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ICTAR 2023**

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1ST INTERNATIONAL
CONFERENCE ON
TRENDS IN ADVANCED
RESEARCH**

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Editors:

Asst. Prof. Dr. Umut Özkaya

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INTRODUCTION

We had the great honor of organizing the 2nd International Conference on Innovative Academic Studies ICTAR 2023. It was truly a great pleasure for us to greet a lot of participants from many different countries attending ICTAR 2023! We firmly believe that the conference will become an important international event in the field of cross-industry discussion about innovations in Academic Studies.

ICTAR 2023 was organized by All Science Academy located in Konya, Turkey.

Three cooperating organizations supported the four-day conference. There were 152 papers accepted for presentation at ICTAR 2023, contributed from different countries. We had plenary speeches and several well-known scientists and experts, to give invited talks at different sessions.

The purpose of ICTAR 2023 was to provide a forum for the participants to report and review innovative ideas, with up-to-date progress and developments, and discuss novel approaches to the application in the field of their own research areas and discuss challenges of doing science.

We sincerely hope that the exchange of ideas on doing research, science and improving education will help the participants, and international cooperation sharing the common interest will be enhanced.

On behalf the Organization Committee of ICTAR 2023, we would like to heartily thank our cooperating organizations for all they have done for the conference. We would also like to thank the authors for their contribution to the proceedings; the participants and friends of ICTAR 2023, for their interest and efforts in helping us to make the conference possible; and the Editorial boards for their effective work and valuable advice, especially the ICTAR 2023 secretariat and the ICTAR 2023 staff, for their tireless efforts and outstanding services in preparing the conference and publishing the Proceedings.

Asst. Prof. Dr. Umut Özkaya

Conference chairs

QUALITY OF LIFE IN PATIENTS WITH NON-ALCOHOLIC STEATOHEPATITIS AND HYPERTENSION: QUANTITATIVE VARIABILITY OF INDICATORS

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Abstract – The aim of the study is to determine the impact of concomitant hypertension on the quality of life of patients with non-alcoholic steatohepatitis.

Materials and methods: A total of 115 patients with non-alcoholic steatohepatitis (NASH) were examined, 63 of which had concomitant hypertension (HT). To assess the quality of life (QOL), the "Medical Outcomes Study Short Form (SF-36)" questionnaire was used.

Results. Analysis of the patients QOL revealed that in the NASH and HT group, the results of physical and mental health indicators were mainly at a reduced level (21-40% of 100%). The total physical component of health in patients with NASH and HT was significantly lower than in the group with isolated NASH (59.65% (95% CI 54.62, 64.59) vs. 75.63% (95% CI 67.94; 76.41), $p < 0.001$). In patients with NASH and HT there was a decrease in the total mental component of health (33.08% (95% CI 27.80, 37.06) compared to the group with isolated NASH (57.30% (95% CI 49.94; 59.18), $p < 0.001$), and in the control group the results barely reached the lower limit of a high level of QOL (78.98% (95% CI 76.53; 82.65), $p < 0.001$).

Conclusions. Quantitative variability of QOL components in patients with NASH and HT can negatively affect the course of the disease.

Keywords – NAFLD, Non-Alcoholic Steatohepatitis, Hypertension, Quality Of Life, SF-36