

Name: Sabrina Provencher

Category: Travail de recherche / Research work

Preference: Je n'ai pas de préférence / I have no preference

Primary Author: Sabrina Provencher **Institution:** Lady Davis Institute for Medical Research, Jewish General Hospital, Montreal, Quebec, Canada

Primary author is in training/eligible for André Lussier bursary: Oui / Yes

Additional Authors: Richard S. Henry, PhD, Lady Davis Institute for Medical Research, Jewish General Hospital, Montreal, Quebec, Canada; Department of Psychiatry, McGill University, Montreal, Quebec, Canada

Brett D. Thombs, PhD, Lady Davis Institute for Medical Research, Jewish General Hospital, Montreal, Quebec, Canada; Department of Psychiatry, McGill University, Montreal, Quebec, Canada; Department of Medicine, McGill University, Montreal, Quebec, Canada; Department of Epidemiology, Biostatistics, and Occupational Health, McGill University, Montreal, Quebec, Canada; Respiratory Epidemiology and Clinical Research Unit, McGill University Health Centre, Montreal, Quebec, Canada; Department of Psychology, McGill University, Montreal, Quebec, Canada; Department of Educational and Counselling Psychology, McGill University, Montreal, Quebec, Canada.

Title: Cross-Sectional Study on Factors Associated with Symptoms of Anxiety among People with Systemic Sclerosis: A Scleroderma Patient-centered Intervention Network (SPIN) Cohort Study

Objective(s): Anxiety in people with systemic sclerosis (SSc) is common and may greatly impair one's ability to carry out daily activities. Anxiety leads to a reduction in health-related quality of life of people with SSc, but the prevalence of anxiety and the factors associated with anxiety are often overlooked in research in this population. Objectives were to assess factors associated with symptoms of anxiety in a large multimodal SSc cohort.

Method(s): Participants in the Scleroderma Patient-centered Intervention Network Cohort who completed anxiety symptoms measures (Patient-Reported Outcomes Measurement Information System version 2) as part of baseline assessments were included. Associations between anxiety symptoms with sociodemographic variables, SS-related variables, and overlap syndromes were assessed with a complete case analysis using multiple linear regression. Continuous predictor variables were standardized.

Result(s): Among 1515 participants (mean age = 55.1 years old) 82.4% were white and 87.7% were female. Higher depressive symptom scores were independently associated with age ($B = -.14$, $t(1510) = -5.04$, 95% CI $[-.19, -.08]$), smoking status ($B = .35$, $t(1510) = 3.72$, 95% CI $[.16$ to $.53]$) and BMI ($B = .06$, $t(1510) = 2.40$, 95% CI $[.01$ to $.11]$) among sociodemographic and lifestyle variables; time since first non-Raynaud's symptoms ($B = -.05$, $t(1510) = -2.02$, 95% CI $[-.10$, $-.00]$), GI involvement ($B = .26$, $t(1510) = 3.35$, 95% CI $[.11$, $.41]$), and severity of itch ($B = .22$, $t(1510) = 8.75$, 95% CI $[.17$, $.27]$) among SSc variables. Anxiety symptoms were not associated with education, sex, marital status, race/ethnicity, country, alcohol consumption, exercising, disease subtype, digital ulcers, current tendon friction rubs, small and large joint contractures, history of renal crisis, pulmonary arterial hypertension, rheumatoid arteritis, Sjogren's syndrome, idiopathic inflammatory myositis, primary biliary cirrhosis and autoimmune thyroid disease.

Conclusion(s): Anxiety symptoms are common among people with SSc and interfere significantly with the ability to carry out daily activities for many. Research is needed to better understand patterns of anxiety and potential causes and to develop interventions to target anxiety symptoms sources and support coping.
