

Hubungan Derajat Spasmofilia Dengan Sindrom Fibromyalgia pada Pasien Klinik Diagnostik Saraf

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ABSTRAK

Latar Belakang: Fibromyalgia syndrome (FMS) merupakan gangguan nyeri kronik yang ditandai oleh nyeri muskuloskeletal difus, kelelahan, gangguan tidur, serta keluhan psikis seperti ansietas dan depresi. Sejumlah penelitian menunjukkan bahwa sebagian pasien FMS juga memperlihatkan tanda tetani laten atau spasmofilia, suatu keadaan hiperiritabilitas neuromuskular yang dapat terdeteksi melalui elektromiografi (EMG). Komorbiditas tersebut diduga memperberat gejala dan menurunkan kualitas hidup, namun hubungan kuantitatif antara derajat spasmofilia dan FMS masih jarang dikaji, khususnya pada populasi Indonesia.

Tujuan: Menilai hubungan derajat spasmofilia dengan sindrom fibromyalgia serta menguji pengaruh faktor perancu berupa usia, jenis kelamin, ansietas, dan depresi pada pasien poli diagnostik saraf RSUP Dr. Kariadi.

Metode: Penelitian analitik observasional dengan desain potong lintang dilakukan pada pasien yang menjalani pemeriksaan EMG untuk penilaian derajat spasmofilia. Keparahan fibromyalgia diukur dengan Widespread Pain Index (WPI) dan Symptom Severity Scale (SS). Ansietas dinilai menggunakan Hamilton Anxiety Rating Scale (HARS) dan depresi diukur melalui Beck Depression Inventory-II (BDI-II). Analisis hubungan dilakukan menggunakan korelasi dan korelasi parsial sesuai kaidah inferensial.

Hasil: Terdapat hubungan bermakna antara derajat spasmofilia dan sindrom fibromyalgia ($p < 0,05$). Hubungan tersebut tetap signifikan setelah dikendalikan oleh usia, jenis kelamin, tingkat ansietas, dan depresi. Faktor psikologis, terutama ansietas dan depresi, memberikan kontribusi tambahan yang memperkuat intensitas keluhan dan derajat keparahan klinis pada subjek dengan komorbiditas spasmofilia–fibromyalgia.

Kesimpulan: Derajat spasmofilia berhubungan signifikan dengan sindrom fibromyalgia secara independen dari faktor demografis dan psikologis. Temuan ini menegaskan pentingnya pendekatan komprehensif dalam

penatalaksanaan FMS yang mencakup evaluasi neuromuskular serta asesmen kesehatan mental.

Kata Kunci: spasmofilia, fibromyalgia, elektromiografi, ansietas, depresi, WPI, SS score.

*Association Between the Degree of Spasmophilia and Fibromyalgia Syndrome Among Patients at the
Neurology Diagnostic Clinic of Dr. Kariadi General Hospital*

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ABSTRACT

Background: Fibromyalgia syndrome (FMS) is a chronic pain disorder characterized by widespread musculoskeletal pain, fatigue, sleep disturbance, and psychological symptoms. A subset of FMS patients also exhibit latent tetany or spasmophilia, defined as a state of neuromuscular hyperexcitability detectable through electromyography (EMG). This comorbidity may exacerbate clinical severity and impair quality of life. However, the association between the degree of spasmophilia and fibromyalgia, particularly when adjusted for anxiety, depression, age, and sex, remains insufficiently explored in clinical populations.

Objective: To determine the association between the degree of spasmophilia and fibromyalgia syndrome and to evaluate the confounding effects of age, sex, anxiety, and depression.

Methods: This analytical observational study employed a cross-sectional design. Spasmophilia severity was assessed using EMG, whereas fibromyalgia severity was determined using the Widespread Pain Index (WPI) and Symptom Severity Scale (SS). Anxiety was measured using the Hamilton Anxiety Rating Scale (HARS), and depression was assessed using the Beck Depression Inventory-II (BDI-II). Correlation and partial correlation analyses were conducted to examine independent and adjusted associations.

Results: A significant association was observed between the degree of spasmophilia and fibromyalgia syndrome. This relationship remained statistically significant after adjustment for age, sex, anxiety, and depression. Psychological variables, particularly anxiety and depression, contributed additional influence on symptom burden and clinical severity.

Conclusion: The degree of spasmophilia is significantly associated with fibromyalgia syndrome independent of demographic and psychological factors. These findings highlight the need for an integrated clinical approach that addresses neuromuscular hyperexcitability and psychological comorbidities in the management of fibromyalgia.

Keywords: spasmophilia, fibromyalgia, electromyography, anxiety, depression, widespread pain index, symptom severity scale.