

# ASSOCIATION BETWEEN DEPRESSION, ANXIETY AND POSTURAL PATTERNS AS PREVENTION OF CHRONIC PAIN.



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## Background and aim

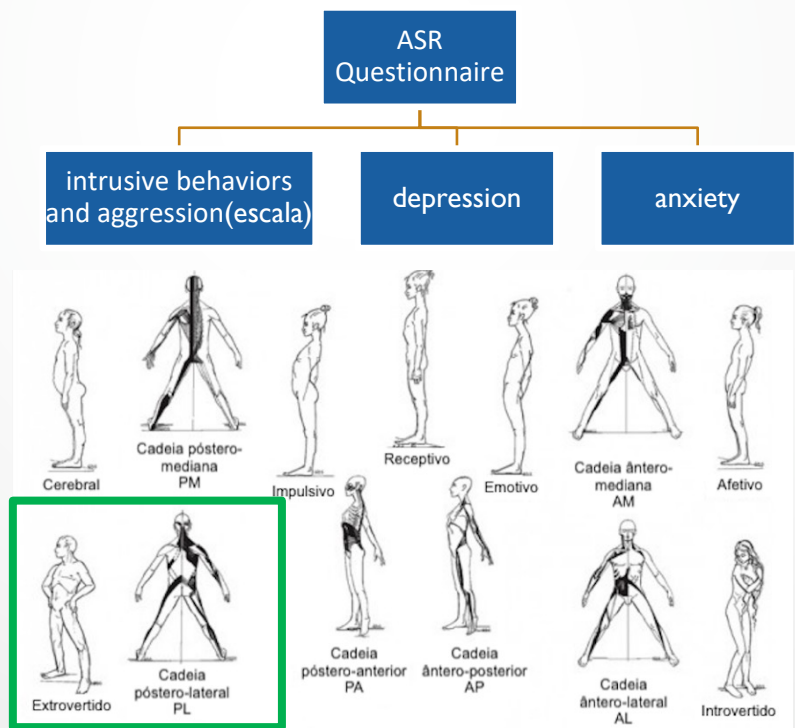
Chronic pain, in Brazil, affects around 30% to 50% of the population and integrates physical, mental, social and emotional factors, often presenting comorbidities such as depression and anxiety. Worldwide, depression affects 300 million people and is the second leading cause of death among young people. Although the evidence is not significant, facial expressions, postures, gestures and movements are among the behaviors to be evaluated in the intensity and presence of chronic pain<sup>1</sup>. Thinking about the integration of the musculoskeletal and psychobehavioral system, Godelieve Dennys-Struyf described the G.D.S. Muscular and Joint Chains Method. That's a clinical assessment of the individual in physical/biomechanical and behavioral aspects, resulting in 6 different postural patterns. **The aim** was to verify the association between postural patterns, anxiety and depression and to establish discussions about a multidisciplinary approach with biopsychosocial impact.

## Methods

An exploratory study with associative analysis; 30 young people of both sexes aged between 19 and 24 participated, who were selected using the snowball sampling methodology, adapting to the COVID-19 situation. An instrument (questionnaire) was applied to assess anxiety and depression problems using the **Adult Self-Report (ASR)** questionnaire, which was evaluated by the psychologist collaborating in the study. To evaluate the postural pattern, the photogrammetry protocol was used using the **DIPA© software**. The evaluation was carried out based on the biomechanical parameters of the G.D.S method.

## Results

The ASR questionnaire, the most frequently scored behavioral problems were: anxiety and depression and intrusive behaviors and aggression. In the biomechanical analysis of postural patterns, 56.7% of participants showed a predominance of the PL muscle chain, which indicates a posture with a greater psychobehavioral probability of being **extroverted**, communicative, anxious, and may be typical or defensive behavior.



## Relevance for Patient Care

As perspectives of this study, the implementation of easily accessible physical exercise and mental health care programs (applications, booklets, websites, SUS) was proposed to participants aiming at a multidisciplinary and biopsychosocial approach.

## Conclusion

it was possible to establish an association between the most characteristic postural pattern, biomechanically, and depression and anxiety problems. Therefore, it is suggested that this group with a more extroverted postural pattern has a prior assessment in a specialized pain service, encouraging primary health care. However, the sample of this study is small, and cannot be generalized. It is expected, therefore, that the findings of this study can stimulate other research in the area and contribute to scientific production.

## References

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