

National RLS Opioid Registry

May 2021 Data Update

Topic: Anxiety and RLS Severity During the COVID-19 Pandemic

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Entering the COVID-19 lockdowns

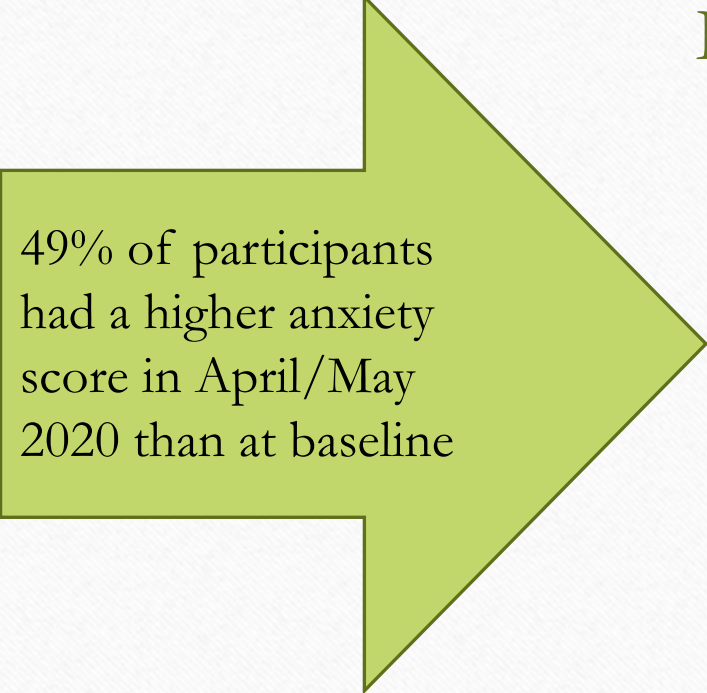


- Other research has found increased levels of anxiety after the onset of the COVID-19 pandemic and the ensuing lockdowns.
- Did RLS symptom severity increase as well?
- To answer this question, we assessed National RLS Opioid Registry survey responses just after the onset of the COVID-19 lockdowns.

RLS Registry participants reported higher anxiety levels during the spring 2020 lockdowns

Pre-Lockdowns

- Study participants at first survey:
 - Average anxiety questionnaire score: 1.95
 - 25% of people reported at least mild to moderate anxiety



49% of participants had a higher anxiety score in April/May 2020 than at baseline

During the Lockdowns

- Study participants in April/May 2020:
 - Average anxiety questionnaire score: 2.86
 - 37% of people reported at least mild to moderate anxiety

*Anxiety was assessed using the Generalized Anxiety Disorder-7 Questionnaire

RLS symptom severity scores were also higher during the lockdowns

Pre-Lockdowns

- Average Symptom Severity Score at Baseline: 13.6
- Participants with a score of 20 or above: 27%

During the Lockdowns

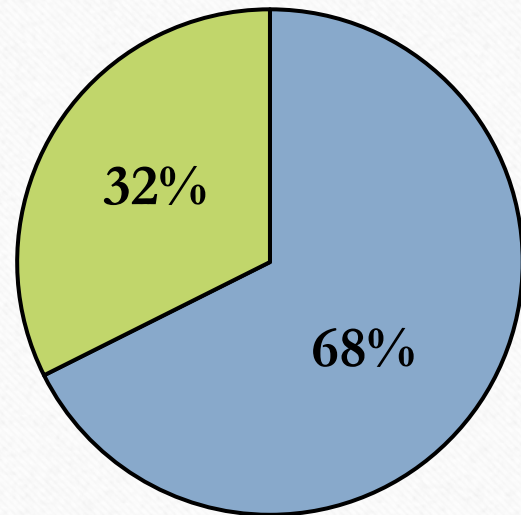
- Average Symptom Severity Score in April/May 2020: 15.3
- Participants with a score of 20 or above: 38%

Over half (51%) of participants reported higher symptom severity scores during the lockdowns

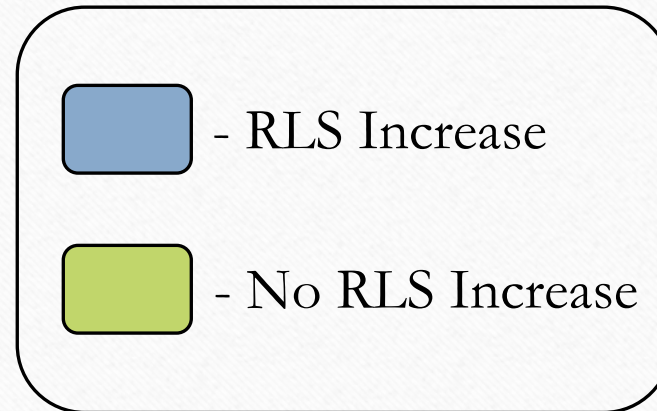
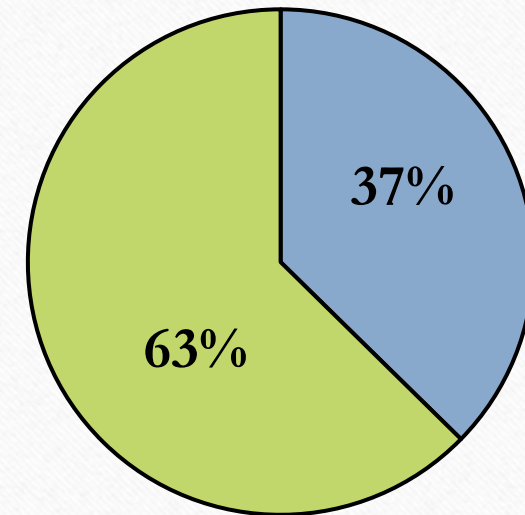
*RLS severity was assessed using the International Restless Legs Syndrome Study Group Severity Scale

