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► To cite this version:

Lucile Montalescot, Caroline Bourdon, Cécile de Cazotte, Guillem Pailhez, Antonio Bulbena, et al.. Low- and high-anxious hypermobile Ehlers-Danlos syndrome patients comparison of psychosocial and health outcomes. Colloque international Syndrome d'Ehlers-Danlos, Mar 2017, Paris, France. hal-03121088

HAL Id: hal-03121088

<https://hal.science/hal-03121088v1>

Submitted on 20 Mar 2021

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Low- and high-anxious hypermobile Ehlers-Danlos syndrome patients: comparison of psychosocial and health outcomes.

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INTRODUCTION

- **Hypermobile Ehlers-Danlos Syndrome (hEDS)** is the **most common form** of Ehlers-Danlos Syndrome (EDS) (Tinkle et al., 2017).
- **High levels** of anxiety and **anxiety disorders** are **overrepresented** in patients with hEDS (Bulbena et al., 2017).
- Two **hypotheses** could explain this frequent co-occurrence: one **biological** and the other considering **anxiety** as a **response** to the burden of the disease (Bulbena et al., 2017 ; Gratacos et al., 2001).
- Despite the high prevalence of anxiety in hEDS patients, little is known about the **psychosocial and health implications** of such comorbidity.

OBJECTIVE

The aim of this study was to explore the **association** between **high levels of anxiety** and **psychosocial, health and sociodemographic** factors in people with hypermobile Ehlers-Danlos Syndrome.

