



### The relation between anxiety and depression and the loss of the occupational roles of people with spinal cord injury

The study aimed to investigate the correlation of anxiety and depression symptoms with the incidence of loss of occupational roles in people with spinal cord injury, as well as the strategies adopted by health professionals to promote mental health for this population. It is a correlational cross-sectional study, with a predominantly quantitative approach, being a qualitative step. The study included 30 people with traumatic spinal cord injury aged 19 years and 72 years and 10 health professionals who attended the population. The following instruments were used: Bordini Sheet; Beck Depression Inventory; Trait-State Anxiety Inventory; Role Checklist and Semi-Structured Interviews with health professionals. For the statistical analysis of the quantitative step, we used the IBM SPSS Statistic version 25 program, and in the qualitative step, the Bardin Content Analysis. A positive relation was identified between anxiety, depression and occupational role losses, so that those who experienced more losses presented more symptoms of anxiety and depression, and negative relation with continuous roles, in which those who continued to exercise more roles after the injury had fewer symptoms of anxiety and depression. The strategies adopted by health professionals for the promotion of mental health for this population are still limited, given the lack of specialized services, the difficult referral to professionals in the area and the lack of more benevolent social positions towards this population accentuates the difficulty to ensure accessibility and more egalitarian opportunities, thus contributing to the loss of the roles of this population.

### Biography

Aline Ferreira Placeres is an Occupational Therapist with a Master's Degree in Health Sciences from the University of Sao Paulo - USP Ribeirao Preto, Post Graduation in Physical Rehabilitation by the Multiprofessional Residency Program of the Medical School of Sao Jose do Rio Preto - FAMERP and Improvement in Occupational Therapy in the Hospital neurology at the School of Medicine of Sao Jose do Rio Preto- FAMERP. Regina Celia Fiorati holds a degree in Occupational Therapy from the Federal University of Sao Carlos, a Master's Degree in Psychiatric Nursing and a PhD in Sciences from the Postgraduate Program in Psychiatric Nursing at the Ribeirao Preto College of Nursing, University of Sao Paulo. Post-doctorate at the Faculty of Medicine of the Autonomous University of Madrid, Spain. He is currently teaching at the Undergraduate Course in Occupational Therapy at the Medical School of Ribeirao Preto, University of Sao Paulo. Accredited in the Postgraduate Program in Psychiatric Nursing at the Ribeirao Preto College of Nursing and the Interunit Program for PhD in Nursing at the School of Nursing at the University of Sao Paulo EE-USP and at the Ribeirao Preto College of Nursing EERP-USP. Acts in the following areas of knowledge: mental health, public health, collective health collective and social field.

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