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СМІЛИВІСТЬ 

Neurosciences



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QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELLITUS AND MAJOR DEPRESSIVE DISORDER

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Introduction. The prevalence of type 2 diabetes mellitus (T2DM) is increasing worldwide, with the World Health Organization predicting that there will be 642 million by 2040 and showing that 45-47% of depressed people with T2DM have not been recognized by the primary care system. Major Depressive Disorder (MDD) and T2DM have been recognized as serious public health issue in Ukraine, but to date no study has examined the impact on patient's life quality. Patients with DM reported a markedly low health-related quality of life (QoL), and diabetic complications further undermine their QoL.

Aim of research is to assess prevalence of undiagnosed MDD in patients with T2DM and to compare clinical evolution and quality of life in patients with and without current MDD.

Materials and methods. Comparative longitudinal study include 78 patients with T2DM (mean age 63.3 ± 9.31 years) were evaluated by using the MMSE (Mini-Mental State Examination), Problem Areas in Diabetes Questionnaire (PAID), Well-Being Index (WHO-5) and Patient Health Questionnaire (PHQ-9) and a brief medical history about socio-demographic data, lifestyle factors and clinical characteristics.

Results. After psycho-diagnostical interview screening – 19 patients (24.4%) had depression (30 women and 11 men, mean age 52.0 ± 7.1 years). WHO-5 showed a lower mean for patients with depression than without it (13.3 ± 5.7 and 24.5 ± 3.5 , $p < 0.001$). PAID demonstrated a greater uncomfortableness in depressed patients (16.8 ± 7.6 and 4.4 ± 5.8 , $p < 0.001$) and PHQ-9 showed a greater symptomatology in depressed patients (11 ± 4.5 and 2.4 ± 3). Patients with MDD presented more complications ($4. \pm 1.16$ and 0.88 ± 1 , $p = 0.01$): neuropathy (71% and 37%) and retinopathy (33.9% and 15%).

Conclusion. Patients with comorbid T2DM2 and MDD showed a greater number of somatic complications, which represent an impact on quality of life. These findings support a recommendation for routine screening and management of comorbidity,



especially for those in primary care, in order to reduce the number of nonrecognized depressed diabetic patients, improve treatment adherence, decrease the number of complications and improve quality of life.

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PREVALENCE AND STRUCTURE OF HEADACHES IN STUDENTS OF KHARKIV NATIONAL MEDICAL UNIVERSITY

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Introduction. Headache is not a problem of one person, but of almost all people on Earth. Headache is the most common complaint among the entire population. A condition that negatively affects a person's quality of life. It is very difficult to evaluate a headache because it does not have clear complaints, clinical manifestations, and therefore it is not properly diagnosed. The prevalence of headache has not been finally determined, which indicates the relevance of the problem under consideration.

Purpose of the study. The study of the prevalence and structure of headache among students of the Kharkiv National Medical University (KhNMU) and the identification of provoking factors.

Materials and methods. This scientific work is a cross-sectional study. Data collection was carried out using the questionnaire method. A specially prepared questionnaire was used, which takes into account the clinical characteristics of headache (frequency, duration, nature, localization, intensity), provoking factors, and accompanying symptoms. The analysis of the questionnaires was carried out using the criteria of the International Classification of Headaches 3rd revision (2018), the questionnaire "ID Migraine". 100 students of Kharkiv National Medical University aged 18 to 22 took part in the survey. Survey data are organized by gender, specialty and courses.

Results and its discussion. The survey involved 100 students of I-IV courses of KhNMU. Distribution of respondents by gender: female - 84.3%, male - 15.7%. Distribution of respondents by specialty: medical - 62.8%, pediatrics - 19.6%, dental - 17.6%. The distribution of respondents by courses: the first - 3.9%; the second - 15.7%;



MEDICAL GENETICS	106
Kuye Adesegun Jacobs	107
CLINICAL SIGNIFICANCE OF ADVANCED PATERNAL AGE AS A RISK FACTOR FOR DE NOVO MUTATIONS IN OFFSPRING	107
Sanzana Mosammat Allin, Sanzana Mosammat Darin	109
THE NEW BLOOD GROUP SYSTEM	109
NEUROSCIENCES	111
Abramova Maryna	112
FEATURES OF DEPRESSIVE SYNDROMES IN THE STRUCTURE OF SCHIZOPHRENIA	112
Alamodi Bashar	113
A CASE REPORT AND REVIEW OF THE LITERATURE ON AMYOTROPHIC LATERAL SCLEROSIS.....	113
Burlakov Nazar	116
NEUROLOGICAL DISORDERS CAUSED BY FREQUENT USE OF WIRELESS HEADPHONES..	116
Gaichjuk Alesya	118
PSYCHOLOGICAL STATE OF HIGHER MEDICAL EDUCATION ACQUIRES DURING THE WAR IN UKRAINE.....	118
Harmash Iryna	119
THE ROLE OF DESYNCHRONIZATION OF CIRCADIAN RHYTHMS IN THE DEVELOPMENT OF DEPRESSION AMOUNG YOUNG PEOPLE.....	119
Iengalychev Tim, Yevtushok Vladyslav	120
RISK FACTORS OF THE PROBLEMATIC PORNOGRAPHY USE IN UKRAINIAN STUDENTS ..	120
Kaploukh Olha	122
ATTITUDE OF FAMILY MEMBERS OF PATIENTS WITH DEMENTIA TO DISEASE AND TREATMENT.....	122
Karabuta Anastassia	123
THE CONCEPT OF COMPLEX POST-TRAUMATIC STRESS DISORDER IN ICD-11.....	123
Kaur Jasmeen	125
HEMIPLEGIC MIGRAINE AND ITS COMPARISON EITH STRIKE	125
Kirsanova Olena	128
GENDER PECULIARITIES OF DISTURBING DISORDERS IN PERSONS WHO UNDERWENT COVID-19	128
Kondratenko Anastasiia	129
QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELLITUS AND MAJOR DEPRESSIVE DISORDER	129
Kovalenko Tetiana	130
PREVALENCE AND STRUCTURE OF HEADACHES IN STUDENTS OF KHARKIV NATIONAL MEDICAL UNIVERSITY	130
Medvedieva Oleksandra, ,	131
PSYCHIATRIC DISORDERS IN A PERSONE IN A COMBAT ZONE	131
Ponomar Bohdan	132
CLINICAL FEATURES OF THE COURSE AND TREATMENT OF ANOREXIA NERVOUS IN YOUNG PEOPLE.....	132
Ryzhkov Bohdan, Kaploukh Olha	134
ASSESSMENT OF MORTALITY RATE DUE TO MENTAL AND BEHAVIORAL DISORDERS, INCLUDING ALCOHOL CONSUMPTION IN UKRAINE (2015-2022).....	134
Shcherbak Vitalii, Husarchuk Kateryna	135
ETIOLOGY AND PSYCHODIAGNOSTIC OF IRRITABLE BOWEL SYNDROME.....	135
Skobenko Mariya	136
PECULIARITIES OF THE CLINICAL MANIFESTATION OF TOURETTE'S SYNDROME WITH ANALYZING OF PATHOGENETIC MECHANISMS	136
Sushetska Daryna	138
FEATURES OF THE PATHOMORPHOLOGICAL DIAGNOSIS OF POLYNEUROPATHIES IN PATIENTS WITH TYPE 2 DIABETES MELLITUS	138
Teslenko Oleksandra	139
BENEFICIAL EFFECT OF DISEASE-MODIFYING THERAPY ON COGNITIVE DYSFUNCTION IN PATIENTS WITH MULTIPLE SCLEROSIS	139