

Tabela 3. Análise multivariada utilizando regressão de Poisson para identificar fatores associados aos sinais e sintomas de estresse grave ou extremo comparando os sexos.

Variável	Feminino				Masculino			
	Análise inicial		Análise final		Análise inicial		Análise final	
	RR (IC 95%)	p	RR (IC 95%)	p	RR (IC 95%)	p	RR (IC 95%)	p
Sintomas prévios de ansiedade e depressão		< 0.001		< 0.001		< 0.001		< 0.001
Sim	1.97 (1.71 - 2.28)	< 0.001	1.98 (1.71 - 2.29)	< 0.001	3.11 (1.88 - 5.13)	< 0.001	3.30 (2.10 - 5.20)	< 0.001
Não	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Uso de medicamentos		< 0.001		< 0.001		0.014		< 0.001
Não uso	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	1.25 (0.72 - 2.17)	0.435	1.34 (0.76 - 2.36)	0.305	0.51 (0.30 - 0.87)	0.013	0.45 (0.27 - 0.74)	0.002
Permaneci da mesma forma	2.35 (1.35 - 4.07)	0.002	2.51 (1.44 - 4.39)	0.001	1.09 (0.34 - 3.51)	0.880	0.80 (0.27 - 2.37)	0.684
Diminuí o consumo	1.38 (0.78 - 2.44)	0.266	1.47 (0.83 - 2.62)	0.191	0.47 (0.28 - 0.80)	0.005	0.43 (0.28 - 0.65)	< 0.001
Idade (anos)		< 0.001		< 0.001		0.277		< 0.001
18 - 20	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
21 - 25	0.83 (0.71 - 0.98)	0.027	0.85 (0.72 - 0.99)	0.033	1.00 (0.59 - 1.71)	0.990	0.91 (0.61 - 1.34)	0.625
26 - 33	0.67 (0.53 - 0.84)	< 0.001	0.69 (0.57 - 0.83)	< 0.001	0.92 (0.43 - 1.95)	0.821	0.64 (0.40 - 1.02)	0.063
34 - 44	0.47 (0.35 - 0.63)	< 0.001	0.47 (0.37 - 0.59)	< 0.001	0.70 (0.26 - 1.86)	0.472	0.31 (0.16 - 0.59)	< 0.001
45 - 83	0.28 (0.19 - 0.41)	< 0.001	0.27 (0.20 - 0.38)	< 0.001	0.31 (0.10 - 0.97)	0.044	0.17 (0.06 - 0.44)	< 0.001
Lazer		< 0.001		< 0.001		0.335		0.058
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Diminuí	1.56 (1.31 - 1.85)	< 0.001	1.57 (1.33 - 1.86)	< 0.001	1.88 (0.86 - 4.12)	0.115	2.36 (1.22 - 4.59)	0.011
Permaneci da mesma forma	1.00 (0.84 - 1.19)	0.967	0.98 (0.83 - 1.17)	0.846	0.94 (0.52 - 1.73)	0.852	0.91 (0.51 - 1.61)	0.748
Não pratico	1.32 (0.84 - 2.07)	0.231	1.25 (0.80 - 1.94)	0.330	1.51 (0.55 - 4.20)	0.425	1.64 (0.61 - 4.39)	0.329
Residência		< 0.001		< 0.001		0.045		0.113
Nordeste	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Sudeste	1.50 (1.27 - 1.78)	< 0.001	1.44 (1.22 - 1.69)	< 0.001	0.92 (0.30 - 2.86)	0.887	0.91 (0.26 - 3.21)	0.883
Sul	1.28 (1.02 - 1.61)	0.034	1.23 (1.00 - 1.51)	0.046	3.12 (0.74 - 13.17)	0.122	1.18 (0.43 - 3.25)	0.751
Norte	1.14 (0.81 - 1.60)	0.448	1.17 (0.84 - 1.61)	0.353	1.79 (0.66 - 4.86)	0.256	1.09 (0.48 - 2.47)	0.830
Centro Oeste	1.50 (1.09 - 2.08)	0.014	1.49 (1.09 - 2.04)	0.014	0.75 (0.46 - 1.21)	0.242	0.69 (0.44 - 1.07)	0.099
Outro País	1.63 (0.98 - 2.71)	0.059	1.72 (1.06 - 2.80)	0.028	2.09 (0.84 - 5.21)	0.115	1.84 (0.73 - 4.69)	0.198
Atividade remotas		0.003		0.002		0.231		0.352
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Permaneci da mesma forma	0.70 (0.57 - 0.87)	0.001	0.69 (0.55 - 0.85)	< 0.001	1.72 (0.90 - 3.31)	0.101	1.57 (0.87 - 2.82)	0.131
Diminuí a realização das atividades	1.08 (0.92 - 1.25)	0.350	1.08 (0.92 - 1.26)	0.357	1.55 (0.93 - 2.58)	0.090	1.35 (0.87 - 2.09)	0.178
Não faço	1.07 (0.86 - 1.33)	0.558	1.02 (0.83 - 1.26)	0.829	1.17 (0.71 - 1.92)	0.542	1.11 (0.72 - 1.71)	0.639
Exercício físico		0.033		0.024				
Aumentei	1.0 (Ref.)		1.0 (Ref.)					
