

**Longitudinal Development of Psychopathology and Subjective Health Status in Congenital Heart Disease Adults: a 30-43 year Follow-Up in a Unique Cohort**

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**Objective.**

To determine longitudinal changes in psychopathology in a cohort of patients 30-43 years after their first cardiac surgery for congenital heart disease (ConHD) in childhood, compare outcomes at the 30-year follow-up with normative data, and identify medical predictors for psychopathology.

**Methods**

This is the third follow-up (N=266) of a cohort operated for congenital heart disease. The first and second follow-ups of this same cohort were conducted in 1990 respectively 2001. At all three follow-ups, psychopathology was assessed with standardized, parallel questionnaires. In 2011 subjective health status was assessed by the Short-Form 36. Medical predictor variables were derived from medical examination and medical records.

**Results**

Over a 30-year period, proportions of patients showing psychopathology decreased significantly (N=152 complete cases). At the 30-year follow-up, overall outcomes on psychopathology for the ConHD sample were the same or even better than for normative groups. In addition, subjective health status was better compared with normative data.

No differences were found between cardiac diagnostic groups. Medical variables that predicted the course of psychopathology over time are: the scar (as judged by the patient), results of the first cardiac surgery, and the number of hospitalizations.

**Conclusions.**

Over a 30-year period, psychopathology decreased in patients with ConHD. Levels of psychopathology in these patients, who are now aged between 30 and 54 years were comparable or even better than normative data.