

Abstract

- Anxiety and depression are psycho-emotional components in general health and health psychology.
- Tinnitus as a highly varied etiology, associated with changes in auditory area but also related to cognitive and emotional aspects.
- Among individuals seeking support due to tinnitus, 75% exhibit anxiety and/or depressive disorders
- Only 7% had experienced tinnitus before developing these psycho-emotional disorders.
- Women showed higher values indicating greater anxiety and depression.
- Individuals with lower education levels also showed higher values in both psycho-emotional variables.
- The results obtained are important for structuring therapeutic interventions for these individuals and support the use of the HADS as a screening tool for comorbidities, like anxiety and depression in individuals with tinnitus complaints.

Results

Anxiety and Depression results (N=56)

	Minimum	Maximum	M	SD
Total anxiety	0	21	8,71	4,724
Total depression	0	19	5,48	4,427

HADS / Marital Status

Marital Status	Total anxiety	Total depression	
Married	M	8,17	5,11
	N	47	47
	SD	4,320	3,737
Others	M	11,56	7,44
	N	9	9
	SD	5,940	7,020

HADS / Gender

Gender	Total anxiety	Total depression	
Female	M	10,55	6,80
	N	20	20
	SD	4,174	4,137
Male	M	7,69	4,75
	N	36	36
	SD	4,756	4,468

Total anxiety *Total depression*

	<i>rs</i>		
Years of Education		-0,238	-0,374
	<i>p</i>	0,078	0,004

Objectifs

- The objectives of the study are systematizing the literature regarding anxiety and depression in tinnitus, verify anxiety and depressive symptoms in individuals with tinnitus, and investigate their relationship with socio-demographic and clinical variables.

Conclusion

- Women and people with lower education are more affected
- Emotional and Psychological interventions must complement traditional ones
- HADS can be used with a specific instrument (as THI) as a screening instrument

Méthodes et Matériels

- A total of 56 individuals were assessed using the HADS (Hospital Anxiety and Depression Scale), after an ENT and Audiological evaluation.
- and it was found that 51.7% of the sample showed anxious symptoms, with the same percentage observed for those presenting depressive symptoms.

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