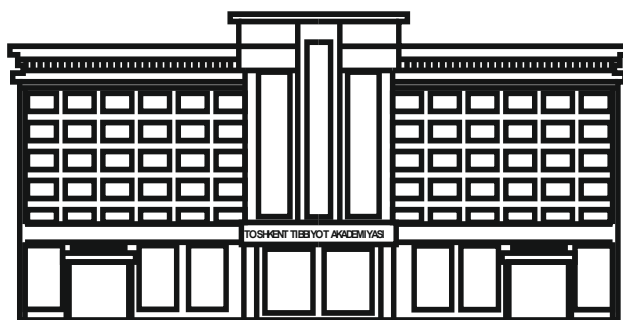


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Тошкент

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COMPARATIVE ANALYSIS OF PSYCHOEMOTIONAL DISORDERS IN PATIENTS WITH LIVER DISEASE AND RHEUMATOLOGY

Madirimova L.O., Yusupova O.B., Ermatov N.Zh.

СРАВНИТЕЛЬНЫЙ АНАЛИЗ ПСИХОЭМОЦИОНАЛЬНЫХ РАССТРОЙСТВ У ПАЦИЕНТОВ С ЗАБОЛЕВАНИЯМИ ПЕЧЕНИ И РЕВМАТОЛОГИЧЕСКИМИ ЗАБОЛЕВАНИЯМИ

Мадиримова Л.О., Юсупова О.Б., Эрматов Н.Ж.

JIGAR KASALLIKLARI VA REVMOTOLOGIK BEMORLARDA PSIXOEMOTSIONAL BUZILISHLARNING QIYOSIY TAHLILI

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Цель: сравнительный анализ психоэмоциональных нарушений у больных с заболеваниями печени и ревматоидным артритом. **Материал и методы:** обследованы 30 больных циррозом печени, госпитализированных в 1-е гепатобилиарное отделение и 30 пациентов с ревматоидным артритом, находившихся на лечении в отделении ревматологии клиники ТМА. Женщин было 34, мужчин 26 мужчин. Средний возраст больных – 42±4,5 года. **Результаты:** наблюдения показали, что у больных с заболеваниями печени тревога была выражена в большей степени, чем у пациентов с ревматологическими заболеваниями, у которых отмечается более высокий уровень депрессии. **Выводы:** выявленные расстройства имеют социально-экономическое значение, поскольку они возникают у лиц трудоспособного возраста.

Ключевые слова: цирроз печени, ревматоидный артрит, психоэмоциональные расстройства, госпитальная шкала тревоги и депрессии.

Maqsad: jigar kasalliklari va revmatoid artritli bemorlarda psixoemotsional buzilishlarni qiyosiy tahlil qilish. **Material va usullar:** 1-gepatobiliar bo'limiga yotqizilgan jigar sirrozi bilan kasallangan 30 nafar bemor va TTA klinikasi revmatologiya bo'limida davolanayotgan 30 nafar revmatoid artritli bemorlar tekshirildi. Ulardan 34 nafari ayol, 26 nafari erkak edi. Bemorlarning o'rtacha yoshi 42±4,5 yil. **Natijalar:** kuzatishlar shuni ko'rsatdiki, jigar kasalligi bilan og'rigan bemorlarda tashvishlanish ruhiy tushkunlik darajasi yuqori bo'lgan revmatologik kasalliklar bilan og'rigan bemorlarga qaraganda ko'proq aniqlanadi. **Xulosa:** aniqlangan buzilishlar ijtimoiy-iqtisodiy ahamiyatga ega, chunki ular mehnatga layoqatli yoshdagi odamlarda uchraydi.

Kalit so'zlar: jigar sirrozi, revmatoid artrit, psixoemotsional buzilishlar, kasalxona tashvish va depressiya shkalasi.

Nowadays, psychosomatic illnesses account for 70% of all illnesses. This is because the processes of globalization have a chronic stressful effect on the human psyche. As a result, the emotional balance is disturbed and various psychosomatic disorders occur in the body. According to the WHO analysis, depression is the most common disease among mental disorders, affecting more than 350 million people. According to this organization's estimate, by 2020, the incidence rate of depression will be the highest among other diseases. The most common form of liver injury and dysfunction and leading to its failure are inflammatory processes of the liver (hepatitis) or its dystrophic processes, which are associated with primary metabolic disorders in hepatocytes. The average incidence of the disease in men and women is 3:1. More development than age is 40 years.

