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**AXBOROTNOMASI**

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ТАШКЕНТСКОЙ МЕДИЦИНСКОЙ АКАДЕМИИ



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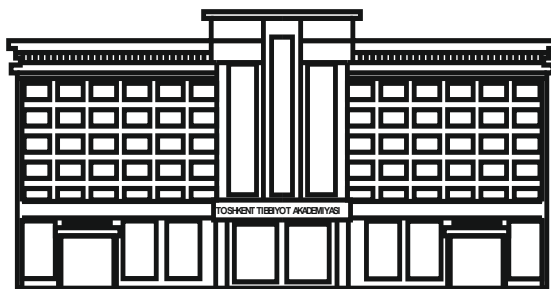
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ЎЗБЕКИСТОН РЕСПУБЛИКАСИ СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ  
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2024

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TOSHKENT TIBBIYOT AKADEMIYASI  
**AXBOROTNOMASI**



**В Е С Т Н И К**

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## THE EFFECTIVENESS OF PSYCHOLOGICAL SUPPORT IN THE REHABILITATION OF PATIENTS WITH CORONAVIRUS

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## ЭФФЕКТИВНОСТЬ ПСИХОЛОГИЧЕСКОЙ ПОДДЕРЖКИ В РЕАБИЛИТАЦИИ ПАЦИЕНТОВ С КОРОНАВИРУСОМ

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## KORONAVIRUS BILAN OG'RIGAN BEMORLARNI REABILITATSIYA QILISHDA PSIXOLOGIK SAMARADORLIK

Xudaykulova G.K., Eraliyev U.E., Djurayeva N.K., Ibrohimov D.A.

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В обзорной статье анализируются результаты исследований; впервые в современной истории человечество сталкивается с глобальной болезнью. Можно с уверенностью сказать, что невозможно гарантировать, что новый тип (разновидность) коронавируса и новая инфекция (оспа обезьян) не обойдут стороной ни одну страну мира. Коронавирусная инфекция - опасное и очень коварное заболевание. Это может вызвать серьезные осложнения даже у тех, у кого заболевание протекало в легкой форме или полностью бессимптомно. Медицинская статистика показывает, что до 60% людей с COVID-19 нуждаются в профилактических мерах для восстановления своего здоровья.

**Ключевые слова:** личная и общественная гигиена, вызванная Covid, вредные привычки, гигиена ног, эффективность защиты, нерешительность в отношении вакцин, спайковый белок.

Maqolada ilmiy tadqiqot natijalari tahlil qilinadi: zamonaviy tibbiyotda birinchi marta insoniyat global kasallikka duch kelmoqda. Ishonch bilan aytish mumkinki, koronavirusning yangi turi va yangi infektsiya (maymunchechak) dunyoning biron bir mamlakatini chetlab o'tmasligiga kafolat berishning iloji yo'q. Koronavirus infektsiyasi xavfli va juda makkor kasallikdir. Bu kasallik yengil yoki umuman asemptomatik bo'lganlar uchun ham jiddiy asoratlarni keltirib chiqarishi mumkin. Tibbiy statistika shuni ko'rsatadiki, COVID-19 bilan kasallangan odamlarning 60 foizi sog'lig'ini tiklash uchun profilaktika choralariga muhtoj.

**Kalit so'zlar:** Covid sabab bo'lgan shaxsiy va jamoat gigienasi, yomon odatlar, oyoq gigienasi, himoya samaradorligi, vaksinalarga nisbatan ikkilanish, boshqoq oqsili.

The impact of coronavirus on the brain and nervous system – the state of the human nervous system is also affected by impaired cerebral circulation, oxygen starvation, and respiratory failure, which occurs against the background of damage to the human lungs by the SARS-CoV-2 virus—all these complications in the brain after coronavirus lead to the development of mental and neurological disorders [2, 3]. The fact that coronavirus can cause psychological problems even after recovery is evidenced by many foreign studies [6, 9].

In November, the authoritative journal Lancet published an article by scientists from the British University of Oxford, in which they analyzed 70 million medical records of US residents, more than 63 thousand of whom had coronavirus.

“Coronavirus infection is associated with a wide range of neurological syndromes affecting the entire neural tract, including the cerebral vasculature,” said an October report from a team at the National Hospital for Neurology and Neurosurgery in London.