Permaneci da mesma forma	1.05 (0.84 - 1.31)	0.657	1.08 (0.86 - 1.34)	0.518				
Diminuí	1.21 (1.01 - 1.44)	0.034	1.24 (1.04 - 1.48)	0.016				
Não pratico	1.29 (1.07 - 1.55)	0.009	1.30 (1.07 - 1.57)	0.007				
Isolamento social		0.038		0.003		0.051		0.128
Não	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Sim	1.23 (1.01 - 1.49)	0.038	1.32 (1.10 - 1.58)	0.003	1.57 (1.00 - 2.46)	0.051	1.34 (0.92 - 1.94)	0.128
Uso de álcool		0.041		0.007		0.507		0.228
Não bebo	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	0.88 (0.73 - 1.05)	0.162	0.86 (0.72 - 1.03)	0.102	1.50 (0.83 - 2.71)	0.177	1.47 (0.88 - 2.44)	0.142
Permaneci da mesma forma	0.77 (0.65 - 0.92)	0.004	0.74 (0.63 - 0.88)	< 0.001	1.20 (0.73 - 1.98)	0.475	1.41 (0.86 - 2.30)	0.170
Diminuí	0.85 (0.71 - 1.02)	0.083	0.82 (0.69 - 0.99)	0.035	1.01 (0.52 - 1.99)	0.966	0.97 (0.57 - 1.65)	0.914
Tempo em distanciamento social		0.045		0.066		0.185		0.114
1 - 30	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
31 - 35	1.24 (0.99 - 1.55)	0.060	1.20 (0.96 - 1.50)	0.102	0.68 (0.37 - 1.24)	0.209	0.74 (0.41 - 1.32)	0.305
36 - 40	1.25 (1.01 - 1.55)	0.045	1.22 (0.99 - 1.51)	0.065	1.04 (0.55 - 1.97)	0.909	1.15 (0.67 - 1.96)	0.619
41 - 45	1.00 (0.80 - 1.26)	0.995	0.98 (0.79 - 1.23)	0.877	1.37 (0.82 - 2.29)	0.226	1.44 (0.89 - 2.35)	0.140
46 - 122	1.22 (0.99 - 1.50)	0.058	1.20 (0.98 - 1.46)	0.084	1.24 (0.71 - 2.18)	0.450	1.39 (0.83 - 2.33)	0.205
Relação Trabalhista		0.084		0.034		0.148		0.236
Desempregado	1.33 (0.96 - 1.85)	0.084	1.40 (1.05 - 1.85)	0.021	0.90 (0.39 - 2.09)	0.813	1.32 (0.64 - 2.74)	0.450
Estudante e agora contínuo com atividades à distância	1.48 (1.07 - 2.03)	0.016	1.52 (1.14 - 2.01)	0.004	1.28 (0.56 - 2.92)	0.557	1.35 (0.63 - 2.91)	0.442
Estudante e agora fui liberado das atividades	1.26 (0.89 - 1.78)	0.184	1.33 (0.98 - 1.79)	0.067	1.06 (0.46 - 2.45)	0.899	1.21 (0.54 - 2.70)	0.639
Outros	1.11 (0.77 - 1.58)	0.582	1.15 (0.83 - 1.59)	0.412	1.76 (0.79 - 3.89)	0.165	1.66 (0.78 - 3.53)	0.189
Trabalhando a distância	1.14 (0.85 - 1.55)	0.380	1.15 (0.87 - 1.51)	0.342	0.79 (0.35 - 1.81)	0.585	0.75 (0.35 - 1.57)	0.442
Trabalhando e agora contínuo empregado, mas fui liberado	1.46 (1.02 - 2.11)	0.040	1.48 (1.05 - 2.08)	0.026	0.36 (0.10 - 1.35)	0.129	0.39 (0.10 - 1.57)	0.186
Trabalhando normalmente	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	