

Sociodemographic characteristics of patients with Fibromyalgia syndrome - self reported data from EpiReumaPt, a Portuguese national cohort

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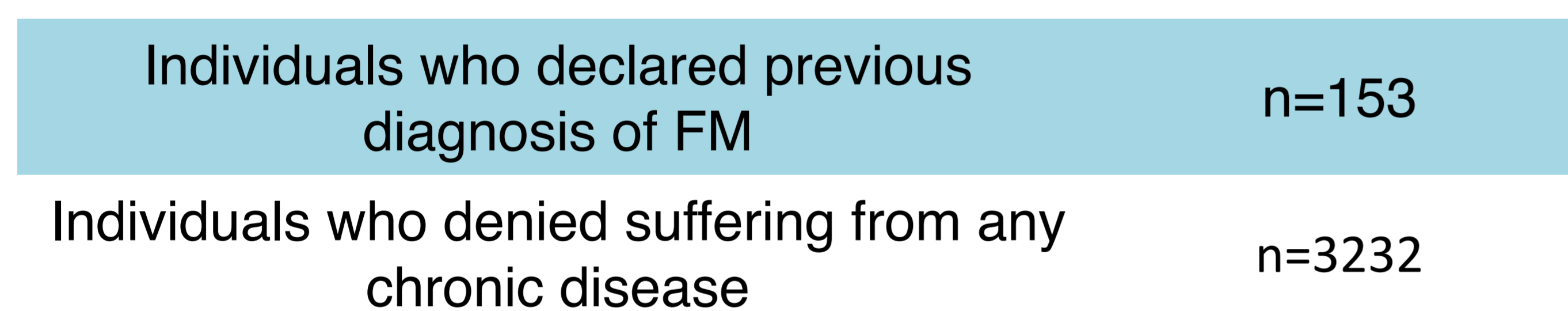
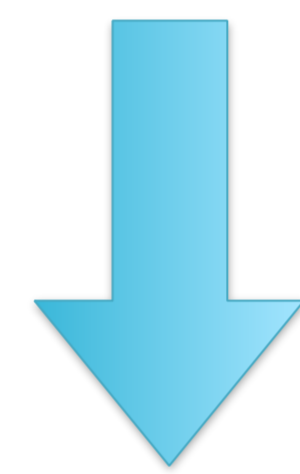
Introduction

The **Fibromyalgia syndrome (FM)** is a chronic disorder of unknown etiology characterized by widespread pain and tenderness, frequently associated with fatigue, anxiety and/or depression and disrupted sleep. It is a diagnosis of exclusion, and other causes that may explain the symptoms must be evaluated. It presents, typically, in middle-aged women, but both genders and all ages may be affected. This work aimed at analyzing **sociodemographic characteristics of people that reported being diagnosed with FM** comparing it with healthy controls.

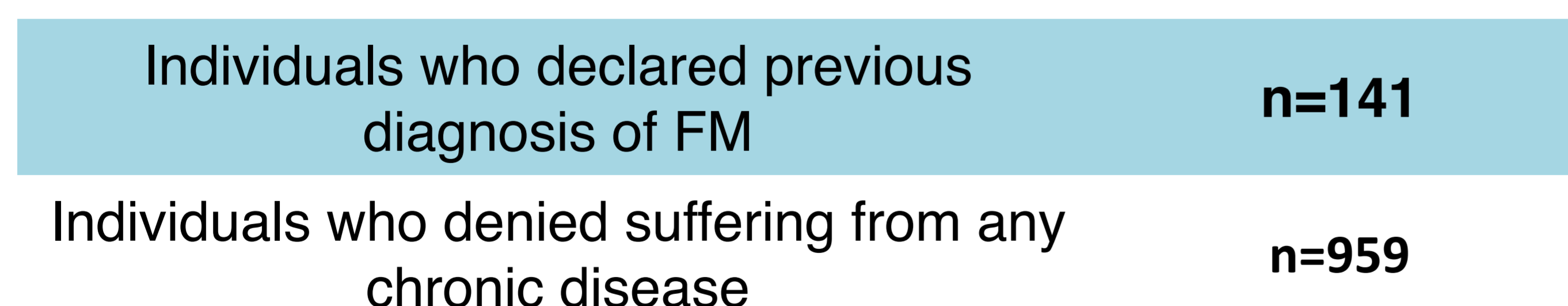
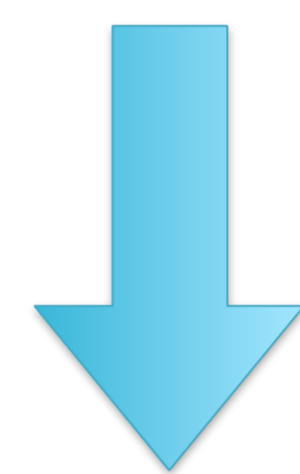
Methods and materials

EpiReumaPt is a project conducting a **nationwide survey on Rheumatic Diseases** and, in its screening phase, questionnaires are done to pre-selected individuals (according to pre-defined rules). These individuals are asked to report previous diagnoses of diseases in which is included FM.

An **observational study** was made, using self reported data from the cohort EpiReumaPt, **comparing individuals who declared previous diagnosis of FM with healthy controls (people who denied suffering from any chronic disease)**.



The groups were then matched for age and sex (only female subjects and individuals older than 35 years-old were included).



Univariate analysis were performed, applying T tests and chi-square tests to compare body mass index (BMI), coffee consumption, alcoholic drinks consumption, smoking, marital status, education level, professional status and family income. Weights were used in the analysis to adjust for the sampling design.

Results

	FM	Controls	p value
Age (years)	53.9	46.7	>0.05
Body Mass Index (kg/m ²)	27.5	25.0	>0.05
Coffee consumption	67.8%	76.6%	>0.05
Smoking	15.1%	21.7%	>0.05
Regular physical exercise	27.6%	37.4%	>0.05
Consuming alcoholic drinks	38.4%	57.8%	<0.05
Marital status			<0.05
Single	6.9%	13.9%	
Married or on a common-law marriage	67.8%	69.5%	
Divorced	13.8%	12.1%	
Widower	11.5%	4.5%	
Education level			<0.05
Less than 4 years	41.4%	22.5%	
5-12 years	36.8%	47.0%	
More than 12 years	21.8%	30.6%	
Professional status			<0.05
Working	48.1%	79.8%	
Unemployed	16.0%	10.5%	
Retired	28.4%	8.9%	
Temporary disability	7.5%	0.8%	
Monthly family income			>0.05
Less than 1000€	63.5%	53.0%	
1001-2000€	27.0%	30.4%	
More than 2000€	9.5%	16.6%	

Conclusions

These results show that **FM patients drink less alcohol, are less frequently single and more frequently divorced or widower, are less instructed and are in greater proportion unemployed, retired or temporarily disabled**, which is in agreement with the existing evidence about sociodemographic characteristics of these patients. As in previously published work **income, although, in this study, results are not significant**. It will be important to further compare these results with the data obtained from the Rheumatologist evaluation, and comparing subjects with medical established diagnosis.

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