

(CO) VULNERABILITY TO STRESS IN THE PERSON WITH MULTIPLE SCLEROSIS

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Introduction

The multiple sclerosis (MS) is a neurological disease that to be associated with adjustment difficulties, due to the lack of healing and the deterioration of symptoms, take often recognized biopsychosocial consequences. In this sense, the objective of the study is to know the vulnerability to stress in person with EM.

Methods

We have made a cross-sectional study, descriptive-correlational, quantitative in nature, having resorted to a sample consisting of 54 patients, mostly female (61.1%), with sequelae of the disease (68.5%), and with an average age of 42.11 years (Dp = 11.728). The data collection instrument, in addition to the socio-demographic and clinical characterization, incorporated scales measured and validated for the Portuguese population: scale of vulnerability to Stress (23QVS) and scale Multiple Sclerosis Quality of Life (MSQoL-54).

Results

With reference to the cohort of 23QVS point, the results show that 48.1% of clients surveyed seal expressed vulnerability to stress States, expressing this vulnerability particularly in two dimensions, with higher average values: "lack of social support" ($\bar{x} = 2.06$) and "adverse living conditions" ($\bar{x} = 3.67$). The vulnerability to stress, is significantly higher in female subjects, married on fact union, and employes with sequelae of the disease. Already the effect of age not revealed statistically significant.

Conclusions

The inferences arising from this study invite us to enter this world hybridity where it becomes imperative that a rigorous knowledge not only of the clinical features of the disease, as well as the implications for early implementation of a program for the prevention of complications, which enhance the quality of life of the wearer in carrier.

Keywords

Multiple Sclerosis; Complications; Quality of Life; Vulnerability to Stress; Prevention.