

ARTIGO DE PESQUISA

CORONAVÍRUS INTERFERE NA QUALIDADE DE VIDA E ANSIEDADE NA ESCLEROSE LATERAL AMIOTRÓFICA

CORONAVIRUS INTERFERENCE ON QUALITY OF LIFE AND ANXIETY IN AMYOTROPHIC LATERAL SCLEROSIS

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Contribuição dos autores

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RESUMO

Introdução: Na Esclerose Lateral Amiotrófica (ELA) a degeneração dos neurônios motores ocasiona, por interferência da transmissão de impulsos nervosos, o comprometimento da funcionalidade e consequente qualidade de vida (QV) dos indivíduos. Contudo, neste contexto pandêmico da COVID-19 gerado pelo isolamento social, houve intensificação destes déficits funcionais suscitando em condições psicológicas prejudiciais, como a ansiedade, refletindo na QV. **Objetivo:** Avaliar se o isolamento social acerca da COVID-19 afetou os níveis de ansiedade e QV em pacientes com ELA. **Métodos:** Dezoito indivíduos com idade média de $46,72 \pm 14,09$ anos e tempo médio de diagnóstico de ELA de $2,8 \pm 1,75$ anos, foram avaliados através do Mini Exame do Estado Mental (MEEM), do Questionário de Avaliação da Esclerose Lateral Amiotrófica (ALSAQ-40/BR), da Escala de Avaliação de Ansiedade de Hamilton (HAM-A) e do questionário clínico-epidemiológicos. Utilizou-se análise descritiva e teste de Shapiro Wilk e correlação de Pearson. **Resultados:** No MEEM os indivíduos obtiveram pontuação média de $27,33 \pm 1,90$. Observou-se no ALSAQ-40/BR piora da QV ($70,03 \pm 23,17$) e na Escala de HAM-A 50% dos indivíduos indicaram presença de ansiedade. Entretanto, não houve correlação significativa entre a HAM-A e a ALSAQ-40/BR ($p=0,07$). **Conclusão:** No estudo ambos os questionários indicaram piora quanto a QV e na presença de ansiedade no indivíduo com ELA durante este período pandêmico da COVID-19, apesar de não ter sido encontrada a correlação entre os objetos de análise. Indica-se monitoramento durante períodos intervalares a fim de traçar os malefícios advindos do isolamento e sua restrição presencial as terapias como a fisioterapia para manter a QV. **Palavras - chave:** Doença dos Neurônios Motores. Coronavírus. Qualidade de Vida. Ansiedade.

ABSTRACT

Introduction: On Amyotrophic Lateral Sclerosis (ALS) the degeneration of motor neurons causes, due to the interference of nerve impulses transmission, the functionality commitment and consequently the individuals' quality of life (QF). Although, on the COVID-19 pandemic context cause by social isolation, there was the reinforcement of these functional disorders raising to detrimental psychological conditions like anxiety associated with QF. **Objective:** To assess if the social isolation due to COVID-19,

affected the anxiety and QF levels on patients with ALS. **Methods:** Eighteen individuals with average age of $46,72 \pm 14,09$ years old, and average diagnosis time of ALS of $2,8 \pm 1,75$ years, were assessed using the Mini Mental State Exam (MMSE), the Amyotrophic Lateral Sclerosis Assessment Questionnaire (ALSAQ-40/BR), Hamilton Anxiety Rating Scale (HAM-A) and clinic-epidemiological questionnaires. Descriptive analysis, Shapiro Wilk test and Pearson's correlation were used. **Results:** On MMSE the individuals got average score of $27,33 \pm 1,90$. It was observed in ALSAQ-40/BR decreased QF ($70,03 \pm 23,17$) and on HAM-A scale 50% of the individuals showed anxiety. However, there was no significant correlation between HAM-A and ALSAQ40/BR ($p=0,07$). **Conclusion:** On this study, both questionnaires indicated a decreasing in QF and anxiety presence on the individual with ALS during the COVID-19 pandemic period, even though no correlation among the analyzed objects was found. It is indicated the monitoring during interval periods to define the damages from social isolation and by attendance therapy restriction as physical therapy to preserve the QF.

Keywords: Motor Neuron Disease. Coronavirus. Quality of Life. Anxiety.

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