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0498 The Influence of Anxiety and Stress on the Presence of Periodontopathogens in Subjects with Aggressive Periodontitis

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Objective: To study the influence of anxiety and stress on the presence of subgingival periodontopathogens in subjects with aggressive periodontitis. Methods: The participants consisted of 20 subjects with aggressive periodontitis, 13 men and 7 women with a mean age of 45.6 yr (38-65 yr). The subjects were clinically examined and answered a questionnaire regarding self-perceived anxiety and stress in daily life as well as smoking habits. The presence of single and combinations of *Actinobacillus actinomycetemcomitans* (*A.a.*) *Porphyromonas gingivalis* (*P.g.*), *Prevotella intermedia* (*P.i.*) and *Treponema denticola* (*T.d.*) in subgingival plaque was quantitatively determined with species-specific DNA probes. Chi-square and analysis of variance (ANOVA) were used as statistical methods. Results: There were 14 subjects who were often anxious and 6 who were never anxious. Significant difference ($p < 0.01$) was found for gingival inflammation between the often-anxious subjects and the never-anxious subjects. The often-anxious subjects had significantly more *T.d.* ($p < 0.05$) in pockets ≥ 7 mm as compared to the pockets ≤ 6 mm, while no similar findings were observed in the never-anxious subjects. Smokers harbored higher levels of the periodontopathogens than the non-smokers. The presence of *A.a.*, *P.g.*, *P.i.* and *T.d.* was positively related to often-anxious smokers. Conclusion: Anxiety and stress seem to have an influence on the presence of subgingival periodontopathogens in subjects with aggressive periodontitis. The study was supported by the Karolinska Institutet, Huddinge, Sweden.

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