

Tabela 4. Análise multivariada utilizando regressão de Poisson para identificar fatores associados aos sinais e sintomas de ansiedade 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	2.37 (2.01 - 2.78)	< 0.001	2.41 (2.04 - 2.84)	< 0.001	3.13 (1.89 - 5.18)	< 0.001	3.57 (2.10 - 6.04)	< 0.001
Não	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Uso de medicamentos		< 0.001		< 0.001		0.005		0.009
Não uso	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	0.60 (0.49 - 0.73)	< 0.001	0.60 (0.49 - 0.73)	< 0.001	0.61 (0.33 - 1.13)	0.119	0.52 (0.30 - 0.92)	0.024
Permaneci da mesma forma	0.39 (0.21 - 0.71)	0.002	0.37 (0.20 - 0.67)	0.001	0.88 (0.20 - 3.88)	0.867	0.52 (0.14 - 2.03)	0.349
Diminuí o consumo	0.55 (0.47 - 0.64)	< 0.001	0.54 (0.47 - 0.63)	< 0.001	0.40 (0.24 - 0.67)	< 0.001	0.48 (0.30 - 0.76)	0.002
Idade (anos)		< 0.001		< 0.001		0.148		0.103
18 - 20	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
21 - 25	0.82 (0.69 - 0.98)	0.029	0.85 (0.72 - 1.01)	0.060	1.01 (0.58 - 1.74)	0.975	1.05 (0.64 - 1.73)	0.835
26 - 33	0.79 (0.63 - 1.01)	0.055	0.81 (0.66 - 0.99)	0.044	0.63 (0.25 - 1.61)	0.338	0.69 (0.35 - 1.34)	0.274
34 - 44	0.46 (0.34 - 0.63)	< 0.001	0.46 (0.36 - 0.60)	< 0.001	0.23 (0.07 - 0.79)	0.020	0.28 (0.10 - 0.79)	0.016
45 - 83	0.31 (0.21 - 0.47)	< 0.001	0.30 (0.22 - 0.42)	< 0.001	0.42 (0.11 - 1.66)	0.219	0.49 (0.18 - 1.37)	0.174
Lazer		< 0.001		< 0.001				
Aumentei	1.0 (Ref.)		1.0 (Ref.)					
Diminuí	1.50 (1.23 - 1.82)	< 0.001	1.51 (1.25 - 1.82)	< 0.001				
Permaneci da mesma forma	1.41 (0.93 - 2.13)	0.102	1.40 (0.95 - 2.07)	0.086				
Não pratico	1.09 (0.92 - 1.30)	0.329	1.05 (0.88 - 1.25)	0.594				
Residência		0.037		0.014		0.001		< 0.001
Nordeste	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Sudeste	0.96 (0.68 - 1.34)	0.797	0.94 (0.67 - 1.32)	0.728	0.13 (0.04 - 0.44)	0.001	0.15 (0.06 - 0.38)	< 0.001
Sul	0.92 (0.50 - 1.67)	0.775	0.96 (0.52 - 1.78)	0.908	2.67 (0.56 - 12.83)	0.220	1.97 (0.64 - 6.08)	0.237
Norte	0.87 (0.66 - 1.16)	0.342	0.83 (0.63 - 1.10)	0.196	1.52 (0.53 - 4.35)	0.438	1.90 (0.83 - 4.36)	0.128
Centro Oeste	0.74 (0.62 - 0.89)	0.002	0.75 (0.63 - 0.89)	0.001	1.03 (0.58 - 1.85)	0.910	0.83 (0.53 - 1.31)	0.427
Outro País	0.92 (0.66 - 1.27)	0.602	1.01 (0.74 - 1.38)	0.948	6.41 (1.79 - 22.97)	0.004	4.04 (1.30 - 12.53)	0.016
Atividade remotas		0.001		< 0.001		0.102		0.008
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Permaneci da mesma forma	1.11 (0.89 - 1.39)	0.360	1.14 (0.92 - 1.41)	0.245	2.20 (1.17 - 4.13)	0.014	2.43 (1.43 - 4.15)	0.001
Diminuí a realização das atividades	0.80 (0.65 - 0.99)	0.042	0.80 (0.65 - 0.99)	0.040	1.19 (0.63 - 2.24)	0.595	1.13 (0.64 - 2.00)	0.678
