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#### *Citation for published version (APA):*

de Vries, J., Rombaut, L., De Wandele, I., Scheper, M., Malfait, F., Engelbert, R., & Calders, P. (2018). *Psychosocial- and physical functioning in hypermobile Ehlers-Danlos Syndrome: a 5-year follow-up study*. Poster session presented at International Symposium on the Ehlers-Danlos Syndromes, Ghent, Belgium.

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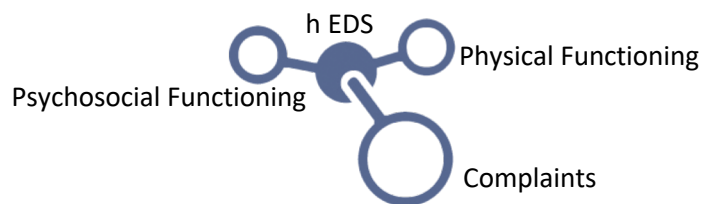
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# Psychosocial- and physical functioning in hypermobile Ehlers-Danlos Syndrome: a 5-year follow-up study

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## Introduction



There are various hypotheses regarding the development of complaints in patients with hypermobile Ehlers-Danlos syndrome (hEDS). These complaints are multidimensional and affect both the physical- and psychosocial functioning.

Numerous studies investigate the physical- and psychosocial functioning of hEDS patients cross-sectionally, whereas longitudinal studies are lacking.

## Aim

To investigate physical- and psychosocial functioning in female adults with hEDS during a five – year follow-up study.

## Method

T<sub>0</sub> (2012) → T<sub>1</sub> (2017)

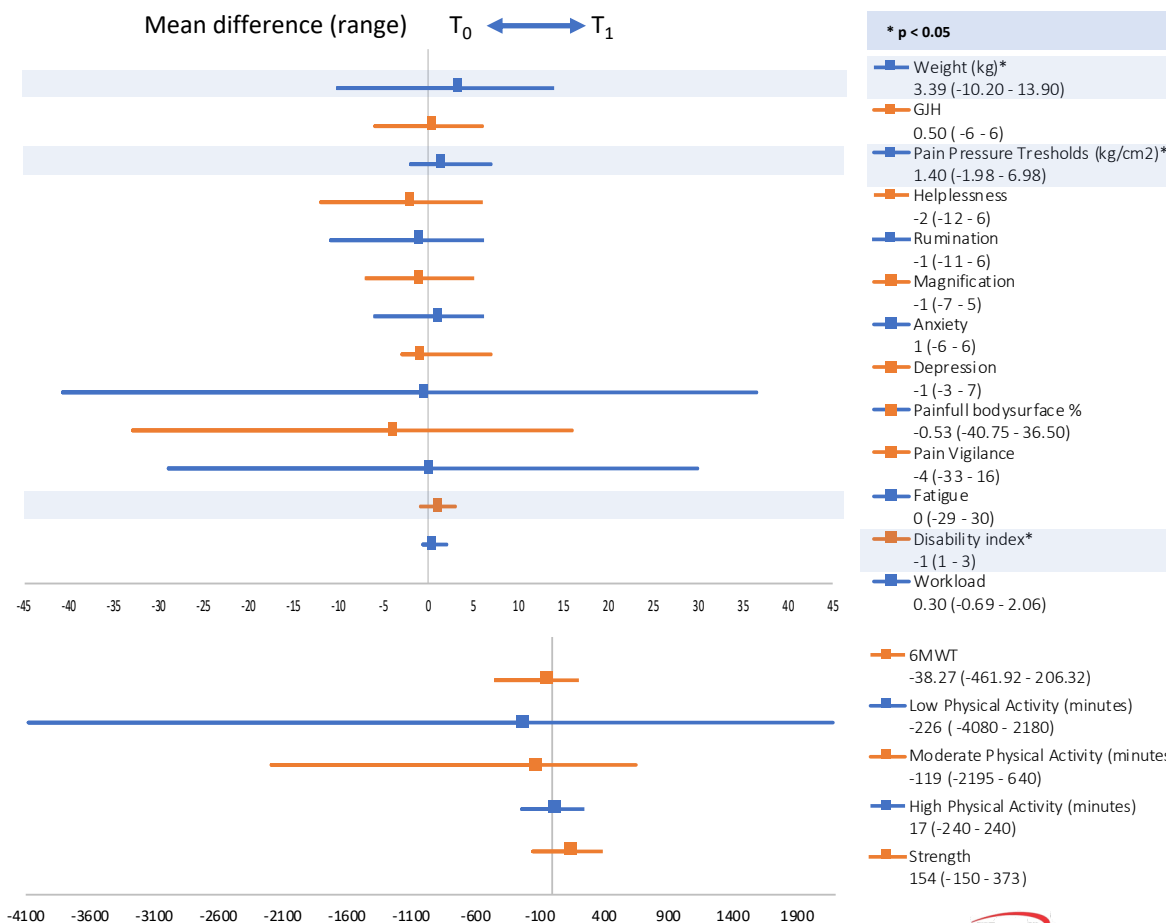
height, weight, joint (hyper)mobility  
**Physical functioning:** muscle strength, pain pressure thresholds, workload, 6MWT, pain disability, physical activity level, fatigue

**Psychosocial functioning:** anxiety, depression, pain, catastrophizing, pain vigilance  
 Paired Sample T-Test or Wilcoxon Signed Rank Test based on distribution of the data.

## Results

N = 22 hEDS patients

Mean(SD) 42 ± 9 years



## Preliminary Conclusion

Weight and pain pressure thresholds significantly increased between T<sub>0</sub> and T<sub>1</sub>.

Functional disability significantly decreased between T<sub>0</sub> and T<sub>1</sub>.

No significant changes between T<sub>0</sub> and T<sub>1</sub> were found within daily activity level, fatigue, pain coping and presence of anxiety disorders and depression.

Muscle strength increased significantly. Increased strength was seen in three of the five measurements; hip flexors, ankle dorsal flexors and grip strength. scored within normal range.

## Future Directions

First longitudinal cohort study in adult EDS patients.

Analysis of results, follow up regarding:

- Relabeling of patients using 2017 diagnostic criteria hEDS at T<sub>1</sub>.
- Comparing hEDS and HSD
- Pain sensitivity, type of pain, and pain distribution.
- Physical and psychosocial functioning.