algorithm. A 5-year prospective follow-up for new CVD events, type II diabetes and medication for hypertension and hyperlipidemia was completed in all the patients. The event-free survival curves were built and the Mantel-Cox analysis was performed with respect to serum IGF1, where IGF1 levels below or equal to the median 139 ng/ml were considered low.

**Results:** Low IGF1 was clinically significant. These patients were recognized by high prevalence of hypertension (26% vs. 7.9%, p=0.001), overweight (19% vs 6.8%, p=0.016) and hypercholesterolemia (71% vs 48%, p=0.0025), which resulted in a higher eCVR in these RA patients (7.2% and 3.3%, p<0.001). When adjusted by age, low IGF1 group had higher serum IL6 (pg/ml: 2.1[0.2-3.0] vs 0.7[0.1-1.4], p=0.038) and ESR (mm/h: 12[7-15.5] vs 5.5[4-9], p=0.02), and higher prevalence of MTX monotherapy (56% vs. 39%, p<0.024). At prospective follow-up, 12 CVD events were registered. The median age at CVD event was 67 years and disease duration 14 years. Among the new CVD events were 4 ischemic strokes, 3 chronic atrial fibrillations and 2 incidental aorta aneurysms, which all could be viewed as directly related to hypertension. Low IGF1 showed high probability for new CVD events (OR 4.96, [95%CI:1.17-34.2], p=0.029). Additionally, low IGF1 group had a significant increase in medication for hypertension (+19.5% vs +4.8%, p=0.0001), but not type II diabetes and statins. In a prediction model, a combination of low IGF1 and RA duration>10 years indicated 80.5% specificity for development of new CV events.

**Conclusion:** We identified low normal levels of IGF1 to be associated with higher prevalence of CVD events in RA patients. Importantly, low IGF1 appeared to be an independent predictor of hypertension in middle-aged female patients.

**REFERENCES:**


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**FEELINGS OF GUILT AND SHAME IN PATIENTS WITH RHEUMATOID ARTHRITIS**

BOUSSAA HIBA, Alia Fazaa, Saoussen Miladi, Kamar Ouenniche, Leila Souabni, Selma Kassab, Selma Chekili, Leith Zakraoui, Kawther Ben Abdelghani, Ahmed Latar. Mongi Slim Hospital, Rheumatology, Tunis, Tunisia

**Background:** Rheumatoid arthritis (RA) is a chronic inflammatory disease which causes functional disability, pain, and joint destruction. The disease has a major impact on patient’s independence, social activities and self-image.

**Objectives:** The aims of this study were to assess whether RA is associated with increased feelings of shame and guilt, and to examine possible correlations with socio demographic characteristics and disease activity.

**Methods:** To measure feelings of shame and guilt, in patients with RA (ACR/EULAR 2010), we used the Experience of Shame Scale (ESS) [1] and the Test of Self Conscious Affect- Version 3 (TOSCA-3S) [2].

The TOSCA-3S is presented with 11 brief hypothetical scenarios followed by 3 common reactions, which reflect shame, guilt and externalization of blame. Each possible response is rated on a five-point scale from 1(not likely) to 5 (very likely). For the purpose of this study, only the shame and guilt response items were analyzed. Total scores for Shame Self-Talk and Guilt Self-Talk were calculated and compared to the scoring interpretation. A p<0.05 was considered significant.

**Results:** A total of 40 patients with RA were included, 36 women and 4 men, with a mean age of 54.2 years old [25-75]. Nine patients (22%) were illiterate, 42.5% were professionally active and 82.5% were married. The mean disease duration was 12.8 years [3-33]. 80% of patients were on prednisone at a daily posology of 7 mg [2.5-12.5], 82.5% were on csDMARDs and 27.5% on bDMARDs. The mean DAS 28 ESR and CRP were respectively 4.3 [1.6-6.9] and 3.6 [1-6.2].

The mean total score of the ESS was 45.2 [17-81] with subscale means of: 19 [12-37] for characterological shame, 19 [10-30] for behavioral shame and 7.4 [4-16] for bodily shame. For the TOSCA-3S, the mean “shame self-talk Total” score was 33.8 [17-44], and the mean “guilt self-talk Total” score was 48 [37-55], which corresponds to “you often use” for men and “you use an average amount” for women, a shame and guilt self-talk.

A significant correlation was found between disease activity (DAS 28 ESR) and total score of ESS, shame self-talk total score and guilt self-talk score (p<0.000).

**Conclusion:** Our RA patients experienced general feelings of shame and guilt, which correlate with demographic items and disease activity.
However, a case-control study with a larger population is necessary to determine whether patients with RA express more shame and guilt than their peers without RA.

