

**PREVALENCE OF
ANXIETY AND RELATED
SYMPTOMS IN THE
BRAZILIAN UNIVERSITY
POPULATION DURING
THE COVID-19
PANDEMIC: AN
INTEGRATIVE REVIEW**

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Introduction: The health and humanitarian crisis caused by COVID-19 has had direct consequences for the physical and mental health of the Brazilian population, precipitating the occurrence of disorders such as anxiety, stress and depression. In addition, the university population in general, especially students in the health areas, already has a high prevalence of anxiety, even during periods without public health crises. In view of the seriousness of the current situation, it is evident the need to verify the current prevalence of anxiety in the Brazilian university population, in order to better guide supportive behaviors for students. **OBJECTIVES:** To analyze the prevalence of anxiety and related symptoms in the Brazilian university population during the COVID-19 pandemic. **Methodology:** This is an integrative literature review, based on the search strategy (Covid-19) AND (Anxiety) AND (Brazilian Students), in the VHL database. Thus, a total of 13 articles were extracted, which had as inclusion criteria: full texts published in 2020 and 2021, in Portuguese, English and Spanish. Of these, 4 were selected to serve as a reference in this review, taking into account the methodology - the 4 applied and analyzed the results of questionnaires involving anxiety -, the size of the sample used, and the results obtained; the parameters were obtained after full reading of the articles. The results of questionnaires from a total of 8361 university students, with an average age between 18 and 30 years, were analyzed. The results were synthesized in an integrated, broad and orderly manner, following the phases of the integrative review: elaboration of a guiding question, which sought to determine the prevalence of anxiety and related symptoms in the Brazilian university population, followed by the search organized through the search strategy mentioned above in the literature

and collection of information that, finally, determined the critical analysis of the data, formulating a rationalized discussion of the results obtained, which will be presented below. **Results and discussion:** Two articles analyzed the prevalence of related to anxiety through questionnaires, which were applied, adding the two articles, to a total of 1432 university students. Of these, 44.62% had moderate to extremely severe symptoms of anxiety. Two other articles analyzed the prevalence of generalized anxiety disorder (GAD), analyzing a total of 6929 respondents; of these, 44.17% had the disease. It is also important to note that one of these articles covered only dental students, and reached a significantly higher incidence of GAD (85%) compared to the other (42.45%), which analyzed university students in general. Regarding the incidence by ethnicity, this last study showed a higher incidence of GAD in black students (47.3%), in relation to mixed race (38.6%) and white students (44.1%). **Conclusion:** The COVID-19 pandemic has affected the mental health of many Brazilian university students, reflecting the high prevalence of anxiety and related symptoms in this population. In it, black students and those in the health areas are among the most affected.

Keywords: Covid-19; anxiety; Brazilian students.

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