Today, hepatobiliary pathology has been reported in more than 2 billion people worldwide. Of these, 300-350 million were diagnosed with viral hepatitis B and approximately 170 million patients with hepatitis C of these, 45% were complicated by liver cirrhosis. The exacerbation of psychoemotional disorders in patients with diseases of the hepatobiliary system, along with symptoms related to this system, is a topical issue today. The development of psychoemotional disorders in rheumatoid arthritis was of interest to a number of scientists in the early twentieth century. And extensively studied in the

departments of psychology and medical psychology in the 70s [1,3]. According to Rimón's scientific work, the main contradiction in patients with RA is the retention of strong hostile impulses within. That is, emotional limitation (alexithymia) occurs [4]. It has been shown that due to the chronic course of RA, it constantly affects the way of life, leads to sleep disorders, causes a variety of anxiety, depressive states in the psychoemotional sphere [2]. These disorders are also of socio-economic importance because they occur in able-bodied individuals.

Objective

To identify and make a comparative analysis of psychoemotional disorders in patients with liver disease and rheumatology.

Materials and methods

30 patients with liver cirrhosis in the "Hepato-biliary" department of the TTA 1 clinic and 30 patients with rheumatoid arthritis in the "Rheumatology" department were examined. A total of 60 patients, including 34 women and 26 men. The mean age was 42±4.5 years. Patients underwent general clinical examinations (to confirm the diagnosis), including: general and biochemical analysis of blood, general and biochemical analysis of urine, electrocardiography, radiography of the joints, ultrasound examination of abdominal organs. The Hospital anxiety depression scale (HADS) test was used to study psychoemotional disorders.

Patients were divided into two groups: the first group included 30 patients with a period of liver cirrhosis subcompensation; the second group - 30 patients with moderate activity of rheumatoid arthritis.

All patients received inpatient baseline treatment and the duration of the disease did not exceed 3 years.

Results

The analysis of the two groups of patients according to the follow-up complaints was as follows (Fig. 1):

According to this picture, patients with cirrhosis of the liver have a high incidence of frequent unexplained eating disorders, restlessness, tension headaches, and insomnia. Patients with RA have a high level of internal anxiety, depression, loss of interest in life. Equally, they complained of panic and nervousness.

The following parameters were obtained among the first group of patients according to the analysis of the HADS test (Fig. 2).

According to the following diagram, overt clinical depression was observed with a high percentage (66%) in patients with RA, while clinical anxiety was moderately expressed (41%). Anxiety depressive syndrome was observed in an average of 29.5% of patients. Non-anxious patients were also marked with average results (26%), while depression was not expressed in only 8% of patients.

Comparing the results of the two groups, the following indicators were identified (Fig. 4).

