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J Neurol Neurophysiol 2018, Volume 9 DOI: 10.4172/2155-9562-C2-065

22nd International Conference on

Neurology and Neurophysiology

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23rd International Conference on

Neurology and Neurosurgery

April 23-24, 2018 Rome, Italy

The relationship between anxiety, post-traumatic stress, insomnia, demographics and fibromyalgia among female refugees in Jordan

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The aim of this study was to examine the predictors of fibromyalgia among female refugees in Jordan. A cross-sectional design was used, and 288 refugees were recruited from four different cities in Jordan. Fibromyalgia impact questionnaire, Hamilton Anxiety Rating Scale, post-traumatic stress disorder, insomnia severity index was used. Logistic regression was used to identify the predictors of fibromyalgia symptoms. The results of the current study showed that 73.62% (N=212) of refugees had moderate to severe fibromyalgia impact. The logistic model was statistically significant (P=0.001). The model explained 59.2% of the variance in fibromyalgia impact and correctly classified 86.2% of the cases. Refugees living in Irbid city were 6.12 times more likely to exhibit higher negative impact of fibromyalgia compared to refuges living in Zarqa city. Syrian refugees were 1.9 times more likely to exhibit higher negative impact of fibromyalgia compared to Iraqi refugees. Increased age was associated with an increased likelihood of exhibit higher negative impact of fibromyalgia with an odds ratio of 1.8. Increased post-traumatic stress disorder (odds ratio=1.13), and anxiety scores (odds ratio=1.15) were associated with higher negative of fibromyalgia symptoms. In conclusion, refugees living in Irbid city, those who were older, anxious, and stressed after displacement, had increased negative impact of fibromyalgia. The study recommends assessing fibromyalgia among all refugees in Jordan and considering the factors associated with fibromyalgia when assessing refugees. In addition, the study suggests that healthcare workers, including nurses, pharmacists and physicians, should implement non-pharmacological and pharmacological interventions to decrease the negative impact of fibromyalgia among refugees. These interventions should target mainly those refugees who are living in Irbid, older adults, anxious and have high stress.

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