


## Investigating the relevance of chest pain and distress to mental health

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### ABSTRACT

In the last decades, conceptual confusions have been observed in the context of the approach to the concepts of fear, panic, anxiety and anguish. Distress, which focuses on present events, is accompanied by a feeling of tightness or pain in the thoracic region and, as many patients with depression and anxiety report this experience, the feeling of distress has thus become the target of great concern clinic.

**Keywords:** Anguish, Chest pain, Anxiety, Depression, Mental health.

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## INTRODUCTION

In the last decades, conceptual confusions have been observed in the context of the approach to the concepts of fear, panic, anxiety and anguish. Distress, which focuses on present events, is accompanied by a feeling of tightness or pain in the thoracic region and, as many patients with depression and anxiety report this experience, the feeling of distress has thus become the target of great concern. clinic.

## OBJECTIVES

To investigate whether distress is more related to depression or anxiety, and to identify which variables or symptoms are more predictive of distress.

## METHODS

This investigation consisted of an exploratory study in which the prevalence of anxiety in psychiatric patients and the discrimination of clinical differences were investigated.

## RESULTS AND DISCUSSION

The investigation concluded that distress is more associated with depression than with anxiety, being more frequent in females, and that the most frequent comorbidities among patients with distress are somatization, fears, depressive mood, gastrointestinal and neurovegetative symptoms.

## CONCLUSION

The variables that were most related to distress were gender, reduced HAM-A score, BSI somatization, BSI hostility, BSI obsession compulsion, age, and MINI depression. Distress is closer to depression than anxiety.



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