The structure of complaints of other patients is dominated by “internal tension”, inability to relax, decreased mood, lack of desire to do anything, loss of interest in activities that previously brought pleasure, decreased energy, and disturbances in appetite and sleep [12, 13].

But it is important to understand that these signs of the disease are in many ways just the tip of the iceberg. The infection affects the neurological and mental state of patients. Approximately 30% of those who recover experience long-term complications such as increased anxiety, depression, memory loss, and panic attacks. News about the disease, fear of getting infected, becoming seriously ill, or even dying – all contribute to increased anxiety.

The psychological state of patients is also affected by:

- The need to avoid places with a high density of people;
- Requirement to work from home;
- The need to sit within four walls.

Among those who have recovered, there is growing concern that the coronavirus has not gone away completely, and there may be consequences. Due to all of the above and several other factors, mental health problems arise [1, 5].

**Recovery is necessary for all those who have been ill. If in doubt, answer “Yes” or “No” to the questions below.**

1. Has your performance decreased?  
Not really
2. Do you often feel tired?  
Not really



3. Have you reduced the intensity of physical activity because you can't handle the usual?  
Not really
4. Are there any surges in blood pressure?  
Not really
5. Do you notice tachycardia?  
Not really
6. Do you have trouble sleeping or falling asleep?  
Not really
7. Do you experience difficulty breathing during the day or at night?  
Not really
8. Do you feel sad and inexplicably melancholy?  
Not really
9. Are you losing more hair than usual?  
Not really
10. Is your sense of smell impaired?

**Not really**

- If you answered "Yes" to at least one question, you need help recovering from Covid.
- There are:
  - Depression;
  - Thoughts about suicide;
  - Craving for alcohol and drugs;
  - Sleep disorders;
  - Gastrointestinal problems associated with eating behavior;
  - Panic attacks;
  - Phobias;
  - Aggressiveness.

This is not to say that these are all normal conditions and addictions. But for Covid patients and those who have already undergone treatment, these are typical things. Anxiety, depression, irritability, and other similar symptoms are an adequate reaction of the central nervous system (CNS) to the situation. The psyche is under pressure, the nerves are tense. The main danger is that against the backdrop of all this, more serious problems associated with psychiatry may arise. It is either very difficult or impossible to recover from them – if we are talking about certain categories of patients. The psyche after coronavirus is susceptible to neuroses, which have the following symptoms:

- Constant worry even about a minor issue;
- Irritability in affairs and actions;
- Impatience;
- Internal tension that cannot go away;
- Fussiness;
- A feeling that a nervous breakdown is approaching;
- Memory loss and problems with concentration;
- Fast fatiguability;
- Obsessive thoughts.

Post-traumatic stress disorder. The violation is typical not only for those who have recovered from Covid, but also for people who have gone through difficult life trials: accidents, catastrophes, and terrorist attacks. We cannot assume that PTSD is just depression or a bad mood. With this problem, changes occur in the brain. The department was responsible for memory decreases. It's called the hippocampus. Because of its defeat, prob-

lems arise at work and in the family, patients lose the ability to build normal relationships with others, and often think about suicide. Rehabilitation and therapy are required. This needs to be treated.

**Memory problems.** This may seem like a minor consequence of coronavirus, but living with this complication is not easy. There is constant fog in the head, new information is immediately "erased." The disorder is not limited to older people, as one might think. Young people who have had coronavirus may also begin to forget everything. In such a situation, you need to strengthen your memory in different ways. It is worth contacting a specialist to prescribe therapy.

**Difficulty concentrating.** It is psychologically difficult to live with this problem because it is impossible to carry out a single task normally. Feeling as if a person has just been woken up and is unable to understand what is happening around him. And this needs to be treated. Although it may seem that just a little concentration is enough.

**Depression.** In our country, there is an opinion that this is just a bad mood that passes over time. It happens that depression disappears on its own. But more often it leads to sad consequences, for example, suicide. This is a serious illness that requires rehabilitation procedures aimed at restoring a normal emotional state. It happens that such a disorder is treated in a hospital.

In the time 1 group analysis of depression ( $F = 2.4, p < 0.001$ ), SDS total score ( $F = 6.76, p = 0.01$ ) and PHQ-9 ( $F = 8.58, p = 0.004$ ) decreased significantly in the experimental group compared to the control group. The depression score for group 1 ( $F = 17, p < 0.001$ ), SDS ( $F = 226, p < 0.001$ ), and PHQ-9 total score ( $F = 9, p = 0.004$ ) decreased significantly over time in both groups.

