

DOES EXTREME ENVIRONMENTS AFFECT THE MOOD STATES?

R. Ruffini, A. Mazzatenta , V. Verratti, L. Bortoli, and C. Di Giulio

Department of Neuroscience Imaging and Clinical Science. University of Chieti-Pescara. Via dei Vestini, 31 - 66100 Chieti scalo. Italy. roberto.ruffini.c4ze@alice.it

High altitude hypoxia induces several physiological and psychological modification such as headache, fatigue, loss of appetite, nausea, vomiting, weakness, lassitude, dizziness and difficulty sleeping. The aim of this study was to investigate the effect of altitude-hypoxia on mood states, psychobiosocial states and reactions to the stress situation. Five volunteers (age 30-53 years) were enrolled in the study. Volunteers climbed at 6654 m (Mera Peak mountain) and were evaluated at different altimetric categories: 1300-3630 m, 4250-4450 m, 4850-5100 m, 5800 m and 6654 m, through specific psychological tests. Data analysis was carried out through one way ANOVA, the α level was set at 0.05. The results obtained suggest an statistical significance ($p < .05$) for following mood factors: fatigue, pleasant states, unpleasant states and somatic anxiety. In conclusion, high altitude affect mood states. These parameter could be indicators for physiological and psychological adaptation at high altitude environment.