk by 2.9 times & the stroke risk by 2.7 times.
Lloyd et al. (1996)	Prospective cohort	N= 613, with insulin-dependent diabetes mellitus (IDDM)	The Beck Depression Inventory (BDI)	When depression was examined categorically, i.e., 67% of those developing CAD had BDI scores of 10 or more (mild depression), and 33% had scores of 16 or more (clinical depression) compared with 26% ($p < 0.001$) and 12% ($p < 0.05$), respectively, for those not developing CAD. Depression was a risk factor exclusively for women and fibrinogen was important only in men.
Lohse et al. (2017)	Prospective cohort	N= 9,921, 4839 men 5082 women, (≥ 18 years old)	The Bortner Scale	In women, competitiveness was positively associated with CVD mortality 1.39 (CI:1.07-1.81) & IHD mortality (intermediate category vs. the lowest, 1.46 (CI:1.02-2.10)).
Rutledge et al. (2009)	Prospective cohort	N= 489 women	The Beck Depression Inventory (BDI) The State-Trait Anxiety Inventory (STAI)	A significant BDI * STAI interaction effect in the prediction of CVD events ($p=0.02$) after covariate adjustment.
Thurston et al. (2007)	Prospective cohort	N= 3003	Loneliness was derived from an item on the CES-D scale	Among women, high loneliness was associated with increased risk of incident CHD (high: HR: 1.76, (CI:1.17–2.63); medium: HR: 0.98, (CI:0.64 –1.49); reference: low), controlling for age, race, education, income, marital status, hypertension, diabetes, cholesterol, physical activity, smoking, alcohol use, systolic and diastolic blood pressures & BMI.
Whang et al. (2009)	Prospective cohort	N= 63,469 women without prior CHD/stroke	The Mental Health Index (MHI-5)	Depressive symptoms were associated with CHD events, and the relationship was strongest for fatal CHD, where the association remained significant even after controlling for CHD risk factors (HR: 1.49; (CI: 1.11-2.00) for MHI-5 score < 53).
Young et al.(2005)	Cross-sectional	N= 1,446 women, (> 60 years old)	Sociodemographics	Comparing lone with partnered mothers, lone mothers were 3.3-times more likely than were partnered mothers to have had a CVD event.

CVD= Cardiovascular Diseases, MI= Myocardial Infraction, RH= Relative Hazard, CI= Confidence interval, CHD= Coronary Heart Disease, BMI= Body Mass Index, HR= Hazard Ratio, RR= Relative Risk, CAD= Coronary Artery Diseases, IHD= Ischemic Heart Disease