General Anxiety Disorder and Primary Hypertension Is There a Link?

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increase in peripheral vascular resistance, and sodium retention (Caird et al., 1973; Pinto, 2007; Rigaud and Forette, 2001; Weidmann et al., 1978).

LIMITATIONS

This research is not without limitations. The first limitation was that antidepressant and antihypertensive medications might alter GAD, which might have had an effect on our findings. It was reasonable to include the patients' entire medication history in our investigation. Another limitation was that the GAD questionnaire did not have a sensitivity of 100%, and all patients with GAD might not have participated in our study.

CONCLUSION

The evidence from this study suggests that uncontrolled blood pressure increases the GAD in patients who have primary hypertension. In general, it seems to indicate that tight control of blood pressure in patients with primary hypertension should be considered in the healthcare system to avoid complications such as GAD. The association of the probable effects of GAD and hypertension in the development of other conditions should alert the healthcare system to hold better diagnostic and therapeutic programs. It is recommended that anxiety disorders should be considered in patients in whom primary hypertension is not controlled easily. This may lead to proper control of hypertension and the use of fewer antihypertensive medications.

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DISCLOSURES

Ethical considerations and consent to participate: Our study was approved by the Ethics Committee of Shiraz University of Medical Sciences with the code of IR.SUMS.REC.1400.301. All participants were asked to sign an informed consent that explained all details of the research.

All authors have read and approved the submitted manuscript.

The authors declare no conflict of interest.

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