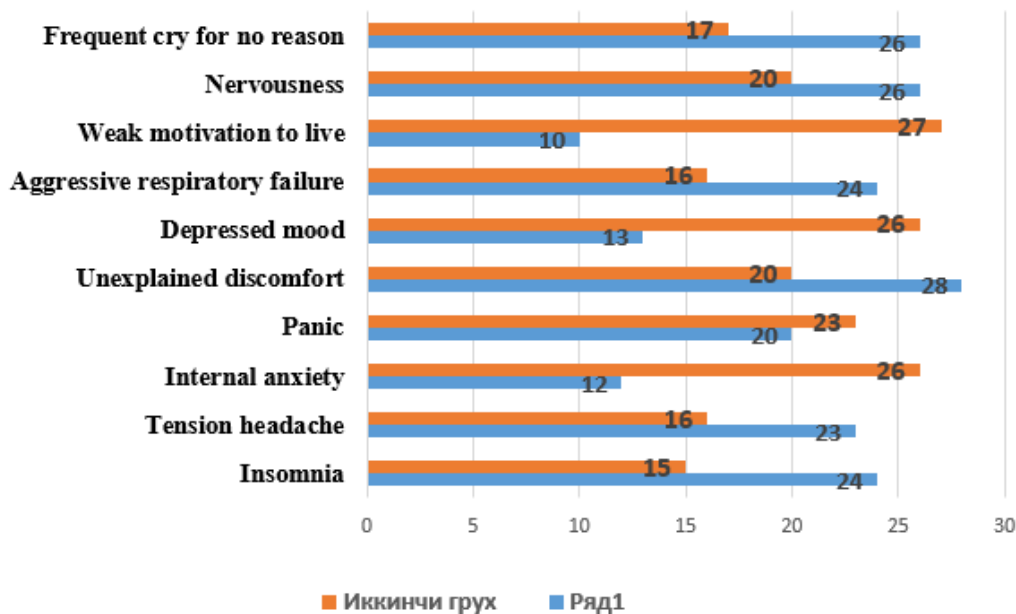


Fig. 1. Comparative analysis of patient complaints (between both groups). Error indicator $p \leq 0,01$

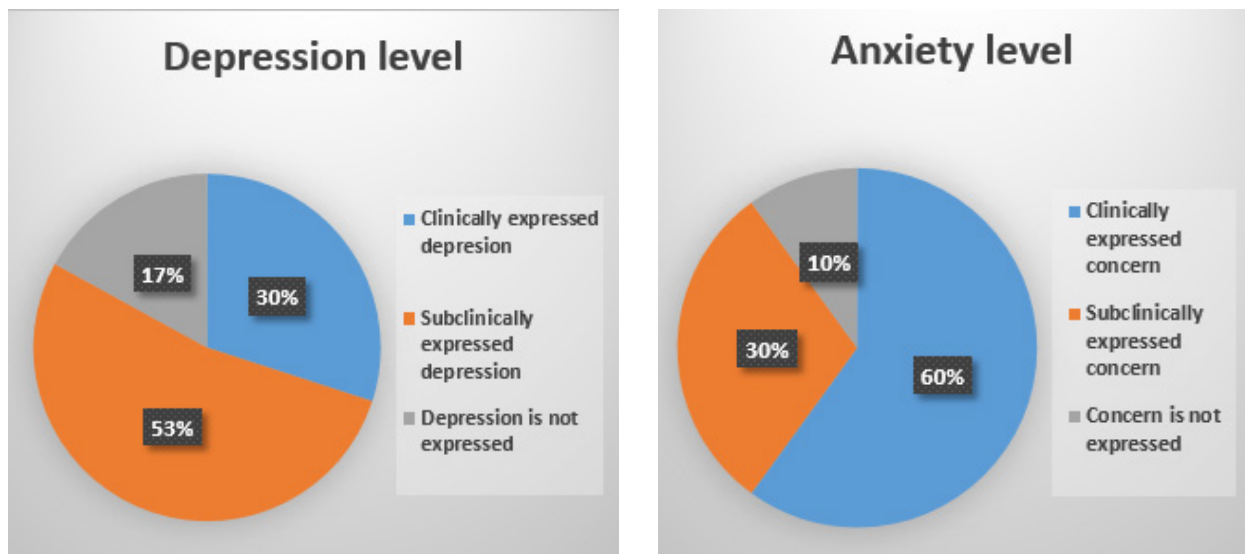


Fig. 2. XXX

According to these results, patients with liver disease have a higher clinical risk (60%) compared to depression (30%). Subclinically expressed anxiety depressive syndrome was moderate (30%). However, there

were also patients with unexpressed anxiety and depression (average 13.5%).

The analysis of the second group of patients on HADS yielded the following results (Fig. 3).

