

Article: 1273

Topic: EPV06 - e-Poster 06: Consultation Liaison Psychiatry and Psychosomatics

Anxiety and Joint Hypermobility Syndrome Throughout the Ballet Career

S.B. Sanches¹, G.M. Oliveira¹, F.L. Osorio¹, J.A.S. Crippa¹, R. Martín-Santos²

¹Neuroscience and Behavior, University of São Paulo - USP, Ribeirão Preto, Brazil ; ²Psychiatry, Barcelona University, Barcelona, Spain

Introduction: Anxiety may be associated with diverse medical conditions, among which joint hypermobility syndrome. Joint hypermobility (JHM) is characterized by increased elasticity and can be advantageous in specific activities, such as dance or gymnastics. On the other hand, joint hypermobility syndrome (JHS) is a more complex condition including other clinical symptoms, especially a history of injuries, skin signs, instability and pain. Objectives: To investigate the prevalence of JHM and JHS throughout ballet career and the association between anxiety and joint hypermobility in a sample consisting of ballet dancers. Methods: study included 145 dancers, divided into three groups: students (n=59), teachers (n=37) and professional ballerinas (n=49). Participants completed self-rating instruments assessing JHM (five-part questionnaire), anxiety (BAI), social anxiety (SPIN), panic (Patient Health Questionnaire - Brief PHQ) and pain (Brief Pain Inventory [BPI]; Self-Estimated Functional Inability because of Pain [SEFIP]). Ballet dancers also underwent a clinical evaluation based on Beighton score and Brighton criteria. Results: Participants with JHM had higher scores in neurophysiological subscale of the BAI, but less social anxiety symptomatology. JHS correlated with the subjective and panic subscales of the BAI and with SPIN. Participants with JHS also presented higher scores in specific items of BAI as in specific items of SPIN. Conclusions: our data suggest that JHS seems to be more consistently associated with anxiety than the 'isolated hypermobility' (JHM). Nevertheless, the strength of the correlation between anxiety and JHS was moderate. Data also provided elements to discuss important features of JHM, JHS and pain throughout the ballet career.