

Implications: Understanding the lifestyle characteristics of university students with anxiety symptoms in this sample may support the implementation of more targeted intervention strategies in the future.

Keywords: Anxiety, Students, Life Style

Conflict of interest: The authors declare no conflict of interest.

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PREVALENCE OF PAIN CATASTROPHIZING IN BRAZILIANS WITH SYSTEMIC LUPUS ERYTHEMATOSUS: A DESCRIPTIVE CROSS-SECTIONAL STUDY

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Background: Systemic Lupus Erythematosus (SLE) is a chronic multi-system disease. Its etiology is not yet fully defined, but it is known to be associated with genetic and environmental factors. This context results in a variety of symptoms that can manifest. However, pain has been one of the most frequent reasons for seeking health services, mainly due to tissue damage due to the presence of auto-antibodies and release of neuropeptides. The combination of neuro-physiological changes provided by the chronicity of SLE can lead to a state of catastrophizing, recognized as a maladaptive change in the perception of threats and the severity of the pain sensation. The pain generated by SLE and its catastrophizing represent a significant impact on social interactions, task execution and quality of life of those affected. Previous studies on the association between SLE and pain catastrophizing are limited in sample size, age and ethnic diversity, in addition to being geographically restricted to the USA, therefore, they may not be generalizable to adults from other countries, such as Brazil.

Objectives: To identify the prevalence of pain catastrophizing in Brazilians with SLE, in addition to characterizing their sociodemographic and clinical profile.

Methods: This is a cross-sectional, descriptive, observational study, approved by the Research Ethics Committee of the Federal University of Amapá (n° 6.606.644). Individuals aged 18 years or older, of both sexes, diagnosed with SLE and pain for at least 3 months were included, while those with other types of lupus were excluded. All participants signed the Free and Informed Consent Form. An online questionnaire was used to collect sociodemographic and clinical data, as well as the Pain Catastrophizing Scale.

Results: A total of 64 individuals were included, of which only one participant was male, with a mean age of 36.3 ± 12.5 years and a mean disease duration of 8.53 ± 7.34 years. Most participants were single, brown-skinned, and employed in paid work. Furthermore, their highest concentration was in the Northeast region (31.25%) of Brazil. Regarding the Pain Catastrophizing Scale, the mean score was 31.4 ± 12.2 , suggesting that most patients presented scores close to the upper limit of the instrument, which is associated with a mean pain level of 4.9 points on the Numerical Pain Scale.

Conclusion: The results of this study suggest that pain catastrophizing is a characteristic present in adult patients with SLE in Brazil; furthermore, this finding was presented at a medium to high level. Due to its descriptive approach, future studies should be conducted

aiming at the association between the level of catastrophizing and other clinical variables of interest to better understand this relationship.

Implications: These findings suggest that tissue damage is not the only determinant in the poor progression of the disease, since catastrophizing impacts the execution of the individual's functions and their self-perception. Including this finding in treatment plans, with a focus on self-efficacy strategies and pain neuroscience education, may be crucial to empowering patients to deal with this phenomenon more effectively.

Keywords: Lupus Erythematosus Systemic, Catastrophization, Pain

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DEPRESSION IS ASSOCIATED WITH POSTURAL BALANCE IN INDIVIDUALS WITH LONG COVID: A CROSS-SECTIONAL STUDY

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Background: COVID-19 is a multisystemic condition that can cause persistent symptoms, including emotional alterations such as anxiety, depression, and stress. These symptoms may influence functional outcomes, including postural balance, but their relationship remains unclear.

Objectives: To compare body balance between controls and post-COVID-19 patients and analyze the correlation between body balance and the symptoms of anxiety, depression and stress in post-COVID-19 patients.

Methods: A cross-sectional study was conducted with 30 controls and 30 post-COVID-19 patients. Postural balance in both groups was assessed by the Berg Balance Scale (BBS), Timed Up and Go (TUG) and Mini-BESTest (MBT). Anxiety, depression and stress symptoms were assessed with the Depression, Anxiety and Stress Scale (DASS-21). The Mann-Whitney non-parametric test for independent samples was used to compare the scores obtained in the balance tests and emotional aspects of the DASS-21 between the groups (control and post COVID-19). Spearman's correlation test was used to correlate the results of the balance tests with the DASS 21.

Results: No significant differences in balance tests were observed between the control and post COVID-19 groups ($p > 0.05$). In the post COVID-19 group, all the balance tests were positively correlated with the emotional aspect of depression on the DASS-21 scale. A moderate positive correlation was observed between stress and the MBT balance test.

Conclusion: The main findings of this research indicated a low risk of falls in the post-COVID-19 group. The assessment of depression and stress may provide valuable insights into balance instability in post-COVID-19 individuals.

Implications: These findings suggest that emotional symptoms should be considered when evaluating postural balance, potentially contributing to a more comprehensive approach to motor rehabilitation.

Keywords: COVID-19, equilíbrio postural, sintomas emocionais

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