

SYMPTOMS OF STRESS, ANXIETY AND DEPRESSION IN WOMEN WITH BURNING MOUTH SYNDROME

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Abstract

Introduction

Symptoms of stress, anxiety and depression are suggested to be more prevalent in women with burning mouth syndrome (BMS) than in those without this syndrome and there might be confounding effects of age.

Aim

The aims were to evaluate stress, anxiety and depression symptoms together with general wellbeing and oral health related quality of life in BMS compared with aged-matched controls.

Materials and Methods

Women with BMS (n=56) and controls (n=56) were recruited from the community. All potential participants underwent an oral and a haematological examination to confirm case/control status. Participants completed the Perceived Stress Questionnaire, Hospital Anxiety/Depression Scale, General Population Wellbeing Questionnaire, and Oral Health Impact Profile-14.

Results

Women with BMS presented with higher stress index (median, range: 0.28, 0.2-0.73, versus 0.16, 0.03-0.53, $P < 0.0001$), higher total anxiety score (median, range: 7, 0-18 versus 4, 0-15, $P < 0.0001$), and higher depression score (median, range: 5, 0-16 versus 2, 0-9, $P < 0.0001$). General wellbeing and oral health related quality of life were lower in women with BMS.

Conclusions

Higher self-reported stress, anxiety and depression symptoms distinguished women with BMS from controls. Treatments aiming to alleviate the symptoms may benefit those with the syndrome regardless of causality.