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THESES

PARAÍBA VALLEY UNIVERSITY TEACHERS OCCUPATIONAL STRESS: BURNOUT, DEPRESSION AND SLEEP EVALUATION(ABSTRACT)*. **THESIS. CAMPINAS, 2005.**

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The objective of the present study was to determine the influence that the levels of efford-reward and overcomitment at work have on the university teachers mental health in relation to the vulnerability to the development of burnout, depression and sleep disorder. It is a cross-sectional correlative and descriptive research.

The sample consisting of 510 university professors, of both genders, that were in professional practice and belonged to institutions of higher education, located in the cities of the Paraiba Valley *(Vale do Paraíba),* in the State of São Paulo, Brazil. In the collection of data five instruments have been used. Data Questionnaire of Identification of the Sample; Beck Inventory of Depression; Questionnaire of Effort-Reward Imbalance at Work; Questionnaire of Adult's Sleep; Inventory of Burnout from Malasch.

The results obtained were through techniques of analysis of multiple regression and generalized linear model with logarithmic connection function followed by variance analysis and *post hoc* Scheffé test.

The main results were: the levels of effort-reward, except overcommitment, had influence on the burnout, depression and sleep disorder. Only the independent variable academic area was predictive of five disorders, among the 7 ones studied. The university teachers Sleep (insomnia and sleep complaints), Depression, and Burnout Disorders prevalences were greater than the same prevalence in the general population. In the work environment where there is a balance between the levels of effort and reward it has been suggested that less burnout syndrome disorders, depression and sleep disorders will be found.

KEY WORDS: burnout, sleep, depression, effort-reward, overcommitment, mental health, university professors.

*Estresse ocupacional em professores universitários do Vale do Paraíba: avaliação do Burnout, depressão e sono. (Resumo).Tese de Doutorado, Universidade Estadual de Campinas, UNICAMP (Área: Neurociências). Orientador: Rubens Reimão.

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CSF HIV-1 RNA VIRAL LOAD IN PATIENTS WITH HIV INFECTION (ABSTRACT)*. **THESIS, SÃO PAULO, 2004.**

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Significant progress in the approach to AIDS has been made over the last few years, including a better understanding of the mechanisms of viral replication and disease progression and immunological mechanisms, as well as the introduction of new antiretroviral (ARV) drugs. The quantification of HIV-1 in plasma (viral load) has revolutioned the understanding of viral dynamics in the infected organism and is the best predictive marker of disease progression. A more rational indication of therapy has also been implemented and patient follow-up is becoming the most important tool for monitoring the response to ARV therapy. In contrast, HIV-1 viral load in cerebrospinal fluid (CSF) plays a less known role. Evidence indicates that the brain serves as a reservoir for the virus, which is not controlled by systemic parameters, a fact rendering the measurement of HIV-1 RNA levels in CSF potentially important for the evolution and eradication of the virus from the human body.

The objective of the present study was to determine the viral load in CSF (CVL) and in plasma (PVL) of HIV-1-infected patients with and without neurological manifestations, as well as to correlate the viral load of these two compartments. In addition, CVL was correlated with the time since diagnosis of the infection, presence and type of neurological disease, use of ARV therapy, immunity measured on the basis of CD4+ T lymphocyte count, and CSF cell and protein content.

Ninety-seven patients hospitalized at a reference hospital for infectious diseases with a suspicion of a neurological disorder were prospectively studied. Neurological diseases were ruled out in 23 patients after work-up. Ninety-eight CSF and 82 plasma samples were collected for the quantification of HIV-1 RNA by the NASBA method. Concomitant and valid CSF and plasma samples were available for 70 patients.

The detection rate of HIV-1 RNA was 78.1% in plasma and 55.6% in CSF, with the detection rate in CSF being higher in patients with neurological disease (63.4%), in patients with a CD4 count lower than 200 cells/mm^3 (64.4%), in patients not undergoing ARV therapy (82.5%), and in patients with detectable plasma viral load (71.4%). The median CVL of the population studied as a whole or divided into groups of patients with and without neurological disease and with different types of disorders was lower than the median PVL, except for patients