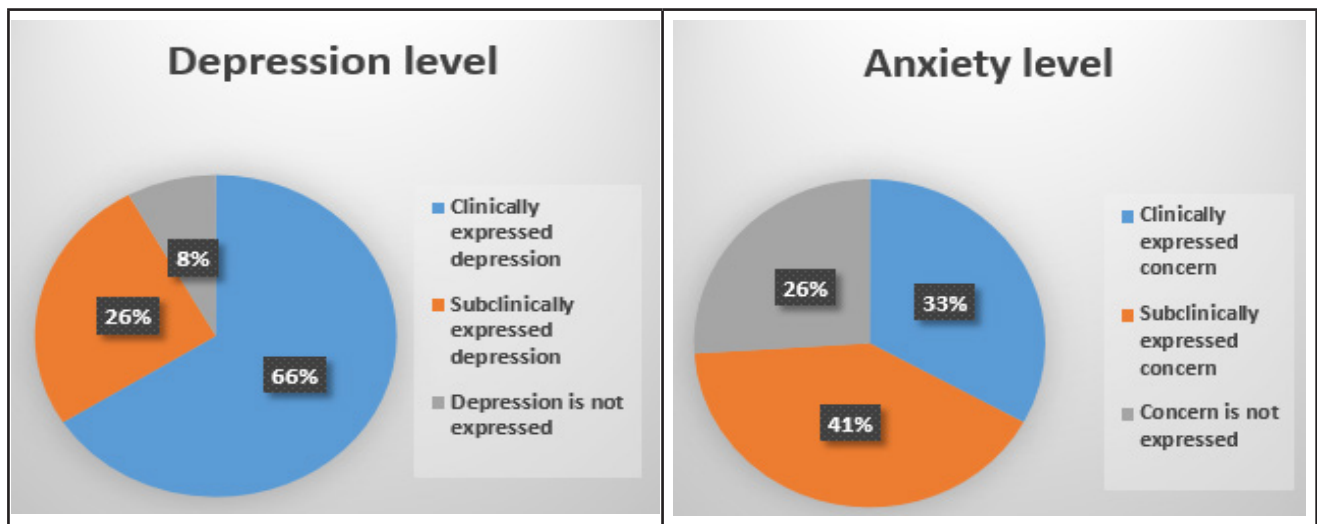


Fig. 3. XXX

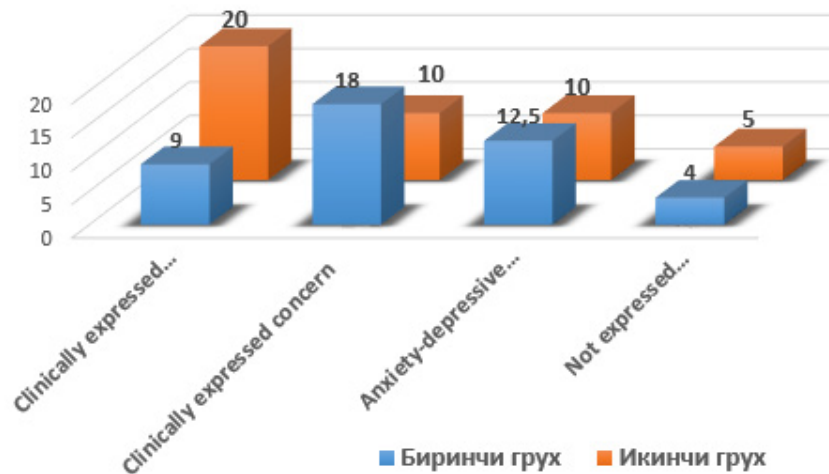


Fig. 4. Comparison of psychoemotional disorders of both groups (average assessment). Error indicator $p \leq 0,01$.

The graph below shows that anxiety syndrome is more common in patients with liver cirrhosis (18) than in patients with RA (10). There is a high susceptibility to depression in rheumatic cases (20).

Based on the results of this study, we can conclude that anxiety syndrome is more common in patients with liver disease than in patients with RA disease. There is a high predisposition to depression in rheumatic diseases. As a result, if a differential approach is used in primary care, it is possible to achieve goals such as early treatment and improved quality of life by detecting early psychoemotional disorders in these diseases.

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COMPARATIVE ANALYSIS OF PSYCHOEMOTIONAL DISORDERS IN PATIENTS WITH LIVER AND RHEUMATOLOGICAL DISEASES

Madirimova L.O., Yusupova O.B., Ermatov N.Zh.

Objective: Comparative analysis of psychoemotional disorders in patients with liver diseases and rheumatoid arthritis. **Material and methods:** 30 patients with liver cirrhosis hospitalized in the 1st hepatobiliary department and 30 patients with rheumatoid arthritis treated in the rheumatology department of the TMA clinic were examined. There were 34 women, 26 men. The average age of patients is 42 ± 4.5 years. Results: Observations showed that in patients with liver disease, anxiety was more pronounced than in patients with rheumatological diseases, who have a higher level of depression. **Conclusions:** The identified disorders are of socio-economic importance, since they occur in people of working age.

Key words: liver cirrhosis, rheumatoid arthritis, psychoemotional disorders, Hospital anxiety depression scale.