



ISIC-2022 International Scientific Interdisciplinary Conference





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ANALYSIS OF THE PREVALENCE OF BEHAVIORAL AND PERSONAL FACTORS RISK OF VEGETATIVE DYSFUNCTION SYNDROME IN MEDICAL STUDENTS

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The purpose of the study is the formation of a vegetative dysfunctional syndrome (VSD) in students of a medical university.

Materials and methods. 68 students aged 22 to 26 (55 girls and 13 boys) were examined. The assessment of signs was carried out according to a standardized questionnaire for the diagnosis of vegetative-vascular diseases dysfunctions. Risk factors for cardiovascular disease were analyzed in all respondents.

It had shown that 52 people (76%) suffered from the disease, 13% of them are boys and 87% of girls - 1 comparison group. 16 people (24%) had no symptoms, 36% of young men and 64% of girls - group 2 (conditionally healthy). The prevalence of hereditary burden of cardiovascular diseases, including myocardial infarction, cerebral strokes, angina pectoris, arterial hypertension in the selected groups was comparable and averaged $60 \pm 1.7\%$. In the 1st group, insufficient physical activity was noted, so only 15% regularly played sports against 46% of the representatives of the 2nd group. Chronic nervous stress was felt by 60% of the students of the 1st group against 20% of the respondents from the 2nd group. Other adverse factors were also found: working at night 34% in group 1, 18% in group 2, smoking in 16%/9%, respectively. The assessment of trophic status showed 73% of students in one group had a body mass index within the normal range. Most of the examined students' consumption of vegetables and fruits was below the recommended value. In group 1, an excess of sugar, confectionery and bakery products was noted in the diet by 57%. Fatty food was abused by 24%.

The analysis of the results of psychological testing for indicators of aggression and hostility in young people showed that the aggressiveness index is higher. Verbal aggression was the dominant type of aggression among young people from the 1st group, exceeding the standard was found in 1.5 times more often compared to the 2nd.



In the 2nd group, a pattern of physical and indirect aggression was observed. The deviation from the upper limit of the norm of the guilt indicator (which is a variant of autoaggression) on the 1st was found to be 74% against 59% on the 2nd. In the 1st group, exceeding the levels of the norm by the resentment and suspicion scales, which in turn form the index of hostility, were established in 74% and 76% of cases, against 61% and 66% in the 2nd.

Conclusions. Thus, among the factors potentiating the development of the disease, a significant specific weight was found, such as female sex, smoking, psycho-emotional stress, working at night, insufficient physical activity and unbalanced nutrition against the background of eating disorders. A set of psychological variables (aggression, hostility, feelings of resentment, negativism, etc.) in patients with the syndrome has been identified, which can simultaneously be psychological risk factors for the development of the syndrome (psychosomatic influences) and a consequence of somatic pathology.

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DISCOVERY OF RISK FACTORS OF CARDIOVASCULAR DISEASE IN STUDENTS

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Introduction. Cardiovascular diseases are the leading cause of death worldwide. According to the World Health Organization, 17.1 million people die annually as a result of heart attacks and strokes. They are increasingly diagnosed in young people. As established by numerous studies, cardiovascular diseases appear as a result of various risk factors, although some of the main risk factors are not amenable to change, other factors can be avoided by changing skills and lifestyle. According to the above statistics, the incidence rate of diseases of the cardiovascular system among the population is 1,810 per 100,000 and the mortality rate is 166.35 per 100,000 over the past 5 years. The most important factors that negatively affect the health of young people are: low physical activity; ineffective physical education; deterioration of