REFERENCES:

Disclosure of Interests: None declared

FR10031

ASSESSMENT OF EFFICACY, SAFETY AND IMMUNOGENICITY OF A TRIVALENT SPILT-VIRUS INFLUENZA VACCINE IN PATIENTS WITH RHEUMATIC DISEASES

Daria Bukhanova, Boris Belov, Galina Tarasova, Andrey Gordiev, Natalia Demidova, Shandor Erdes, Tatiana Dubinina, Maria Cherkesova, Mikhail Diatropov, V.A. Nasonova Research Institute of Rheumatology, Moscow, Russian Federation

Background: In current rheumatology practice concurrent infections produce significant negative impact on patients’ morbidity, mortality and quality of life. Based on WHO estimations the annual incidence of influenza in adult population amounts to 5-10% worldwide. Influenza can lead to hospitalization (3 to 5 million cases per year) and even death (250-500 thousand cases per year). Flu and its complications rates are higher in patients with rheumatic diseases (RD) as compared to general population. Therefore, prevention of influenza should be viewed as integral part of RD population management.

Objectives: To study the safety, efficacy and immunogenicity of inactivated split-virus influenza vaccine in patients with rheumatoid arthritis (RA) and ankylosing spondylitis (AS).

Methods: 126 subjects (90 females and 36 males, aged 22 - 82 y) with recent acute respiratory viral infections (ARVI) and flu episodes in medical records were enrolled, including 52 RA patients, 34 AS patients and 40 healthy volunteers as the control group. 39 RA pts received methotrexate (MTX), 12 - TNF inhibitors + MTX, 8 - Leflunomide, 2 - abatacept, 2 - sulfasalazine, 1 - tofacitinib + MTX. 19 AS patients were treated with nonsteroidal anti-inflammatory drugs (NSAIDs), 15 - with TNF inhibitors. The RD duration ranged from 2 months to 46 years. All participants were injected subcutaneously with one dose (0.5 ml) of the trivalent inactivated influenza vaccine containing the actual influenza virus strains, with ongoing therapy. The control visits were scheduled at baseline, and in 1, 3 and 6 months after vaccination (Visits 0, 1, 2 and 3, respectively). Standard clinical and laboratory tests were performed during each visit. Immunogenicity of vaccine was measured with ELISA test kits.

Results: Vaccine tolerability was good in 103 participants (77.4%). Post-vaccination response between patients with different RD. (p <0.05). There was no significant effect of the treatment of RH on the level of post-vaccination response; there were also no differences in the level of post-vaccination response between patients with different RD.

Conclusion: Therefore, our results show good tolerability, efficacy and immunogenicity of inactivated split-virus influenza vaccine in RA and AS patients. Future studies on larger patients’ populations are warranted for more complete evaluation of vaccine safety and efficacy.

Disclosure of Interests: None declared

FR10032

HIGH INDEX OF SEDENTARY BEHAVIOR IN PATIENTS WITH INITIAL RHEUMATOID ARTHRITIS: DATA FROM A LONG COHORT OF INITIAL RA

Camila Cadena1,2, Ana Paula Gomides3, Talita Souza4, Luciana Muniz2, Pedro Henrique Almeida4, Sander Balsamo3, Licia Mota1, Universidade de Brasília, Faculdade de Educação Física, Brasília, Brazil; 2Tribunal Superior Eleitoral, Fisioterapia, Brasília, Brazil; 3Hospital Universitário de Brasília, Brasília, Brazil; 4Universidade de Brasília, Faculdade de Ciências Médicas, Brasília, Brazil; 5UNIJEURO/GEPEES, Brasília, Brazil

Background: The abandonment of a healthy lifestyle can have great impact on the quality of life, the response to the treatment and the control of the symptoms, like pain and fatigue on RA patients. Smoking is a proven trigger in the pathophysiology of RA, but studies show that it also participates in inflammatory activity throughout the course of the disease. RA patients are more likely to develop various comorbidities and increased cardiovascular risk when compared to the general population.

Objectives: To access physical activity engagement along with alcohol and cigarette consumption.

Methods: A cross-sectional study was carried out with patients with rheumatoid arthritis who received treatment on the initial stage of RA and followed up during 15 years in an initial RA cohort of a University Hospital. Participants underwent standardized clinical evaluation and analysis of complementary exams. The study was approved by the Ethics Committee.

Results: A total of 107 RA patients were evaluated. In the sample, 98% of the women were found, with a median age of 52 years. The mean duration of illness was 12.8 years and 11.3% had erosive disease. In relation to the habits of life, the physical activity level, prevalence of alcoholism and smoking were investigated. In general, our population was characterized by non- alcohol users (93.5%), non- smokers (75.7%) and not engaged into regular physical activities (56.1%). In relation to frequency, 21.5% of the patients exercised a minimum of three times a week, 16.8% once or twice a week and 5.6% once or twice a month. The practice of physical activity may be difficult for the patient with RA, who often has functional limitations, but is still of great importance, since it improves the response to treatment, prevents the onset of other comorbidities, or worsening of previous diseases, complications and promotes the improvement of the quality of life.

Conclusion: Even with a multidisciplinary approach and health care professionals qualified to instruct and emphasize the importance of engaging in an active lifestyle, RA patients remain mostly sedentary after 15 years of follow up. Perhaps other strategies of intervention should be investigated to improve such habits.

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