In the experimental group, depression ( $p < 0.001$ ), total SDS score ( $p < 0.001$ ), and PHQ-8.9 ( $p < 0.001$ ) significantly decreased. In the control group, VAS depression ( $p = 0.57$ ), total SDS score ( $p = 0.09$ ) and PHQ-9 ( $p = 1.00$ ) decreased, but not significantly

**Mental and psychological problems** are things that cannot be ignored. Many people, especially from the older generation, think that absent-mindedness and depression are something that should not be paid attention to. But it is better to consult a specialist about these violations, at least a psychologist. It is even more worth asking for help from doctors if there are hallucinations, signs of psychosis, neurasthenia, and the like. The total ISI-K score in the experimental group after the intervention decreased from  $7.39 \pm 8$  to  $6.03 \pm 5.17$  ( $p < 0.001$ ). In the control group, after the intervention, the total ISI-K score decreased from  $8.12 \pm 5.70$  to  $7.33 \pm 4.15$  ( $p = 0.14$ ).

Some people are most susceptible to mental disorders. In ordinary situations, they may be no different from others, but some events and diseases especially affect them. Several categories can be distinguished:

**Aged people.** Their inclusion in the risk group is because in older patients the brain may already be subject to some changes. The virus easily hurts him and causes various mental illnesses to develop.

It is difficult for elderly people to restore their nervous system after the coronavirus; recovery can be achieved, but it takes a long time to get there under the

supervision of a specialist. Those who become ill with COVID-19 are isolated at home or in a medical facility. The severity of the disease plays a role. So, for example, if pneumonia occurs and a person is admitted to intensive care, then he may develop post-traumatic stress disorder. With thoughts of unwillingness to live, nervousness, and other negative manifestations. Healthy people in isolation. The article noted that this is a special case because we are mainly talking about those who have been ill. But mental disorders can also occur in healthy people who sit in their homes and don't go out anywhere. At the same time, they become familiar with frightening information about the coronavirus.

**Professionals diagnose mental disorders** using the following methods:

Clinical – observation and conversation.

Psychometric. For example, a pathopsychological study.

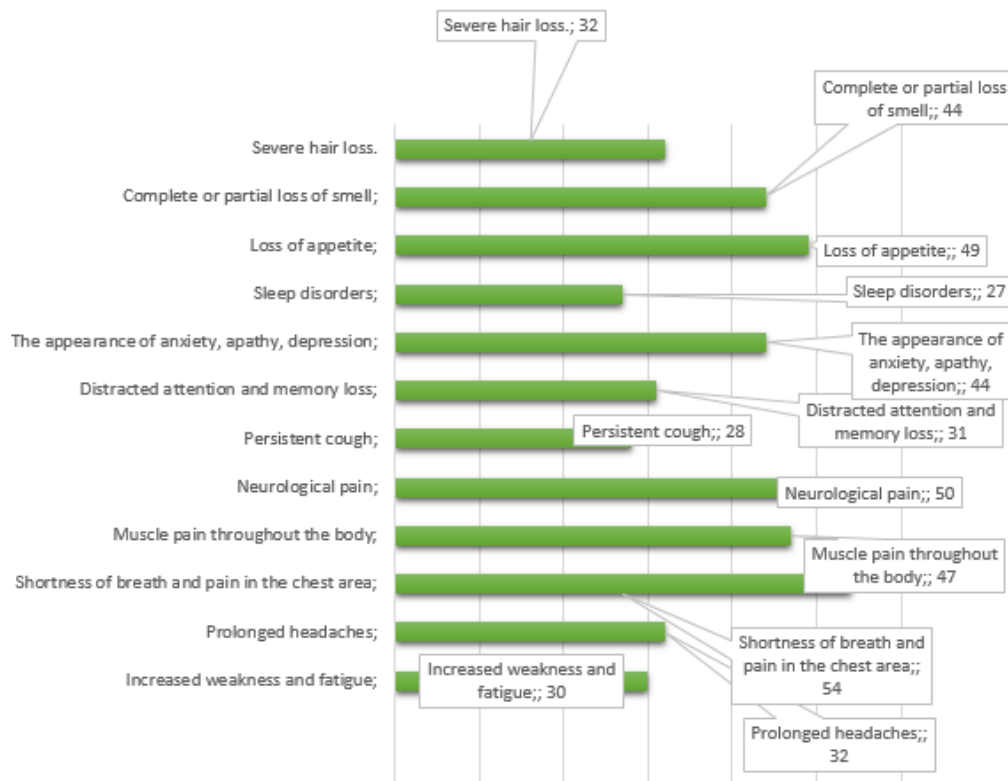
Laboratory: neurotest, genetic methods.

