



**SOCIEDADE PORTUGUESA DE ENFERMAGEM DE SAÚDE
MENTAL (ASPESM)**

(Diário da República II Série nº 174 de 10 de Setembro de 2007)

**II Seminário Internacional de Investigação em Saúde Mental
&
VIII Congresso Internacional d' ASPESM - "Saúde Mental Para Todos"
Instituto Politécnico de Bragança – 17, 18 e 19 de outubro de 2018**

**MODELO DE CANDIDATURA A APRESENTAÇÃO DE
COMUNICAÇÃO/SIMPOSIUM/PÓSTER**

Nº da proposta	A preencher pela Comissão Científica
Título	Association between stress/anxiety, depression, pain and quality of life in people with chronic kidney disease.
Tipo de Apresentação Assinale uma opção	1) Comunicação Oral (10') <input checked="" type="checkbox"/> 2) Modalidade - Póster <input type="checkbox"/>
Palavras-Chave	Quality of live; Depression; Anxiety; Stress, Psychological; Chronic Renal Insufficiency.
Introdução ou problemática	The person with chronic kidney disease undergoing hemodialysis has a high symptom burden that contributes to increased suffering and diminishes their quality of life (Gutiérrez Sánchez, Leiva-Santos, Sánchez-Hernández, & Gómez García, 2015). These patients have cardiovascular, musculoskeletal and psychosocial disorders that affect their physical and functional capacity (Barbero Narbona et al., 2016). They also have symptoms and emotional disorders such as anxiety and depression (Gómez Vilaseca, Pac Gracia, Manresa Traguany, Lozano Ramírez, & Chevarria Montesinos, 2015) including stress.
Objetivo (s)	To determine the prevalence of stress/anxiety and depression in people with chronic kidney disease and to verify the association between stress/anxiety and depression with pain and quality of life.
Metodologia	A cross-sectional, descriptive and correlational study. A representative sample of 183 people with Chronic Kidney Disease who underwent hemodialysis in two clinics and one hospital unit in the region of Lisbon, Portugal, was obtained. Data was collected from March to June 2015. The data collection instrument consisted of sociodemographic and health variables and the Depression Anxiety and Stress Scale (DASS-21) (Sousa et al., 2017) and Brief Pain Inventory, and SF 12 (Sousa, Marques-Vieira, Severino, Pozo-Rosado, & José, 2017). The DASS 21 in patients Chronic Kidney Disease has a two-dimensional model "Depression" and "Stress / Anxiety" with valid and reproducible measurements. The cut-off scores have been developed for defining mild/moderate/severe/extremely severe scores for each DASS scale. For the study of the association the Pearson correlation



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	coefficient was used. The level of significance adopted was $p < 0.05$. This study was approved by the Ethics Committee of the two health organizations.
Principais Resultados	The prevalence of Stress and Anxiety is 24% and depression is 37.2%. Stress and anxiety had a significant positive correlation with depression ($r = 0.729$, $p < 0.001$) with pain severity ($r = 0.243$, $p < 0.05$) and pain interference ($r = 0.508$, $p < 0.001$) and negative with the physical ($r = -0.167$, $p < 0.05$) and mental ($r = -0.477$; $p < 0.001$) components of quality of life. Depression was positively and significantly associated with pain severity ($r = 0.248$, $p < 0.01$) and pain interference ($r = 0.562$, $p < 0.001$), but negatively with the physical ($r = -0.199$; $p < 0.05$) and mental ($r = -0.516$; $p < 0.01$) components of quality of life. The physical component of quality of life is positively associated with the quality of life of the mental component ($r = 0.200$; $p < 0.001$) and negatively with pain severity ($r = -0.341$; $p < 0.001$) and pain interference ($r = 0.413$; $p < 0.001$). The mental component is negatively correlated with pain interference ($r = -0.445$; $p < 0.001$). and finally the severity of pain is positively associated with pain interference ($r = 0.533$, $p < 0.001$).
Conclusões	Stress/anxiety and depression are more prevalent in people with chronic kidney disease. High levels of stress/anxiety and depression are associated with high levels of pain causing an impact on activities of daily living, and consequently lowering levels of quality of life in the physical and mental components. Nurses should develop strategies to improve the mental health of people with chronic kidney disease in order to improve their quality of life.
Referências Bibliográficas Máx. 5	Barbero Narbona, E., Tejada Araez, E., Herrera Morales, C., Montserrat García, S., Gascó Coscojuela, N., & Junyent Iglesias, E. (2016). Estudio comparativo del estado físico, mental y percepción de calidad de vida relacionada con la salud de los pacientes en diálisis. <i>Enfermería Nefrológica</i> , 19(1), 29-35. Gómez Vilaseca, L., Pac Gracia, N., Manresa Traguany, M., Lozano Ramírez, S., & Chevarria Montesinos, J. L. (2015). Prevalencia de ansiedad y depresión en pacientes de hemodiálisis. <i>Enfermería Nefrológica</i> , 18(2), 112-117. Gutiérrez Sánchez, D., Leiva-Santos, J. P., Sánchez-Hernández, R., & Gómez García, R. (2015). Prevalencia y evaluación de síntomas en enfermedad renal crónica avanzada. <i>Enfermería Nefrológica</i> , 18(3), 228-236. Sousa, L. M. M. D., Marques-Vieira, C. M. A., Severino, S. S. P., Pozo-Rosado, J. L., Gomes, J. C. R., & José, H. M. G. (2017). A Depression Anxiety Stress Scale em pessoas com doença renal crónica. <i>Revista Portuguesa de Enfermagem de Saúde Mental</i> , 17, 50-57. Sousa, L. M.M., Marques-Vieira, C. M., Severino, S., Pozo-Rosado, J. L., & José, H. M. (2017). Validación del Brief Pain Inventory en personas con enfermedad renal crónica. <i>Aquichan</i> , 17 (1), 42-52.
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Observações	

Tabela formatada

Nota: A candidatura não pode ter mais de 500 palavras (Letra Arial 11, espaço 1,5).

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