

JOINT EVENT

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The relationship between anxiety, post-traumatic stress, insomnia, demographics and fibromyalgia among female**Ahmed Al-Smadi**

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The aim of this study was to examine the predictors of fibromyalgia among female refugees in Jordan. A cross-sectional design was used, and 288 refugees were recruited from four different cities in Jordan. Fibromyalgia impact questionnaire, Hamilton Anxiety Rating Scale, post-traumatic stress disorder, insomnia severity index was used. Logistic regression was used to identify the predictors of fibromyalgia symptoms. The results of the current study showed that 73.62% (N=212) of refugees had moderate to severe fibromyalgia impact. The logistic model was statistically significant (P=0.001). The model explained 59.2% of the variance in fibromyalgia impact and correctly classified 86.2% of the cases. Refugees living in Irbid city were 6.12 times more likely to exhibit higher negative impact of fibromyalgia compared to refugees living in Zarqa city. Syrian refugees were 1.9 times more likely to exhibit higher negative impact of fibromyalgia compared to Iraqi refugees. Increased age was associated with an increased likelihood of exhibit higher negative impact of fibromyalgia with an odds ratio of 1.8. Increased post-traumatic stress disorder (odds ratio=1.13), and anxiety scores (odds ratio=1.15) were associated with higher negative of fibromyalgia symptoms. In conclusion, refugees living in Irbid city, those who were older, anxious, and stressed after displacement, had increased negative impact of fibromyalgia. The study recommends assessing fibromyalgia among all refugees in Jordan and considering the factors associated with fibromyalgia when assessing refugees. In addition, the study suggests that healthcare workers, including nurses, pharmacists and physicians, should implement non-pharmacological and pharmacological interventions to decrease the negative impact of fibromyalgia among refugees. These interventions should target mainly those refugees who are living in Irbid, older adults, anxious and have high stress.

Biography

Ahmed Mohammad Al-Smadi, PhD, RN, with sixteen years of experience as nurse and researcher. He earned his bachelor's and master's degree in nursing from Jordan University of Science and Technology and his PhD in Nursing from University of Ulster, United Kingdom. Currently he is assistant professor in nursing at American University of Madaba- department of medical laboratories. His main research interests are cardiac care, refugees' health, and psychological health laboratories. His main research interests are cardiac care, refugees' health, and psychological health.

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