

7th Annual Congress on **MENTAL HEALTH**

September 08, 2021 | Webinar

Pain and Mental health during COVID-19 pandemic in Brazil**Anelise Sonza***Universidade do Estado de Santa Catarina (UDESC), Brazil*

Background: The COVID-19 pandemic and social isolation measure has influenced the behavior and health of worldwide populations. The goal of this study was to investigate features related to pain, and mental health impact due to COVID-19 social isolation before and during the outbreak in Brazil and its main macro-regions, which have climates, cultures, and economic differences.

Methods: This is an observational cross-sectional study through an online, validated, self-administered questionnaire (PEF-COVID19). The Brazilian general population, age ≥ 18 years was invited to participate from 21st April until May 3rd 2020. T-test for independent samples and Chi-square tests were used to compare Brazil and different macro-regions (S, southern; SE southeastern; and NE, northeastern regions), before and during the pandemic, $p < 0.05$.

Results: A total of 1,977 participants filled the survey and 1,848 were included. Eighty percent of the included participants were in social isolation. In general, the self-related pain before and during the COVID-19 pandemic, mainly in the head and neck area increased in the SE region during the pandemic and the highest levels of self-related anxiety and stress (8-10) increased significantly in a similar way between the 3 main macro-regions (~10% to 34% and ~14 to 30%, respectively).

Conclusions: The COVID-19 pandemic strongly influenced the levels of anxiety and stress increased in Brazil and its main macro-regions. The increase in pain mainly influenced the inhabitants of SE region. These results can be used to create measures, as home-based exercise programs, to avoid the harm of sedentary behaviors and mental health impact during and after the pandemic.

anelise.sonza@udesc.br