

## QUALITY OF LIFE OF GERIATRIC PATIENTS WITH GENERALIZED ANXIETY DISORDER

---

***Erik Bernardes Moreira Alves***

Centro Universitário de Goiatuba –  
UNICERRADO, Goiatuba, Goiás.

<https://orcid.org/0000-0002-1005-9482>

***Mariana dos Santos Souza***

Faculdade Morgana Potrich, FAMP -  
Mineiros, Goiás.

<https://orcid.org/0000-0002-1846-2348>

***Andressa Garcia da Paixão***

Centro Universitário de Goiatuba,  
UNICERRADO - Goiatuba, Goiás.

<https://orcid.org/0000-0002-2566-823X>

***Cintia Amador Borges***

Instituto Master de Ensino Presidente  
Antônio Carlos, IMEPAC - Itumbiara, Goiás.

<https://orcid.org/0000-0002-6777-5113>

***Leticia Rodrigues de Oliveira***

Centro Universitário de Goiatuba,  
UNICERRADO - Goiatuba, Goiás.

<https://orcid.org/0000-0002-2456-8317>

***Sarah Godoi Jacinto***

Centro Universitário de Goiatuba,  
UNICERRADO - Goiatuba, Goiás.

<https://orcid.org/0000-0002-5268-3136>

***Brenda Ribeiro Julio***

Instituto Master de Ensino Presidente  
Antônio Carlos, IMEPAC - Itumbiara, Goiás.

<https://orcid.org/0000-0002-4500-772X>

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



***Gilmar Alves***

Instituto Master de Ensino Presidente  
Antônio Carlos, IMEPAC - Itumbiara, Goiás  
<https://orcid.org/0000-0001-6456-724X>

***Edson Pereira dos Santos Junior***

Centro Universitário de Goiatuba,  
Unicerrado - Goiatuba, Goiás.  
<http://lattes.cnpq.br/5019174054043801>

***Jheniffer Alves***

Universidade Brasil - Fernandópolis, São  
Paulo.  
<http://lattes.cnpq.br/8232464745117400>

***Isabella Perilo de Melo***

FACULDADE ALFREDO NASSER,  
UNIFAN - Aparecida de Goiânia, Goiás.  
<https://lattes.cnpq.br/0637624369426738>

***Iris Targino Garcia Fernandes***

FACULDADE ALFREDO NASSER,  
UNIFAN - Aparecida de Goiânia, Goiás.  
<http://lattes.cnpq.br/7622618506129030>

**Abstract:** Aging is natural and expected for everyone who goes through all stages of life successfully. With the occurrence of this physiological phenomenon of life, many elderly people are led to the development of psychological and psychiatric disorders, which, in clinical terms, consist of the main health problems of the geriatric population. Therefore, the present work seeks to establish the relationship between Generalized Anxiety Disorder and quality of life of the geriatric population that has the referred disorder. It must be borne in mind that aging is a socio-vital, multifaceted, irreversible process and the fate of everyone who goes through and completes adulthood. Therefore, understanding this phase and the anxiolytic pathology is paramount within the health area.

**Keywords:** Geriatrics. Psychiatry. Visa quality. Generalized Anxiety Disorder.

## **INTRODUCTION**

Aging is a natural phenomenon of the physiological development of the human being, expected since fertilization, provided that all stages of life are completed in the necessary manner. For this, the aging of the cells occurs, which are produced and, in the future, die, being replaced even before the individual is born. This way, the universal biological process is constituted by which the human being is necessarily led to old age.

With aging, some seniors end up suffering from certain pathologies, such as mental disorders. It is estimated that 30.2% of the elderly currently have disorders such as anxiety, dementia, schizophrenia, alcoholism, polypharmacy and bipolarity.

In outpatient matters, Generalized Anxiety Disorder is characterized as the main geriatric psychiatric disorder. Anxiety can be characterized as a sensation due to physiological reactions linked to the

behavior of constant risk assessment, which is stimulated in situations of potential danger, both by a new experience and by a past trauma.

It is speculated that high levels of anxiety are linked to intense physical symptoms and increased perception of adverse effects of treatments. To this end, they all negatively affect the patient's quality of life.

In an attempt to establish a definition for quality of life for the geriatric population, it was noted that certain factors influence this phenomenon, such as material goods, leisure, honesty and family proximity, spirituality, interpersonal relationships in society, solidarity with oneself and with others, as well as satisfactory physical and mental health.

