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# THERAPY

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## ASSESSMENT OF PSYCHOSOCIAL RISK FACTORS IN PATIENTS WITH CARDIOVASCULAR DISEASES IN THE POSTCOVID PERIOD

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**Aim.** In order to assess the effect of self-isolation during the coronavirus pandemic on the dynamics of the frequency and severity of behavioral and psychosocial factors of cardiovascular risk in CVD patients, depending on the COVID-19.

**Materials and methods.** The object of the study were 70 patients diagnosed with arterial hypertension (AH) I-III d. of both sexes. The average age of the patients were  $60.9 \pm 1.46$  years. Group 1 included 36 patients with hypertension without a history of COVID-19, group 2 consisted of 34 patients with hypertension who had a coronavirus infection. The assessment of behavioral psychosocial risk factors for CVD were carried out using standard clinical and psychometric research methods.

**Results.** During the clinical and anamnestic analysis, it was noted that middle-aged men in the range of 56-65 years with hereditary burden prevailed among patients with hypertension. Among the modified FR, one of the most common FR CVD, along with smoking, obesity and hypertension, were psychosocial FR – anxiety-depressive syndrome (ADS) 47.1% of cases, psychosocial stress more than 40% of cases.

It was noted that the postcovid syndrome significantly affected the psychoemotional status of patients with CVD, which was manifested by an increased level of psychological distress, which led to an increase in the number of people with severe anxiety and depression. Thus, the incidence of ADS significantly increased among those who had COVID-19 in 76.6% of cases compared with patients without COVID-19 with affective disorders in 47% of cases among patients with CVD.

**Conclusions.** That is way, was manifested by an increased level of psychological distress, COVID-19 in patients with hypertension significantly affected the psychoemotional status of CVD patients, which was manifested by an increased level of psychological distress, which led to an increase in the number of people with clinically pronounced anxiety and depression.

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