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## Research Article

### ANXIETY REGARDING ASSESSMENT WITH PAIN IN THE BACK AND NECK IN INDIVIDUALS ADULTS IN VITORIA DA CONQUISTA BA

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#### ABSTRACT

Anxiety is uncomfortable. Characterized by particular states of restlessness, tension and apprehension, which tend to worsen and consequences to bring the quality of life in the subjects' daily lives. This work is part of the project "Identifying the Epidemiological Profile of Chronic Diseases in Victory Achievement," by developed the Nucleus of Extension, Research and Study of Chronic Diseases - NEPEdc of the Independent Faculty of the Northeast and aimed to evaluate the relationship of anxiety with neck and back pain in adult individuals in the city of Victoria achievement of-BA. This is an analytical research type with a cross-sectional design and a quantitative approach, with a sample of 525 individuals from the city of Victoria achievement of-BA. The participants in this study were 72.2% (F = 389) 27.8% women and men (F = 146), with a mean age of 30.81 years (SD ± 7.62). It was verified that the relation of anxiety with symptom of pain in the back and neck are manifest in cases of chronic pain. However, the data collected in this research were not significant enough to confirm this hypothesis. Regarding gender issues, we have seen that anxiety is more common in women than in men and this is due to hormonal factors.

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#### INTRODUCTION

Anxiety is continuously present in the daily lives of human beings, however this century postmodern society has been considered the anxiety society, due to the overhead of deadlines, competitiveness, consumerism and duties; this emotionally charged causes mental disorders, especially anxiety related to the (Kurebayashi, 2017; SANTOS; Siqueira, 2010). Anxiety is marked by particular conditions of nuisances, such as restlessness, tension and apprehension, which tends to worsen and bring consequences to the quality of life in everyday subjects (SCHMIDT, 2011).

Some of the types of anxiety disorders according the Diagnostic and Statistical Manual of Mental Disorders (DSM) are: agoraphobia, panic disorder, social phobia, generalized anxiety disorder, specific phobias, post-traumatic stress disorder and / or obsessive-compulsive disorder (Guimarães *et al.*, 2015). According to the above author, panic disorder refers to unexpected attacks are bouts of fear or intense discomfort, which happen some signs such as heart racing, palpitations, tachycardia and sweating; and agoraphobia has to

do with the fear of leaving home or circumstances where assistance is not likely.

The generalized anxiety disorder (GAD) is an anxiety level that involves too much concern accompanied by physical or mental symptoms, causing damage to the daily functioning of the individual; It has social phobia is the fear or anxiety in front the evaluation made by others about himself; and specific phobia characterized by the presence of enormous fear related to a specific situation or object from a traumatic event in posttraumatic stress disorder (PTSD) and, finally, obsessive-compulsive disorder is qualified by the presence of obsessions / compulsions devised from any memory of the mind (GUIMARÃES *et al.*, 2015).

Among anxiety disorders, panic and social anxiety have been described as the most prevalent because both require attention due to the interference of symptoms in different areas of life, such as functional performance, academic and everyday tasks; Thus, the comorbidities, i.e., the combination of at least two conditions in one patient (Baeza-Velasco *et al.*, 2011).

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Rangé (2011) to treat about anxiety disorders, stresses that the phobia can appear next to physical symptoms in the autonomic nervous system, the muscles, cenesthetic or others, such as tachycardia (cardiorespiratory), hot or cold sweats, tachypnea, pallor, piloerection, diarrhea, pain and contractures, shaking, vibration, tingling, chills, numbness, urgent urination go empty stomach, pain and tightness in the chest, for example. In addition to psychological syndromes such as: difficulty concentrating, feeling strange, feeling of impending doom tension, nervousness, apprehension, insecurity, etc.

As many of the DSM anxiety disorders appears during childhood and if left untreated persist appear in more different periods of life. This disorder is more frequent in women than in men (AMERICAN, 2013). However, studies have revealed that in the adult population anxiety disorders emanate significantly. Among the most common psychiatric disorders, anxiety disorders are among the most frequent, with prevalence rates of 12.5% over the life and 7.6% in the year (Vorkapic; Range, 2011).