Increases in anxiety and RLS severity appeared to be linked

Participants with Anxiety Increases

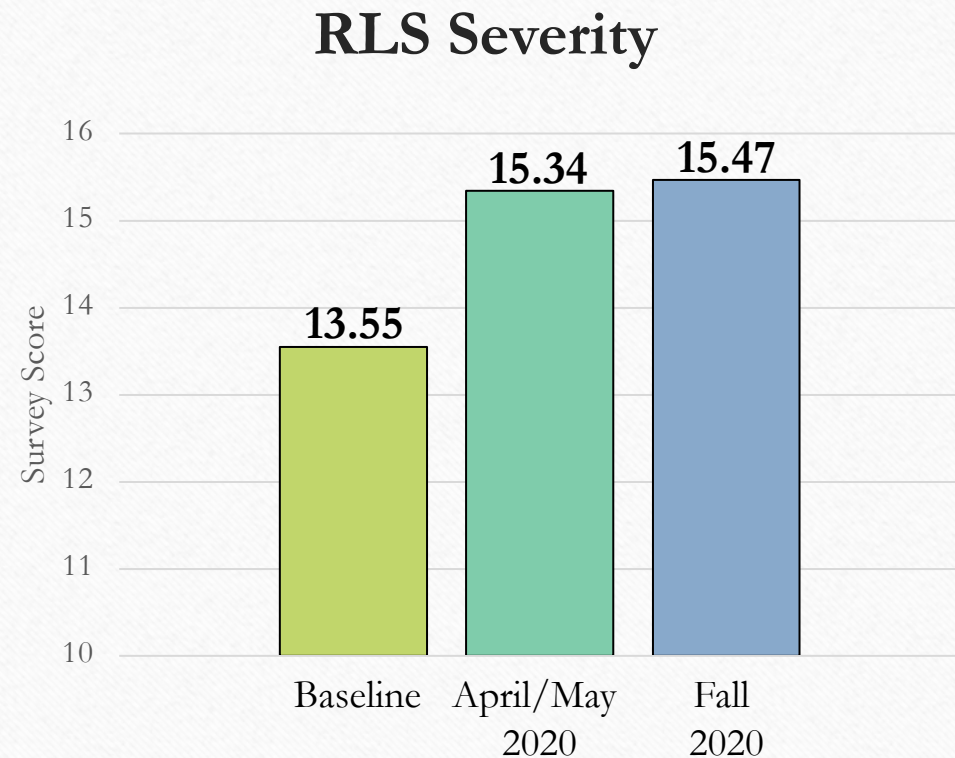
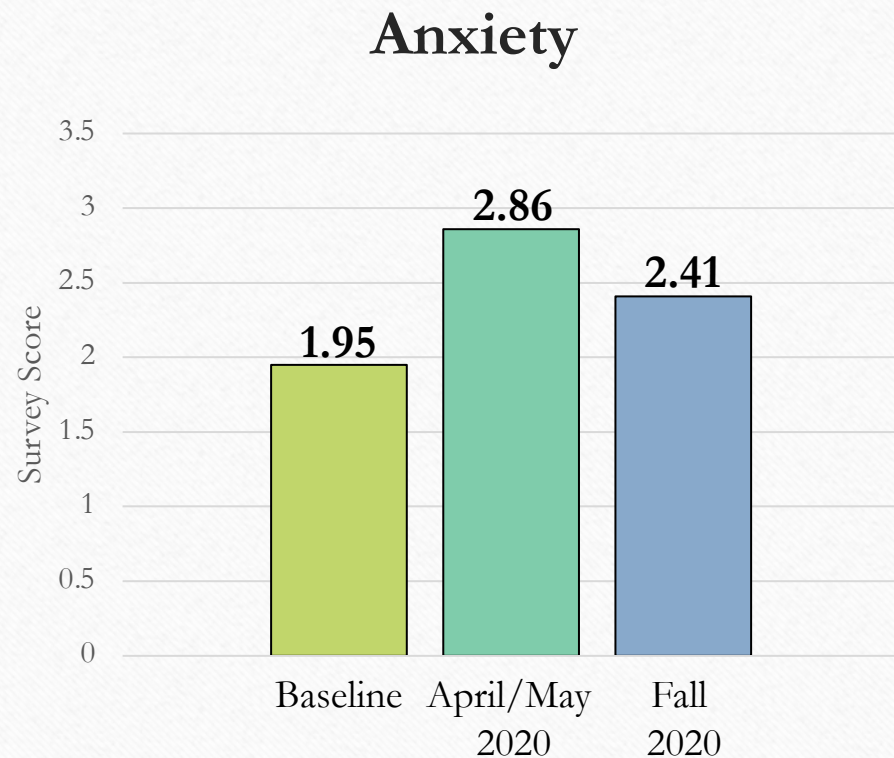


Participants without Anxiety Increases



→ Participants with anxiety increases were nearly twice as likely to report increased RLS severity!

