

Tabela 5. Análise multivariada utilizando regressão de Poisson para identificar fatores associados aos sinais e sintomas de depressão 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	1.61 (1.39 - 1.87)	< 0.001	1.64 (1.41 - 1.89)	< 0.001	2.20 (1.42 - 3.41)	< 0.001	2.23 (1.50 - 3.32)	< 0.001
Não	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Uso de medicamentos		< 0.001		< 0.001		0.157		0.036
Não uso	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	0.65 (0.54 - 0.79)	< 0.001	0.64 (0.54 - 0.77)	< 0.001	0.71 (0.42 - 1.22)	0.216	0.68 (0.40 - 1.15)	0.152
Permaneci da mesma forma	0.70 (0.47 - 1.03)	0.069	0.73 (0.50 - 1.08)	0.114	1.17 (0.44 - 3.08)	0.757	1.31 (0.61 - 2.83)	0.492
Diminui o consumo	0.45 (0.39 - 0.52)	< 0.001	0.45 (0.39 - 0.52)	< 0.001	0.63 (0.41 - 0.96)	0.031	0.59 (0.39 - 0.90)	0.015
Idade (anos)		< 0.001		< 0.001		0.257		0.001
18 - 20	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
21 - 25	0.97 (0.83 - 1.15)	0.759	0.99 (0.85 - 1.16)	0.947	1.23 (0.82 - 1.85)	0.319	1.13 (0.76 - 1.69)	0.542
26 - 33	0.88 (0.71 - 1.10)	0.263	0.90 (0.73 - 1.11)	0.330	1.28 (0.75 - 2.21)	0.365	0.92 (0.59 - 1.42)	0.706
34 - 44	0.65 (0.49 - 0.87)	0.004	0.62 (0.48 - 0.82)	< 0.001	0.73 (0.30 - 1.79)	0.493	0.38 (0.18 - 0.79)	0.009
45 - 83	0.42 (0.29 - 0.63)	< 0.001	0.39 (0.27 - 0.56)	< 0.001	0.50 (0.15 - 1.67)	0.259	0.26 (0.11 - 0.61)	0.002
Lazer		< 0.001		< 0.001				
Aumentei	1.0 (Ref.)		1.0 (Ref.)					
Diminui	1.53 (1.28 - 1.83)	< 0.001	1.55 (1.29 - 1.85)	< 0.001				
Permaneci da mesma forma	1.07 (0.91 - 1.27)	0.394	1.07 (0.91 - 1.27)	0.403				
Não pratico	1.39 (0.90 - 2.14)	0.135	1.33 (0.87 - 2.03)	0.187				
Residência		< 0.001		< 0.001		0.002		< 0.001
Nordeste	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Sudeste	1.22 (0.92 - 1.61)	0.167	1.25 (0.96 - 1.64)	0.094	1.10 (0.49 - 2.47)	0.826	1.21 (0.60 - 2.41)	0.597
Sul	1.45 (0.99 - 2.13)	0.056	1.47 (1.01 - 2.15)	0.046	2.23 (0.76 - 6.57)	0.144	1.54 (0.63 - 3.77)	0.344
Norte	0.85 (0.66 - 1.08)	0.184	0.86 (0.67 - 1.09)	0.201	1.21 (0.64 - 2.28)	0.551	0.96 (0.51 - 1.80)	0.902
Centro Oeste	0.62 (0.53 - 0.74)	< 0.001	0.62 (0.53 - 0.73)	< 0.001	0.57 (0.38 - 0.86)	0.007	0.49 (0.34 - 0.71)	< 0.001
Outro País	0.63 (0.44 - 0.90)	0.011	0.65 (0.46 - 0.92)	0.015	1.43 (0.53 - 3.90)	0.484	1.18 (0.47 - 2.96)	0.723
Atividade remotas		< 0.001		< 0.001		0.090		0.197
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Permaneci da mesma forma	1.26 (1.03 - 1.55)	0.027	1.26 (1.04 - 1.53)	0.020	1.54 (0.91 - 2.60)	0.106	1.46 (0.92 - 2.30)	0.106
Diminui a realização das atividades	1.11 (0.92 - 1.34)	0.295	1.09 (0.90 - 1.31)	0.376	1.37 (0.85 - 2.20)	0.192	1.22 (0.77 - 1.93)	0.405
Não faço	1.39 (1.19 - 1.63)	< 0.001	1.40 (1.20 - 1.63)	< 0.001	1.67 (1.11 - 2.52)	0.015	1.47 (0.99 - 2.18)	0.056
Exercício físico		< 0.001		< 0.001		0.487		0.893
Aumentei	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Permaneci da mesma forma	1.34 (1.11 - 1.61)	0.003	1.33 (1.10 - 1.60)	0.003	0.89 (0.54 - 1.46)	0.640	1.01 (0.63 - 1.62)	0.978
Diminui	0.92 (0.72 - 1.18)	0.527	0.93 (0.73 - 1.19)	0.554	0.69 (0.40 - 1.19)	0.181	0.84 (0.47 - 1.49)	0.544
Não pratico	1.26 (1.05 - 1.51)	0.012	1.25 (1.05 - 1.50)	0.015	0.75 (0.48 - 1.18)	0.213	0.92 (0.59 - 1.42)	0.704
Isolamento social		0.029		0.005				
Não	1.0 (Ref.)		1.0 (Ref.)					
