

Methods: Individuals over 60 years of age of both sexes were included in the study, and a questionnaire was applied to collect personal data where the participant answered about their habits and physical activity practices. The assessment of depressive symptoms was performed using the Geriatric Depression Scale (GDS). The score ranges from 0 (absence of depressive symptoms) to 15 points (maximum score of depressive symptoms). To analyze the data, comparisons were performed using unpaired t-test, correlations were performed by Pearson's correlation test, and statistical significance was defined as $p \leq 0.05$.

Results: The sample consisted of 139 seniors with a mean age of 70.06 ± 5.90 . The statistical analysis showed a correlation between the practice of self-reported physical activities and the GDS among women ($r = -0.303$; $p < 0.007$) and among men ($r = -0.30$; $p = 0.01$). Analyzing the entire sample, it was found that the practice of exercises predicted the occurrence of depressive symptoms [$F(1,137) = 14.543$; $p < 0.0001$; $R^2 = 0.08$]. A significant difference was observed in the GDS scores between the group of practitioners of physical activity and the group of non-practitioners (2.90 ± 2.02 and 4.81 ± 3.00 , respectively; $p < 0.0001$).

Conclusion: It was possible to conclude that there was an influence of the practice of physical activities on the symptoms of depression in the elderly evaluated and that the practicing group had lower scores in the GDS than the non-practicing group.

Implications: The observed results can contribute to public health, making it possible to create early actions to maintain the quality of life of these individuals, being important of attention and investment in preventive health actions.

Keywords: Aging, Depression, Physical activity

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

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IS THERE A DIFFERENCE BETWEEN THE SEX IN PAIN INTENSITY AFTER 1 SESSION OF MANUAL THERAPY IN PEOPLE WITH CHRONIC LOW BACK PAIN?

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Background: Chronic low back pain (CLBP) is a very common symptom experienced by people of all ages and is considered the leading cause of disability in the world. Its global prevalence is 7.3%, that is, 540 million people are affected by the condition, with an increase of 54% since 1990. In some studies, the prevalence of CLBP was higher in women (60.9%) than in men (39.1%). Most recommended treatments for CLBP (with moderate and high evidence) have small effects, including pharmacological solutions such as the use of opioids. Among the available treatments, manipulative therapy is one of the possibilities, as they have hypoalgesia effects similar to those observed for other therapies recommended by guidelines. In the present study, we evaluated whether there is a difference in pain intensity between men and women before and after manipulative therapy using the Numerical Pain Rating Scale.

Objectives: To identify if there is a difference in pain intensity between men and women with CLBP after a manipulative therapy session.

Methods: this is a cross-sectional and secondary study based on data from a randomized clinical trial that offers manipulative therapy as a treatment for patients with CLBP. At the first meeting, the patients were evaluated regarding: sociodemographic aspects such as sex, age, weight, height, income, and education; pain intensity.

Results: So far, 128 patients with non-specific CLBP have participated in this study, totaling 64 females and 64 males. The average age of the male (M) sample was 44 years ($SD=9.49$) and female (F) 45.5 years ($SD=8.78$), with an average weight of $M=87$ kg ($SD=15.68$) and $F=76.5$ kg ($SD=14.49$), average height of $M=178.5$ cm ($SD=23.15$) and $F=162$ cm ($SD=5.97$). All data were tested for normality using the Shapiro-Wilk test. An analysis of variance (ANOVA) of repetitive measures was applied. The intra- and between-subject factors were time (period before and after 1 session of manipulative therapy) and Group (men and women), respectively. The post-hoc test using the Bonferroni correction was used when a significant interaction was found.

Conclusion: There was no interaction between gender and pain intensity after a manipulative therapy session. Both sexes showed significant improvement after a manual therapy session ($P < 0.05$). Among men, 32 subjects showed clinically significant improvement in reducing pain intensity. Among women, this number was 39 people.

Implications: These results bring information about the characteristics of the sample.

Keywords: Chronic Low Back Pain, Manipulative Therapy, Sex

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

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COMPARISON OF VERTEBRAL SEGMENTAL DYSFUNCTIONS BETWEEN INDIVIDUALS WITH CHRONIC GASTRITIS AND HEALTHY INDIVIDUALS

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Background: Recent research has suggested associations between the presence of visceral dysfunctions and the occurrence of musculoskeletal disorders, particularly in the vertebral column. Chronic gastritis is one of the most common visceral dysfunctions in clinical practice, and this dysfunction causes restrictions in visceral motility and mobility, compromising the normal functioning of the organ and, consequently, potentially leading to musculoskeletal repercussions.

Objectives: The aim of this study was to compare musculoskeletal dysfunctions of the spine between adults diagnosed with chronic gastritis and healthy individuals.

Methods: This is a pilot study of an observational cross-sectional design. Forty participants were included and randomized into a gastritis group ($GG=20$), consisting of individuals diagnosed with chronic gastritis, and a comparison group ($GC=20$), consisting of healthy individuals. The assessment was performed manually. Tenderness upon palpation of the spinous processes of vertebrae C2, C3, C4, T5, T6, T7, T8, and T9 (sclerotome) was evaluated by palpating the spinous processes, and participants were asked to report