According to Ferreira et al. (2015) in addition the symptoms of anxiety, pain and its implications the physical and mental state of patients appear to be elements that affect forcefully the quality of life of patients. Lira (2016) states that get restless, disturbed, extremely worried or frightened, causes the body release stress hormones directly into the circulatory system and these hormones are sent to specific points on the body that perform physiological, psychological and emotional changes; one of the physiological changes that these bodily reactions lead is the contraction of muscles: does head, muscle, tense muscles, pain in the body, are symptoms of hyper stimulation reaction to stress from anxiety.

This work is part of the project "Identifying the epidemiological profile of Chronic Diseases in Vitoria da Conquista" designed by the Extension Center, Research and Study of Chronic Diseases - NEPEdc Faculty Northeast Independent, and aimed to: assess the anxiety related to back pain and neck in adults in Victoria city conquest- BA. It is an analytical survey of the type and cross-sectional quantitative approach was to sample and 525 individuals from the municipality win conquest- BA.

**METHODS**

This work is part of the project "Identifying the epidemiological profile of Chronic Diseases in Vitoria da Conquista" designed by the Extension Center, Research and Study of Chronic Diseases - NEPEdc Faculty Northeast Independent.

It is an analytical survey of the type and quantitative cross-sectional approach, which has as sample 525 individuals win the municipality conquest- BA. Data were collected from the application of Abuel questionnaire and the Beck Anxiety Scale, created by Aaron Beck, consists of a survey of self-reported with 21 multiple choice items. It is one of the instruments used to measure the severity of depressive episodes. Data were analyzed with SPSS using descriptive analysis. For a description of continuous variables were used the arithmetic average, with a standard deviation and categorical variables, absolute number and relative frequency.

The development process of this work was conducted in accordance with Resolution 466/12 and submitted for approval by the Ethics Committee of the Faculty Northeast Independent - FAINOR.

**RESULTS AND DISCUSSION**

The participants in this study are 72.2% (F = 389) 27.8% women and men (F = 146) with average age of 30.81 years (SD ± 7.62). Over the past years there has been discussion of the anxiety related to localized pain in the neck and back; the juxtaposition of anxiety, depression and pain are manifested in chronic pain syndromes such as fibromyalgia, irritable bowel syndrome, back pain, head, back, neck and nerves; psychiatric disorders cooperate both for intensity of pain, and for the increased risk of disability (Baeza-Velasco et al., 2010).

While the studies of Son et al. (2011) the results remained unchanged when the analysis were compared to the genre, in this study we have seen that there is this difference, although not very significant, as the relationship of anxiety with the picture of pain these respondents. As shown in Table 1, the number of women with anxiety (RR = 47%, n = 178) is greater than the number of men (RF = 33.5%, n = 49) with the same syndrome.

**Table 1** Systematic frequency of anxiety and back pain and neck

N	AnxietyNo		Anxiety With		X <sup>2</sup>
	Female	Male	Female	Male%	
	FR	(n)%RR	(n)%RR	(n)%RR (n)	
Painin the neck					
painwith	3.7% (14)	3.42% (5)	7, 4% (28)	4.11%(6)	001
No pain	49,3% (187)	63.01% (92)	39.6% (150)	29.45% (43)	
back pain					
With pain	9.51% (36)	10.27% (15)	13.45%	(51)%6.16 (9)	021
No	pain%43.54 (165)	56.16% (82)	33.5% (127)	27.39%	

F= frequency (40)%= function percentage of answers

Source: data collected from the survey, 2017.

The data from study showed higher prevalence of anxiety among women was prompted questions about the influences hormone poorly understood genetic and variations are suggestive factors influencing this result (Garcia-Campayo et al., 2010).

**CONCLUSION**

This study showed that the relationship of anxiety with pain symptom in the back and neck are manifest in cases of chronic pain. However the data collected in this study were not significant enough to confirm this hypothesis. Regarding gender issues, we have seen that anxiety is more common in women than in men and this is due to hormonal factors. For future studies, it is suggested identify whether there is association of at least two conditions that can associate with anxiety and accurately investigate the cause of these symptoms of pain.

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