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1024 – Correlation between phase angle, anxiety, and quality of life in women breast cancer survivors

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Introduction: Breast cancer is one of the most prevalent cancers among women. Worsening indicators of quality of life and anxiety may be associated with the phase angle. Studies show that low values in the phase angle are related to decreased quality of life and anxiety disorders.

Objective: To identify whether there is a correlation between the phase angle and the quality of life and anxiety levels of women who are breast cancer survivors (BCS).

Methods: This cross-sectional study was conducted with 45 BCS (58.7 years, standard deviation ± 9.2 years), selected from the Hospital das Clínicas of the Federal University of Goiás (UFG), from January to December 2025. The inclusion criteria were having undergone chemotherapy and radiotherapy, having received any hormonal therapy, and not having performed any type of exercise in the last six months. Quality of life was assessed using the FACT B+4 questionnaire; anxiety was assessed using STAI-STATE and STAI-TRAIT; and phase angle was measured using octopolar bioelectrical bioimpedance (Sanny brand; BIA). Data normality was verified using the Shapiro-Wilk test, and correlations were analyzed using Spearman's coefficient ($p < 0.05$).

Results: Findings showed that there was no significant correlation between the phase angle and anxiety, both in the STAI-STATE ($\rho = 0.19$; $p = 0.21$) and in the STAI-TRAIT ($\rho = 0.07$; $p = 0.62$). No correlations were found between phase angle and quality of life ($\rho = 0.068$ and $p = 0.656$).

Conclusion: The phase angle did not correlate with anxiety levels and quality of life in women who are breast cancer survivors.

Ethics: Research Ethics Committees of the UFG (CAAE: 50717115.4.0000.5083) and the HC/UFG (CAAE: 50717115.4.3001.5078).

Keywords: cancer; body composition; psychobiological aspects.