

# KHARKIV NATIONAL MEDICAL UNIVERSITY

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**KHARKIV NATIONAL  
MEDICAL UNIVERSITY**



**ISiC**

**NEUROSCIENCES**



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## **THE LEVEL OF ANXIETY AND THE PRESENCE OF STUDENT ADDICTIONS**

Introduction. Nowadays one of the major issues in the work of the World Health Organization is the mental health of the population. The most pressing issue today is youth mental health. In recent years, the number of maladaptation conditions among young people has increased. Among the contingents we choose, anxiety and the presence of addictions come to the fore. Therefore, the study of these disorders among students is quite topical.

Aim: to determine the degree of anxiety disorders associated with addiction among students.

Materials and methods. We conducted a questionnaire among national students of 3-5 courses of Kharkiv National Medical University. 103 students aged 20 to 23 were interviewed. The questionnaire was conducted using the Zung Anxiety Rating Scale – ZARS, the TOBACCO-UDIT and INTERNET-UDIT tests.

Results. We obtained the following results: according to the Zung scale, it was found that 19.04% of students (group 1) have 20 to 44 points behind it, which means that they do not have any anxiety in this group either. According to the INTERNET-UDIT and TOBACCO-UDIT tests among group 1, the indicators corresponding to "never used to stay on the Internet for a long time" and "never smoked or smoked 1-2 times". For group 2 (63.80%), we have scores from 45 to 59 on the Zung scale, but in this group there are 2 subgroups 2A and 2B. For subgroup 2A (28.57% of students) using the INTERNET-UDIT and TOBACCO-UDIT tests, the results indicate that these students occasionally use the Internet and smoke from time to time. Subgroup 2B (35.23% of students) is close to Internet and tobacco addiction. The last group is 3 (17.16% of students) with 60 to 74 points of Zung scale indicating internet and tobacco dependence.

Conclusion. We have found that, despite our relatively young age, there is anxiety in the youth of our institution of higher education, and 17.16% have a dependence on tobacco and the Internet. It can also be noted that there is a direct proportional dependence of

the likelihood of addiction on a higher level of anxiety. Therefore, it is advisable to conduct psychoprophylaxis and psycho-corrective work among students.

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## **THE EFFECT OF ANXIETY ON BRAIN ACTIVITY**

**Introduction:** Today's life and activity of each person is relevant to the concept of anxiety. There is a wide variety of stimuli that can cause anxiety. Each person can deal with situation which may affect his mental and physiological health. For psychologists and other scientists involved in this problem is important to study the effect of anxiety on the mental and physiological state of a person and develop effective methods of prevention and struggle the negative effects of anxiety.

**Aim:** To research the features of EEG rhythms in people with different levels of personal anxiety.

**Materials and methods:** The research used such methods as the "Spielberger-Hanin Personal Anxiety Scale" and the "computer electroencephalogram method". The research involved 80 students 3-year study who completed the methodology: the Spielberger-Hanin Personal Anxiety Scale.

**Results:** 41 subjects had a high level of anxiety, 35 normal and 4 low. 2 groups with 20 people each were selected from the total sample with a high and normal level of anxiety. Each participant of the study underwent computer electroencephalography. As the result delta rhythm is dominant in subjects with a high level of personal anxiety and alpha rhythm is dominant in subjects with a normal level of personal anxiety.

**Conclusion:** Anxiety is associated with the electromagnetic activity of the cerebral cortex. A high level of personal anxiety can be associated with low-frequency potentials, or delta rhythm. This indicator has a negative effect on both mental and physiological functions according to the criteria of a general characteristic. The normal level of personal anxiety can be associated with indicators of alpha rhythm, which is an indicator of the norm.