Instrumental - studying the brain using equipment.

The pathological condition after suffering from coronavirus is called post-Covid syndrome. It is accompanied by various symptoms. Most often patients complain

- Increased weakness and fatigue;
- Prolonged headaches;
- Shortness of breath and pain in the chest area;
- Muscle pain throughout the body;
- Neurological pain;
- Persistent cough;
- Distracted attention and memory loss;
- The appearance of anxiety, apathy, depression;
- Sleep disorders;
- Loss of appetite;
- Complete or partial loss of smell;
- Severe hair loss.

Обзоры



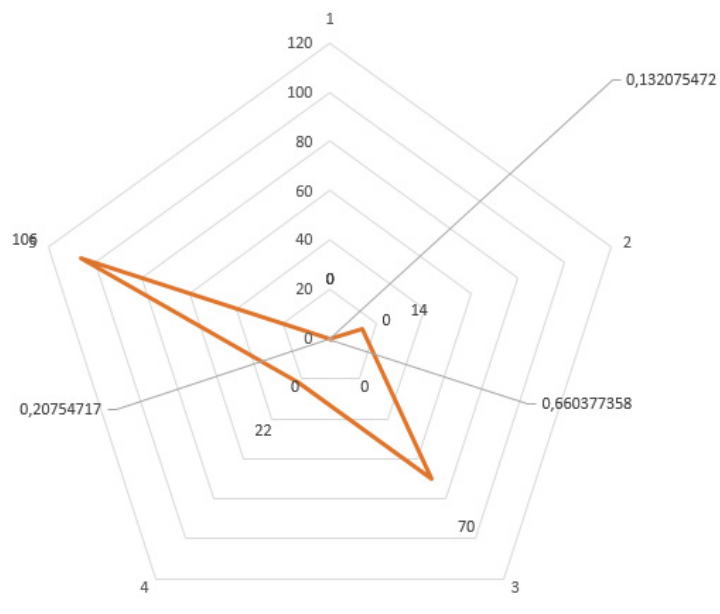
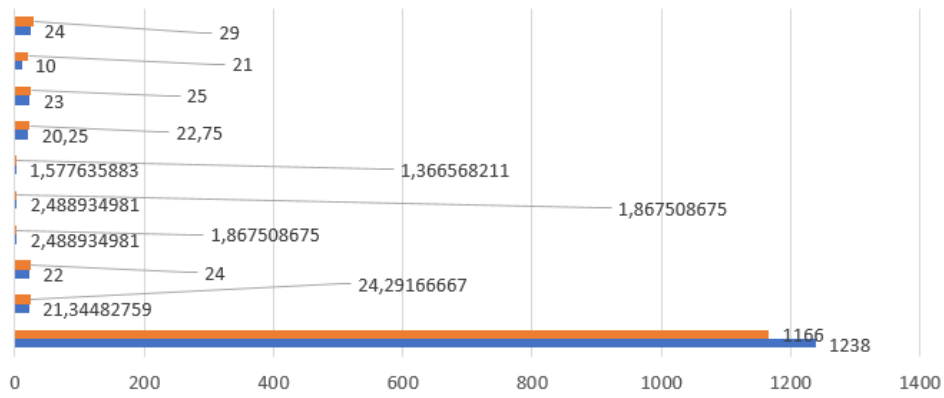
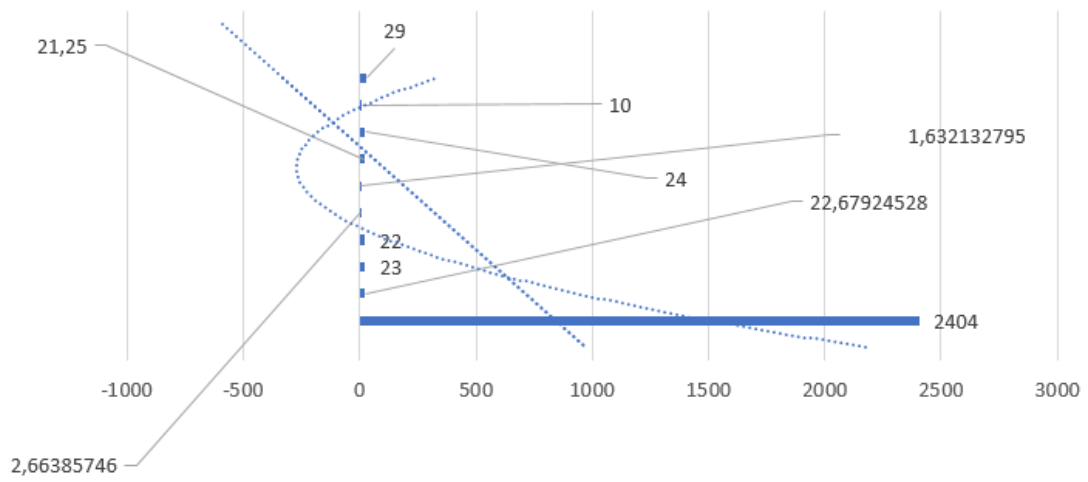
We have listed the most common symptoms that most people who have recovered from Covid experience. In addition, there are individual violations of certain body functions. Most often, this is due to the presence of chronic diseases in patients, which are aggravated by the coronavirus.