METHODS

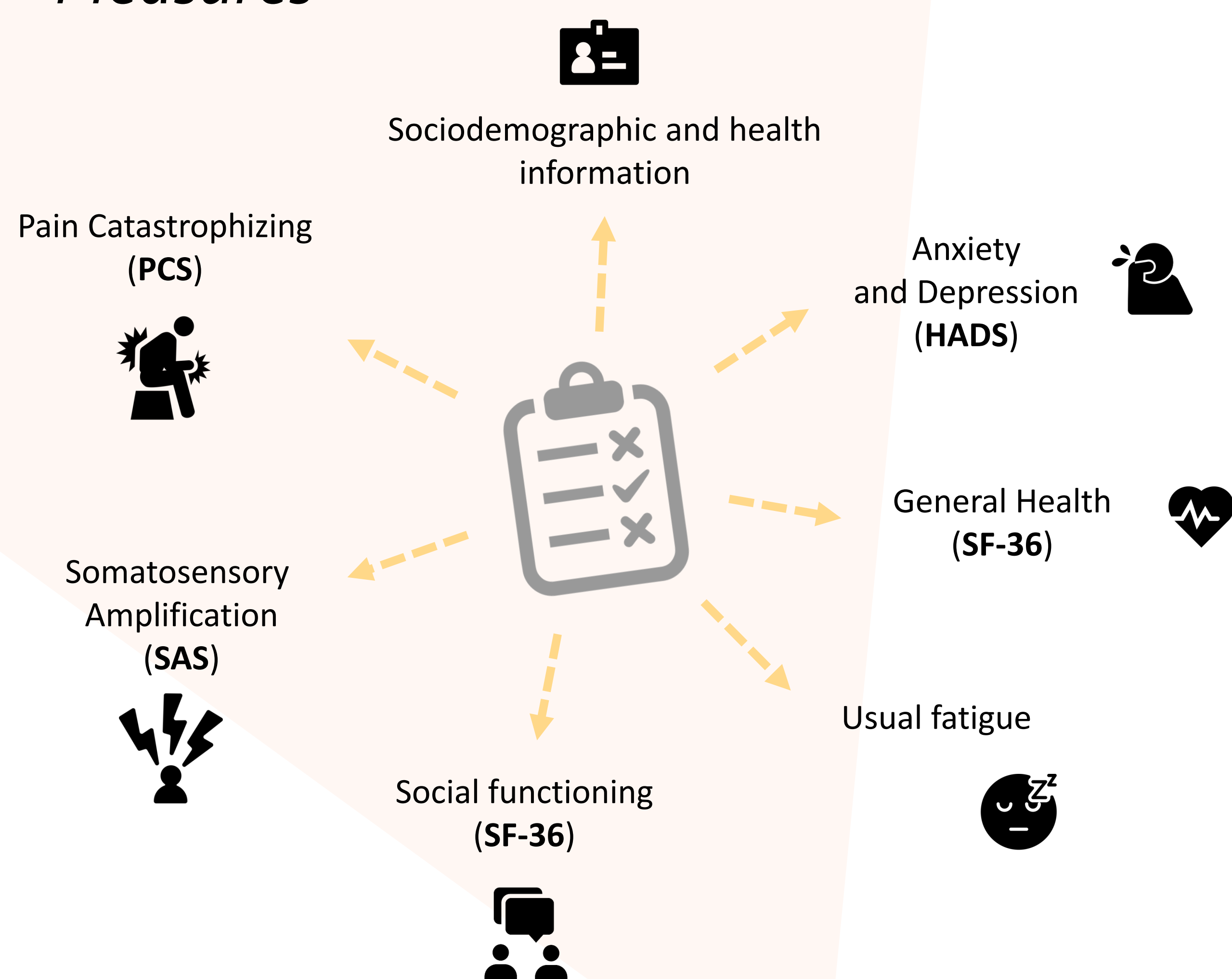
Population

72



37,1 y-o
(SD= 11,5)

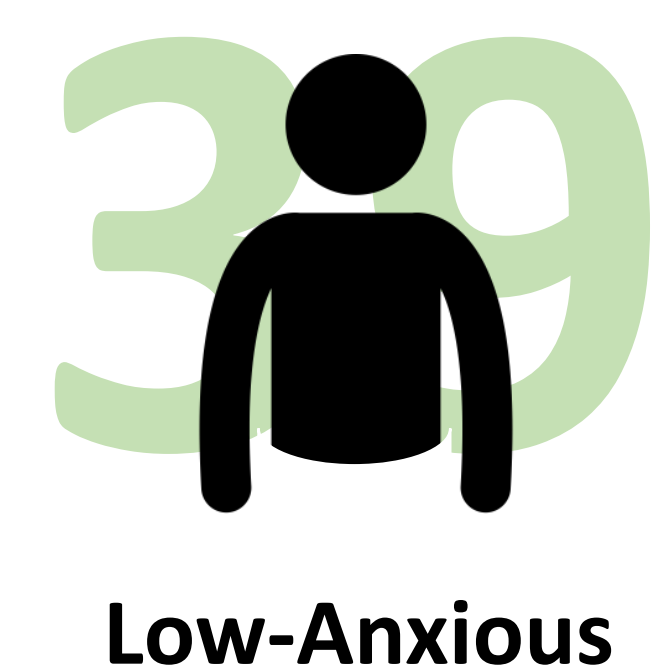
Measures



RESULTS



High-Anxious



Low-Anxious

	High-Anxious	Low-Anxious
Sociodemographic and health information	=	=
Anxiety and Depression (HADS)	+	-
General Health (SF-36)	-	+
Usual fatigue	+	-
Social functioning (SF-36)	+	-
Pain Catastrophizing (PCS)	+	-
Somatosensory Amplification (SAS)	+	-

DISCUSSION

High anxiety is common in hEDS and is associated with negative outcomes.

→ An evaluation of anxiety is advisable in order to provide appropriate intervention for hEDS patients.

More information: Baeza-Velasco C, Bourdon C, Montalescot L, de Cazotte C, Pailhez G, Bulbena A, Hamonet C. (in press) Low- and high-anxious hypermobile Ehlers-Danlos patients: comparison of psychosocial and health variables. *Rheumatology International*.

Bulbena A, Baeza-Velasco C, Bulbena-Cabr e A, Pailhez G, Critchley H, Chopra P, Mallorqui-Bagu e N, Frank Ch, Porges S (2017) Psychiatric and psychological aspects in the Ehlers-Danlos syndrome. *Am J Med Genet 175C:237-245* ; Gratacos M, Nadal M, Martin-Santos R, Pujana MA, Gago J, Peral B, Armengol L, Ponsa I, Miro R, Bulbena A, Estivill X (2001) A polymorphic genomic duplication on human chromosome 15 is a susceptibility factor for panic and phobic disorders. *Cell 106:367-379* ; Tinkle B, Castori M, Berglund B, Cohen H, Grahame R, Kazkaz H, Levy H (2017) Hypermobile Ehlers-Danlos Syndrome (a.k.a. Ehlers-Danlos syndrome type III and Ehlers-Danlos syndrome hypermobility type). *Clinical description and natural history. Am J Med Genet 175C:48-69*.