CHERNIAKOVA ALEXANDRA EVGENIEVNA, PROKOPENKO MARYNA, POLIAKOV OLEKSII, BOROSHPOLCEV ALEKSANDR	155
<i>DAMAGES OF THE EXTERNAL NOSE</i>	155
FESENKO IRYNA	156
<i>LASER TREATMENT OF DIABETIC RETINOPATHY AND MACULAR EDEMA</i>	156
HOLUB M. V., NEVCHOROSHEV E.O., KUCHERENKO I.O.	158
<i>PECULIARITIES OF ANATOMO-TOPOGRAPHIC INDICATORS IN PHACOEMULSIFICATION OF CATARACTS</i>	158
HORDIIENKO VOLODYMYR, VLASENKO OLGA, KHARCHENKO ELINA	159
<i>ACUTE HEMATOGENOUS OSTEOMYELITIS IN CHILDREN</i>	159
KURCHANOVA YULIIA, IVANTEIEVA YULIIA, SYRCHINA VALERIYA	161
<i>POSTSURGICAL ULTRASONIC MONITORING OF ILEOCOLIC ANASTOMOSIS</i>	161
KVITANOVA NATALIYA, ZABLODSKYI VALERII	162
<i>MODERN METHODS TREATMENT OF ACUTE APPENDICITIS IN PREGNANT</i>	162
LESNA ALINA, LESNOY VADIM	163
<i>MODERN METHODS FOR DIAGNOSTIC AND TREATMENT OF EXTERNAL UNCOMPLICATED HERNIA</i>	163
NAZAL ETHAR	165
<i>LIFE QUALITY ASSESMENT IN PATIENTS WITH DYSPHAGIA AFTER GASTROSTOMY</i>	165
ONOPRIKO YURII	166
<i>APPLICATION OF ENDOVASAL ELECTRIC WELDING IN THE TREATMENT OF VARICOSE DISEASE</i>	166
POLIKOV HEORHII	167
<i>CONCEPT OF USE OF TRANSHIATAL ESOPHAGECTOMY IN PATIENTS WITH DISEASES OF ESOPHAGUS</i>	167
TSYMBAL IRYNA, PYLYPENKO DARIA	169
<i>MODERN METHODS FOR THE DIAGNOSIS OF ACUTE APPENDICITIS IN PREGNANT</i>	169
YANIOHLO OLESIA, TRUSH OKSANA	170
<i>THE CHOICE OF OPTIMAL, SURGICAL ENDOVASCULAR TACTICS FOR LESIONS OF SUPERFICIAL FEMORAL ARTERIES</i>	170
ALEKSANDROVA KATERYNA, ZHURAVLIOVA POLINA	173
<i>ANALYSIS OF THE IMPACT OF HOLOTROPIC BREATHING TECHNIQUE ON THE QUICKNESS OF SENSOMOTOR REACTIONS AND THE SPEED OF ATTENTION'S SWITCH</i>	173
BAIKENITCH ARTUR	174
<i>MARIJUANA TREATS OR CRIPPLES?</i>	174
CHALA ANZHELA	177
<i>GADGET ADDICTION AMONG STUDENTS</i>	177
DAMILOLA OLUWATOSIN ABDUL-AZEEZ	178
<i>FEATURES OF FACTORS OF PSYCHO EMOTIONAL STRESS IN STUDENTS</i>	178
DOVHALIUK ANNA	179
<i>THE IMPACT OF DRAMATHERAPY IN WORKING WITH MILD MENTAL RETARDATION</i>	179
ELENA KIRSANOVA, KRYSHAL VALENTYN	181
<i>PECULIARITIES OF COMPLEX TREATMENT OF PATIENTS WITH SCHIZOPHRENIA</i>	181
HRYTSENKO ANASTASIIA	183
<i>THE INFLUENCE OF PETS ON THE PSYCHOLOGICAL AND SOCIAL STATUS OF CHILDREN IN PROBLEM FAMILIES</i>	183
ISTANESE MARTIN, SELVARATNAM ELISHA	184
<i>DIFFERENT APPROACHES TO UNDERSTANDING MANIC SYNDROME</i>	184
KATE PRONOZA-STEBLIUK	186
<i>USING OF NEW MODIFICATION OF METHAFORICAL ASSOCIATIVE CARDS IN THE MEDICAL- PSYCHOLOGICAL REHABILITATION OF UKRAINIAN VETERANS WITH POST-CONCUSSION SYNDROME</i>	186
KHILCHEVSKYI BOHDAN, BEREZHNYI HERMAN	187
<i>THE LEVEL OF ANXIETY AND THE PRESENCE OF STUDENT ADDICTIONS</i>	187
KHIMICH ANDRII	188
<i>THE EFFECT OF ANXIETY ON BRAIN ACTIVITY</i>	188
KOBYLYNSKA LIUDMYLA, DAVYDENKO KATERYNA	189
<i>ETIOPATHOGENETIC AND CLINICAL ASPECTS OF BLOCH-SULZBERNG SYNDROME</i>	189
KONDRATENKO ANASTASIIA	190
<i>THE IMPACT OF NON-DRUG TREATMENT TO MILD COGNITIVE IMPAIRMENT</i>	190
KONOVALOVA KATERYNA, DERKACH YULIIA, ARTEMENKO MARGARITA	191
<i>THE LEVEL OF DEPRESSION OF KNMU STUDENTS</i>	191
KOSENKO YULIA	192
<i>LEVEL OF PERSONAL ANXIETY AMONG ONES HAVING TENDENCY TO LOVE ADDICTION</i>	192
MOHAMMED NUMAN HYDER	194
<i>DOES SOCIAL MEDIA ROMANTICIZE MENTAL ILLNESSES</i>	194
OREL NADIYA, HOLOVNIYA HANNA, LIAKH ALINA	195
<i>LIFE QUALITY AND PECULIARITIES OF THE PSYCHO EMOTIONAL SPHERE IN POST-STROKE PATIENTS</i>	195