

## COMPARISON OF TWO PROTOCOLS AIMED TO EVALUATE THE IMPACT OF DIZZINESS IN PATIENTS WITH VESTIBULAR DISORDERS

Maria Luiza C. Riato\*, Vanessa B. Campoy Rocha, Raquel Mezzalira, Guita Stoler, Maria Isabel R. do Amaral.

### Abstract

Exploring emotional aspects commonly associated with the symptom of dizziness is essential for a better understanding and prognosis of vestibular disorder, once it is known that dizziness can be associated as a cause or consequence from psychological disorders. The aim of this study was to analyse the emotional impact caused by dizziness/vertigo symptom in vestibulopathic patients comparing two protocols: Dizziness Handicap Inventory (DHI) and Questionário de Impacto Emocional da Vertigem (CIEV). We concluded that both questionnaires can be used to evaluate the impact of dizziness in patients' quality of life, but they explore different aspects being considered complementary during the diagnosis and for a better prognosis.

### Key words:

Dizziness, Impact, Questionnaires.

### Introduction

Dizziness is a common symptom in the population, even more in elderly. It's defined as a disturb on body balance caused by a sensorial conflict. Recent researches have focused on investigate the association of vestibular diseases and psychological symptoms and quality of life. The aim of this study was to analyze emotional impact caused by dizziness/vertigo symptom in vestibulopathic patients treated at an University Hospital through the application and comparison of two protocols, validate to Portuguese language: Dizziness Handicap Inventory (DHI) and *Questionário de Impacto Emocional da Vertigem* (CIEV).

### Results and Discussion

**Study design:** quantitative, descriptive and cross-sectional research approved by Ethics Comitee (nº 2.344.836).

Inclusion criteria: both genders aged over 15 years; presence of dizziness/vertigo and/or some episodes of instability or falls.

### Procedures:

1) Diagnosis, etiology of the symptom and associated diseases were obtained from patients' medical records; 2) Anamnesis; 3) Dizziness Handicap Inventory- DHI (Castro et al 2007). 4) *Questionário de Impacto Emocional da Vertigem* (CIEV) ( Dal Lago e Carmona 2013).

**Sample:** 37 patients were evaluated, aged between 23 and 85 (average 58.1±16,3), 24 (64,8%)females.

More than one type of dizziness were described by the participants: 21 (47,7%) referred vertigo, 23 (52,2%) instabilities. The most frequently diagnosed etiology was peripheral vestibular disorder (78,3%).

Comparing scores from the both protocols, 11 (91,6%) participants classified as severe handicap in DHI were also classified as risk to develop anxiety levels in CIEV.

**Table 1.** Scores obtained in *Questionário de Impacto Emocional da Vertigem* (CIEV)

<i>Questionário de Impacto Emocional da Vertigem</i> (CIEV)						
MINIMUM		MAXIMUM		AVERAGE		SD
2 pontos		35 pontos		18,9 pontos		±8,2
RISK		NON RISK		TOTAL		
N	%	N	%	N	%	
26	70,2	11	29,7	37	100	

**Table 2.** Scores obtained in Dizziness Handicap Inventory (DHI).

Dizziness Handicap Inventory (DHI)									
		MINIMUM	MAXIMUM	AVERAGE	SD				
<b>FUNCTIONAL</b>		0	36	17,5	±9,12				
<b>PHYSICAL</b>		4	28	16,9	±7,14				
<b>EMOCIONAL</b>		0	36	13,4	±10,3				
<b>TOTAL</b>		14	88	48,2	±8,4				
IMPACT LEVEL		MILD		MODERATE		SEVERE		TOTAL	
		N	%	N	%	N	%	N	%
		10	27,7	15	40,5	12	32,4	37	100

### Conclusions

Results suggest that both questionnaires are effective to explore emotional impact of dizziness. However, they approach different aspects and can be considered complementary. Also, emotional handicap is common in this population.

### Acknowledgement

CNPq.

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