Sim	1.26 (1.02 - 1.54)	0.029	1.30 (1.08 - 1.57)	0.005				
Uso de álcool		0.252		0.205		< 0.001		0.002
Não bebo	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
Aumentei	0.95 (0.80 - 1.13)	0.586	0.95 (0.80 - 1.13)	0.554	2.36 (1.44 - 3.84)	< 0.001	2.46 (1.51 - 4.01)	< 0.001
Permaneci da mesma forma	1.11 (0.93 - 1.32)	0.252	1.11 (0.93 - 1.32)	0.249	1.27 (0.78 - 2.08)	0.338	1.51 (0.91 - 2.49)	0.107
Diminui	1.10 (0.91 - 1.34)	0.305	1.11 (0.92 - 1.34)	0.256	1.68 (0.90 - 3.12)	0.101	1.79 (1.01 - 3.19)	0.046
Tempo em distanciamento social		0.741		0.767		0.332		0.529
1 - 30	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	
31 - 35	1.13 (0.90 - 1.41)	0.282	1.10 (0.89 - 1.36)	0.370	0.92 (0.58 - 1.48)	0.741	0.89 (0.56 - 1.43)	0.638
36 - 40	1.03 (0.82 - 1.29)	0.777	1.01 (0.82 - 1.25)	0.933	1.08 (0.64 - 1.84)	0.771	1.05 (0.64 - 1.70)	0.858
41 - 45	1.02 (0.81 - 1.28)	0.887	1.00 (0.81 - 1.25)	0.968	1.15 (0.71 - 1.85)	0.566	1.05 (0.66 - 1.67)	0.843
46 - 122	1.09 (0.88 - 1.35)	0.427	1.08 (0.89 - 1.32)	0.427	1.48 (0.94 - 2.32)	0.089	1.34 (0.85 - 2.11)	0.202
Relação Trabalhista						0.082		0.128
Desempregado	1.50 (1.08 - 2.10)	0.017	1.61 (1.20 - 2.17)	0.001	0.96 (0.48 - 1.91)	0.912	1.03 (0.54 - 1.96)	0.919
Estudante e agora contínuo com atividades à distância	1.49 (1.06 - 2.09)	0.022	1.48 (1.10 - 2.01)	0.011	1.42 (0.74 - 2.76)	0.295	1.31 (0.68 - 2.50)	0.420
Estudante e agora fui liberado das atividades	1.23 (0.86 - 1.75)	0.250	1.29 (0.94 - 1.76)	0.117	1.10 (0.52 - 2.35)	0.802	1.21 (0.57 - 2.53)	0.623
Outros	1.28 (0.90 - 1.82)	0.167	1.35 (0.96 - 1.88)	0.082	1.76 (0.85 - 3.64)	0.126	1.85 (0.95 - 3.59)	0.071
Trabalhando a distância	1.19 (0.86 - 1.66)	0.286	1.28 (0.95 - 1.73)	0.109	0.71 (0.33 - 1.50)	0.369	0.76 (0.38 - 1.50)	0.422
Trabalhando e agora contínuo empregado, mas fui liberado	1.62 (1.12 - 2.34)	0.010	1.59 (1.12 - 2.26)	0.009	0.52 (0.17 - 1.57)	0.248	0.63 (0.22 - 1.85)	0.403
Trabalhando normalmente	1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)		1.0 (Ref.)	