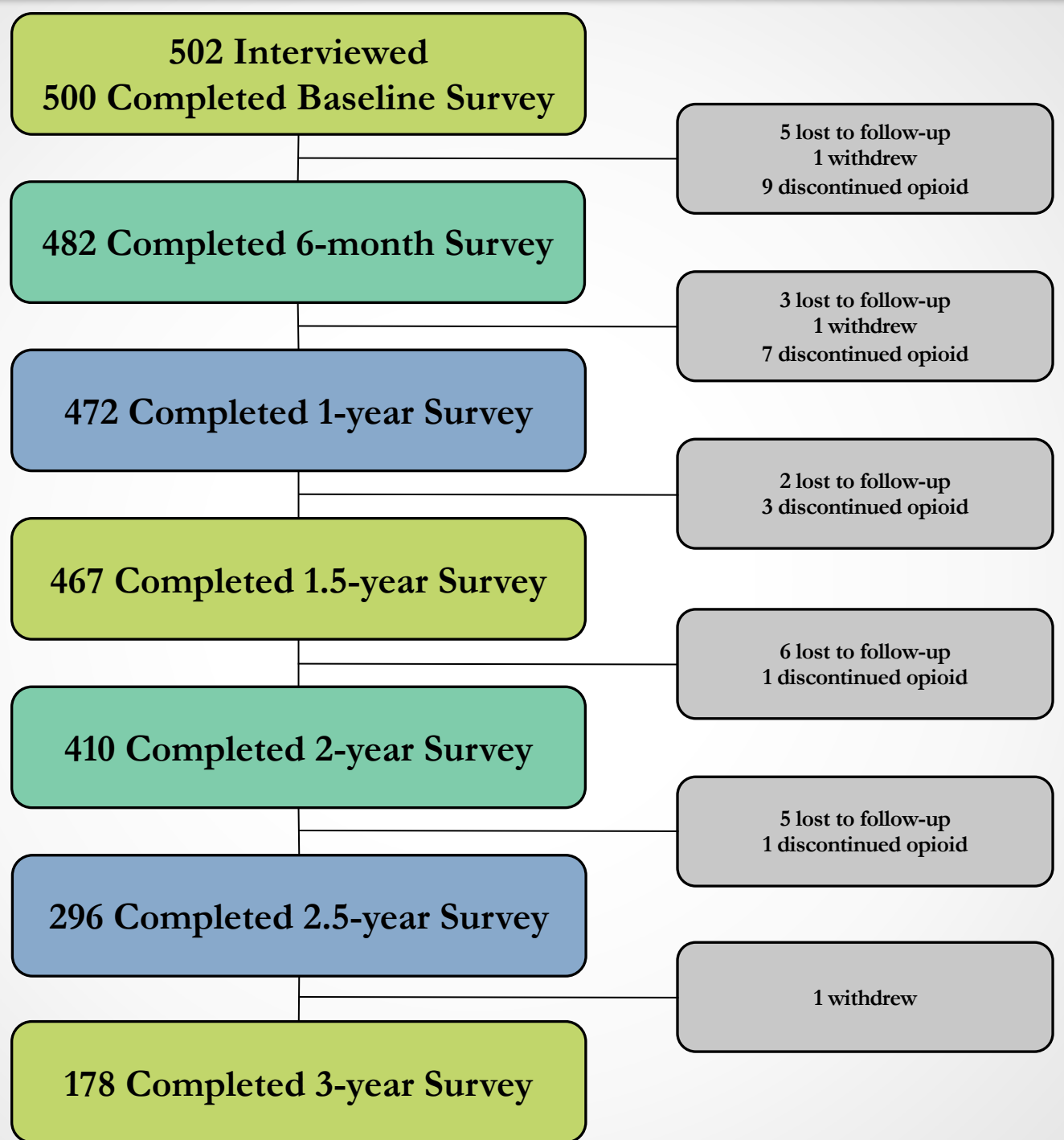
Both anxiety and RLS severity were still elevated at the end of 2020



High Continued Participation in the National RLS Opioid Registry

Registry enrollment closed in 9/2019 at 500 participants. **95%** of these people continue to actively participate.

Over one-third of participants have reached the 3-year milestone since enrollment in the Registry. Detailed progress is shown on the right.



Thank you for your participation!

This study summary is not meant to be used as clinical guidance nor is it a reflection of individual experiences.

If you have any questions or comments, please email RLSregistry@partners.org or call 617-643-6026 to speak with the registry coordinator.