## **METHODOLOGY**

The present work consists of a literary review that sought to address results found in research on the subject in question, whether in a comprehensive, orderly or systematic way. To carry out the work, the following steps were followed:

- 1) Selection of the corresponding themes;
- 2) Selection of samples found and used;
- 3) Analysis of the characteristics of the original research;
- 4) Analysis of the obtained results;
- 5) Conducting the review.

The scientific literature databases and techniques used in carrying out the review were Google Scholar, Scientific Electronic Library Online (SciELO), Virtual Health Library, Latin American and Caribbean Literature in Health Sciences (LILACS), using the following search engines: "geriatric psychiatry", "anxiety disorder in the elderly" and "quality of life in elderly patients with pathological anxiety", in English and Portuguese.

Thus, this work seeks not only to analyze the interface between geriatrics and psychiatry,

but also to highlight the various contents on the subject in question, aiming to shed light on an educational path, establishing possible influences of Generalized Anxiety Disorder in geriatric patients.

## **RESULTS AND DISCUSSIONS**

Longevity has been an increasingly important issue in the dynamics and daily lives of human beings. Faced with this reality, the yearning for a greater and better quality of life grows, making them longer. That said, the amount of research and work on "successful aging", correlating to an individual situation is a group situation, in which the greater end is linked to physical and social well-being. This whole phenomenon is also influenced, socially, by the conditions and environmental values imposed socially and environmentally, this in the surroundings where the individual lives and in his personal history built over the years.

As for health, aging is closely related to the emergence of chronic illnesses, such as neoplasms, rheumatological pathologies, cardiovascular diseases, endocrinology and, obviously, psychiatric diseases. Of the mental illnesses, the most prevalent are dementia, depression and anxiety disorder. Generalized Anxiety Disorder is the most common psychological and psychiatric disorder in the elderly population.

Quality of life, as previously mentioned, is closely related to better mental health prognosis in elderly patients. However, the exact way in which this phenomenon occurs is still being studied and established, given the various variables linked throughout life, not limited only to the human aging process. The fact of understanding that aging, in its ideal way is healthy, is a multifaceted sociovital process, not being monofactorial, raising awareness and sensitizing of the irreversibility of the act, as well as its

understanding and good adaptation to all stages of life is of paramount importance so that everyone involved, both the patient and health professionals and people close to the patient, realize that this phase is a moment in the life cycle that requires more specific care, so that this phase must be enjoyed with quality, preventing pathologies such as Generalized Anxiety Disorder.

## CONCLUSION

In view of what is exposed in this article, it is concluded that, although the Generalized Anxiety Disorder in a patient does not significantly affect the social environment that surrounds him, the quality of life of the patient and those close to him is significantly affected. This understanding for health professionals will provide better patient care and support for loved ones and friends. That said, the patient will have a better quality of life, enjoying even more the moments that the best age brings, consequently improving their anxiety and thus becoming a vicious cycle.

## REFERENCES

1. Oliveira K, Santos A, Cruvinel M, Neri A. Relação entre ansiedade, depressão e desesperança entre grupos de idosos. *Psicologia em estudo*. 2006;11(2):351359.
2. Ribeiro A, Souza E, Atie S, Souza A, Schilithz A. A influência das quedas na qualidade de vida dos idosos. Centro Latino Americano de Estudos de Violência e Saúde - CLAVES, Fundação Oswaldo Cruz. Rio de Janeiro.
3. Rodrigues D, Pelisoli C. Ansiedade em vestibulandos: um estudo exploratório. *Rev. Psiq. Clín.* 2008;35(5):171-7.
4. Trentini C. Qualidade de vida em idosos. Universidade Federal do Rio Grande do Sul. Faculdade de Medicina. Programa de Pós-Graduação em Ciências Médicas: Psiquiatria, 2004. Lume repositório digital UFRGS. Disponível em: <http://hdl.handle.net/10183/3471>.
5. Villar R, Fernández S, Garea C, Pillado M, Barreiro V, Martín C. Qualidade de vida e ansiedade em mulheres com câncer de mama antes e depois do tratamento. *Rev. Latino-Am. Enf.* 2017;25:2958.
6. XAVIER, Flávio MF et al. Transtorno de ansiedade generalizada em idosos com oitenta anos ou mais. *Revista de Saúde Pública*, v. 35, p. 294-302, 2001.