**Problem / Question**

Is there a link between anxiety and HTN

**Hypothesis**

- Anxiety increases blood pressure

**Project Overview**

- Analysis of secondary data
- Online database search: Pubmed, Google scholar, LU online library

**Data Collection**

- Search terms: anxiety, anxiety disorder, HTN, high blood pressure
- Inclusion criteria: relationship between HTN and anxiety in the title and within the body.

**Data Reduction**

- Literature reviews

**Data Elimination**

- Duplicates
- Non-English published studies
- Non-peer reviewed
- Articles >5 years
- Literature reviews

**The Controversy**: There is / is not an association between HTN & anxiety.

**Aim of study**: Establish a relationship via review of the data

**Research**

- Aguirre-Camacho and Moreno-Jiménez (2018): The relationship between depression, anxiety, and PAH.
- Dewi and Purnomosidi (2019): The correlation between depression, anxiety, and stress and HTN among older adults.
- Ifegwuzi et al. (2018): The mediating role of anxiety between emotional reactivity and hypertension.
- Mensorno et al. (2017): The mediating role of emotional eating and cholesterol among overweight and hypertensive people.
- Rana et al. (2021): The relationship between pregnancy hypertension and maternal anxiety and mood disorders.
- Aguirre-Camacho and Moreno-Jiménez (2018): Healthcare practitioners give more attention to physical symptoms than mental symptoms.
- Wiener et al. (2020): Essential hypertension causes excessive emotional arousal due to abnormalities in neuro-cognition.
- Hamam et al. (2020): Mental health influences the incidence of hypertension.

**Data / Observations**

- Persistent psychological stress → Hypothalamic-pituitary-adrenal and sympathetic-adrenomedullary axes → Stress hormones: cortisol, catecholamines
- Acute phase proteins (CRP, fibrinogen, procalcitonin, inhibitors, etc.) → Oxidative stress → Pro-inflammatory cytokines → Low-grade vascular inflammation → Endothelial damage → Endothelial dysfunction → Hypertension

**Conclusion**

- HTN
- Anxiety
- Neurocognitive Abnormalities
- Dyslipidemia
- Emotional Eating
- Atherosclerosis

**Works Cited**

- Hamam et al. (2020): Mental health influences the incidence of hypertension.