

P91: The effects of anxiety symptoms on postural stability in young adults

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Introduction: Anxiety is defined as a state or an emotional response. When excessive or prolonged may be reflected in thinking, behavior and motor skills, such as postural stability.

Objectives: To compare the population with and without anxiety symptoms in relation to postural stability on orthostatic position.

Materials and Methods: Observational, analytical and cross-sectional study. The sample was composed by 36 individuals with 18 years or more, 15 with anxiety symptoms and 21 without symptoms. In order to characterize the sample were used a questionnaire and some assessment tools as Montreal Cognitive Assessment and Biodex Balance System with the purpose to assess the balance on the orthostatic position was used. The results were statistically analyzed by the software IBM Statistical Package for the Social Science 22.0.

Results and Discussion: There were statistically significant differences between groups with open eyes in a foam surface ($p=0.028$) and with eyes closed in a foam surface ($p=0.023$). There is a moderate positive correlation between these conditions and the presence of anxiety ($r=0.037$, $r=0.039$ respectively). In fact, the anxiety symptoms may induce a negative influence on postural balance. Individuals with some kind of anxiety disorder may reveal many changes in the vestibular function, that generated visual or proprioceptive failures.

Conclusion: It was possible to conclude that the presence of anxiety symptoms affect the postural stability, mainly on irregular surfaces.

References

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