How to help yourself at home. After consultation with a specialist, you can take care of your health at home. This will enhance the results of therapy and allow you to recover faster. For elimination

Answers	Points
I don't agree	1
Partially agree	2
Mostly agree	3
I completely agree	4

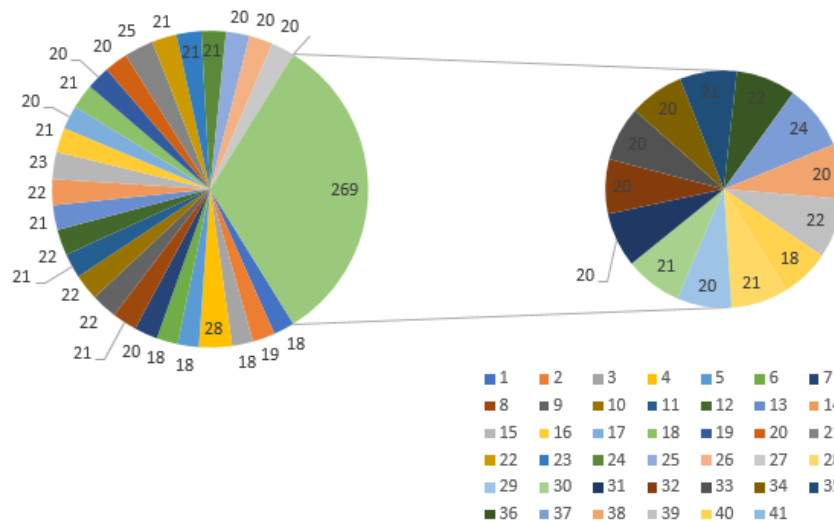
Floor	Designation
Male	1
Female	2

**Summary** According to expert opinions, up to 70% of the world's population may potentially need psychological help during the spread of COVID-19, with mental health impacts taking longer to occur and peaking later than the pandemic itself. Our findings: At Zangiota Hospital, patients treated most often complained of anxiety, depression, and insomnia in the early stages of hospitalization and isolation. In addition, the psychological rehabilitation program significantly improved mental health scales including SAS (  $F = 11.57, p = 0.001$ ), SDS (  $F = 7.36, p = 0.01$ ), and ISI-K (  $F = 5, 21, p = 0.03.9$ ).



Обзор





**Conclusions** The rehabilitation and psychology program is effective in improving the anxiety, depression, and sleep quality of isolated COVID-19 patients.

#### List of references.

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#### THE EFFECTIVENESS OF PSYCHOLOGICAL SUPPORT IN THE REHABILITATION OF PATIENTS WITH CORONAVIRUS

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*The review article analyzes the results of studies; For the first time in modern history, humanity faces a global disease. It is safe to say that it is impossible to guarantee that a new type (type) of coronavirus and a new infection (monkeypox) will not bypass any country in the world. Coronavirus infection is a dangerous and very insidious disease. It can cause serious complications even in those who have had a mild form of the disease or are completely asymptomatic. Medical statistics indicate that up to 60% of people with COVID-19 need follow-up measures to restore their health.*

**Key words:** Covid personal and public hygiene, bad habits, foot hygiene, protection efficacy, vaccine hesitancy, spike protein