

Kharkiv National
Medical University

INTERNATIONAL SCIENTIFIC INTERDISCIPLINARY CONFERENCE

of Young Scientists and Medical Students

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25-27

May

2026

Kharkiv, Ukraine



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SECTION	PAGE
 Dentistry and Maxillofacial Surgery	4
 Infectious Diseases, Epidemiology, Dermatology	33
 Internal Medicine	64
 Neurosciences	160
 Obstetrics and Gynecology	187
 Pediatrics and Neonatology	236
 Preventive Medicine, Current Issues in Nursing	255
 Surgery and Traumatology	286
 Theoretical and Experimental Medicine	328

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Osokina Tetiana

PREVENTION AND MANAGEMENT OF ANXIETY IN PATIENTS WITH
GENERALISED PERIODONTITIS FROM THE GENERAL POPULATION
WHO
ARE IN A COMBAT ZONE

Kharkiv, Ukraine

Kharkiv National Medical University

Department of Dentistry

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Introduction: Generalised periodontitis (GP) is a multifactorial dental disease characterised by an infectious-inflammatory process in the tissues, leading to the gradual destruction of the tooth's supporting structures and resorption of the alveolar ridge (Mazur I.P., 2023). The presence of stress has a significant impact on the body's resistance and, consequently, on the development, course and treatment of periodontal diseases (PD). Its presence should be taken into account in the comprehensive treatment of patients with GP (Kononova O.V., 2019).

Hostilities in the eastern regions of Ukraine have been ongoing since 2014 and the specificities of providing dental periodontal care to the civilian (C) in the active combat zone (CZ) have not previously been analysed (Kanyura O.A., 2022).

Unfortunately, dental treatment causes a certain amount of fear in patients (P); during dental appointments, doctors observe anxiety (A), psycho-emotional tension and fear in approximately 40.9% of patients (Gorodnov E.V., 2024). A arises when an individual perceives a particular stimulus or situation as containing potential elements of danger, threat or harm (Spilberger C.D., 1975) and (Lazarus R.S., 1984). The characteristics of evoked and EEG-related responses indicate specific features of patients' anxiety reactions: the analysis of information takes longer (Chornyi S.V., 2007). The aim of this study is to investigate the problem of GP in C living in CZ, associated with symptoms of anxiety, and to identify preventive methods for overcoming dental anxiety in C living in CZ.

Materials and methods. This cross-sectional study included 82 P who sought dental periodontal care at the UDC within the DD at KNMU between 2022 and 2024. Among those examined were 45 (54.8%) men (M) and 37 (45.1%) women (W) aged 35–55 years. In addition to the above, the groups were tested on the Korach DAS dental anxiety scale, thanks to this method, anxiety, fear and other negative emotions associated with treatment and visiting a DD were studied.

Results and discussion. The results of the study testing using the Korach DAS suggest that P do not experience any particular A whilst awaiting their appointment with the dentist (22.5% of W and 37.7% of M), 1.6% of W and 26.5% of M patients experience A, 37.5% of W and 15.9% of M fear pain, and 25.5% of W and 19.5% of M are frightened by the dentist's potential actions. The survey results revealed that feeling relaxed in the dentist's chair whilst the drill is being prepared for use is typical of 2.4% of W and 11.1% of M; a state of A is characteristic of 18.2% of W and 32.6% of M patients; tension is present in 29.3% of W and 24.2% of M; A and fear are experienced by 22.9% of W and 18.7% of M. An analysis of the scientific and methodological literature makes it possible to select various methods and exercises for overcoming DA and stress in patients with GP among the C, associated with manifestations of A, who are located in a CZ.

Conclusion: An analysis of theoretical sources and the conducted study on allows us to conclude that a prevention program should be comprehensive in nature and aimed at fostering P self-reflection and teaching self-control in emotionally stressful and anxious situations.