Não faço	1.24 (1.06 - 1.46)	0.006	1.28 (1.09 - 1.49)	0.002	1.15 (0.65 - 2.03)	0.627	1.10 (0.67 - 1.79)	0.709
Exercício físico		0.164		0.413		0.215		0.531
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Permaneci da mesma forma	1.18 (0.97 - 1.43)	0.098	1.15 (0.95 - 1.39)	0.153	0.92 (0.46 - 1.85)	0.824	0.97 (0.54 - 1.72)	0.905
Diminuí	0.99 (0.79 - 1.25)	0.960	1.04 (0.83 - 1.30)	0.756	0.55 (0.28 - 1.08)	0.081	0.63 (0.33 - 1.23)	0.180
Não pratico	0.99 (0.83 - 1.19)	0.931	1.02 (0.85 - 1.23)	0.823	0.66 (0.38 - 1.15)	0.144	0.88 (0.52 - 1.49)	0.637
Isolamento social		0.093		0.007		0.127		0.038
Não	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Sim	1.19 (0.97 - 1.45)	0.093	1.29 (1.07 - 1.55)	0.007	1.52 (0.89 - 2.59)	0.127	1.66 (1.03 - 2.68)	0.038
Uso de álcool		0.284		0.095		0.026		0.226
Não bebo	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	0.97 (0.81 - 1.16)	0.700	0.96 (0.81 - 1.15)	0.684	2.17 (1.17 - 4.02)	0.014	1.59 (0.91 - 2.79)	0.103
Permaneci da mesma forma	1.11 (0.92 - 1.33)	0.280	1.14 (0.95 - 1.36)	0.174	1.54 (0.88 - 2.69)	0.130	1.45 (0.85 - 2.46)	0.170
Diminuí	1.13 (0.92 - 1.39)	0.226	1.18 (0.96 - 1.43)	0.111	0.81 (0.36 - 1.84)	0.620	0.99 (0.51 - 1.90)	0.964
Tempo em distanciamento social		0.805		0.842		0.041		0.009
1 - 30	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
31 - 35	1.03 (0.83 - 1.27)	0.810	0.98 (0.79 - 1.21)	0.856	0.68 (0.36 - 1.27)	0.225	0.61 (0.32 - 1.13)	0.117
36 - 40	0.97 (0.78 - 1.21)	0.805	0.96 (0.77 - 1.19)	0.694	1.93 (1.03 - 3.61)	0.040	1.88 (1.10 - 3.23)	0.022
41 - 45	0.92 (0.74 - 1.14)	0.426	0.90 (0.72 - 1.11)	0.328	1.18 (0.61 - 2.29)	0.620	1.12 (0.62 - 2.05)	0.707
46 - 122	1.03 (0.84 - 1.25)	0.804	1.00 (0.82 - 1.21)	0.997	1.45 (0.80 - 2.65)	0.221	1.31 (0.77 - 2.24)	0.320
Relação Trabalhista		0.004		0.016		0.070		0.160
Desempregado	1.59 (1.13 - 2.24)	0.008	1.49 (1.09 - 2.05)	0.013	0.40 (0.15 - 1.04)	0.061	0.99 (0.47 - 2.07)	0.978
Estudante e agora contínuo com atividades à distância	1.72 (1.23 - 2.40)	0.001	1.47 (1.08 - 2.02)	0.015	0.92 (0.41 - 2.07)	0.842	1.29 (0.66 - 2.52)	0.462
Estudante e agora fui liberado das atividades	1.48 (1.04 - 2.12)	0.031	1.32 (0.95 - 1.84)	0.095	0.66 (0.25 - 1.74)	0.399	1.38 (0.63 - 3.03)	0.414
Outros	1.34 (0.94 - 1.90)	0.105	1.31 (0.94 - 1.84)	0.116	0.73 (0.29 - 1.83)	0.503	1.09 (0.47 - 2.53)	0.846
Trabalhando a distância	1.15 (0.84 - 1.58)	0.381	1.11 (0.82 - 1.51)	0.490	0.38 (0.14 - 1.02)	0.056	0.70 (0.31 - 1.56)	0.386
Trabalhando e agora contínuo empregado, mas fui liberado	1.71 (1.19 - 2.44)	0.003	1.68 (1.19 - 2.37)	0.003	0.23 (0.07 - 0.74)	0.013	0.32 (0.09 - 1.08)	0.066
Trabalhando normalmente	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	