



Міністерство охорони здоров'я України
Вінницький національний медичний університет ім. М.І. Пирогова
Студентське наукове товариство
Рада молодих вчених



МАТЕРІАЛИ MATERIALS

**XX Наукової конференції студентів та молодих
вчених з міжнародною участю
«Перший крок в науку - 2023»**

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МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
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PSYCHOSOMATIC DISORDER AND THEIR CONNECTION WITH EMOTHINAL INTELLIGENCE

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Introduction: Psychosomatic disorder are pathological conditions that appear as a result of influence of psychological, social and behavioral aspects on physical ones and lead to the appearance of somatic diseases. Emotional intelligence is a person's ability to work with emotions and show empathy. The following reasons of psychosomatic diseases are next:

- genetics: several studies suggest that certain genetic abnormalities in a person can directly cause this condition.
- irregular biological conditions: changes in glucose metabolism, serum amino acid levels, etc.
- the impact of stress: people who path through the stressful events such as trauma, abuse, frequent illness, fear, depression, anger, guilt, insecurity, and other challenging situations
- family circumstances: the absence of parents, the behavior of parents towards the child and difficulties in relationships are also the main causes of psychosomatic disorders.

Actuality: Everyone has their own difficulties, but not everyone can resist them, that affects on their health in general (mental, social and physical). Nowadays, more than ever, it is necessary to acquire stress resistance and the ability to counteract one's own emotions, which will only improve our condition as a result.

Goal: To research the level of emotional intelligence of medical students and to reveal the presence of already existing psychosomatic disorder and preconditions.

Materials and methods: 100 students of the Medical University (KHNMU) were involved to complete a survey in Google form. Obtained statistical data were analyzed.

Results: Psychosomatic disorder were found in 24% of the medical students who passed this survey. The survey showed that the intestinal tract diseases turn up on the first position - 46,8% (irritated intestine syndrome - 7,2%, gastric ulcer - 18%, chronic gastritis - 14,4%, functional dyspepsia - 7,2%). The diseases of respiratory system took the second position - 28,8% (vasomotor rhinitis - 7,2%, bronchial asthma - 10,8%, chronic bronchitis - 10,8%). The autoimmune diseases are on the third place - 10,8% (rheumatoid arthritis - 3,6%, thyroiditis - 7,2%). Also there are another disorder: dermatological diseases (eczema - 3,6%, neurodermatitis - 3,6%) and diseases of cardiovascular system (hypertension - 7,2%). Among students, who have psychosomatic disorder, the level of emotional intelligence development in 12.5% was estimated at the high level, in 12.5% - at a low level, and in 75% - at the middle level. 79.2% often observe emotional burnout.

Conclusions: On the base of conducted research we can suppose, that the medical students have insufficient development of emotional intelligence, the inability to resist one's inner feelings and to rationally allocate one's time and resources. According to our research, the students with a low and middle level of emotional intelligence development, frequent emotional burnout, have all preconditions for the occurrence of psychosomatic disorder in the future.

Tikam Singh Solanki

PSYCHOMETRIC EVALUATION OF SLEEP DISORDERS IN VNMU STUDENTS: IMPACT ON COGNITIVE FUNCTION AND QUALITY OF LIFE

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Relevance: 30 - 45% of the world's population suffers from sleep disorders. A lot of VNMU students every year go to the Department of Psychiatry, Addictology and Psychotherapy with complaints of sleep disorders. Different sleep disorders have: 1. Negative impact on the quality of life. 2. Negative impact on cognitive functions. 3. Decrease in social activity and working capacity. 4. A risk factor for various somatic diseases (myocardial infarction, hypercholesterolemia, diabetes mellitus, etc.). According to the ICD-10 there are the following sleep disorders: Nonorganic insomnia, Nonorganic hypersomnia, Nonorganic disorder of the sleep-wake schedule, Sleepwalking (somnambulism), Sleep terrors (night terrors), Nightmares, Drug Induced Sleep Disorders.

Purpose: The purpose of this research is to investigate sleep disorders in VNMU students and their impact on cognitive function and quality of life.

Materials and methods: We examined 84 students of VNMU, among whom 60,7 % were men and 39,3 % were women, respectively, with an average age of 20 ± 2 years. The following methods were used: the Insomnia Symptom Questionnaire (ISQ), Perceived Deficits Questionnaire (PDQ-5), Chaban Quality of Life Scale (CQLS), Statistical method.

Results: According to the results of the Insomnia Symptom Questionnaire (ISQ): 35,30 % students with sleep disorders, 64,70 % students without sleep disorders. According to the results of the Perceived Deficits Questionnaire (PDQ-5) among students with sleep disorders: in 16,66 % - no cognitive deficit, in 33,34 % - low cognitive deficit, in 50 % - medium cognitive deficit; among students without sleep disorders: in 72 % - no cognitive deficit, in 20 % - low cognitive deficit, in 8 % - medium cognitive deficit. According to the results of the Chaban Quality of Life Scale (CQLS) among students with sleep disorders: in 16,67 % - low quality of life, in 83,33 % - very low quality of life; among students without sleep disorders: in 20 % - very high quality of life, in 44 % - high quality of life, in 36 % - medium quality of life.

Conclusions: 1. 35.30% of VNMU students have sleep disorders and 64.70% of VNMU students do not have sleep disorders. 2. Students with sleep disorders have more pronounced cognitive deficit (disturbances in attention, working memory, planning problems) than students without sleep disorders. 3. Students with sleep disorders have a lower quality of life than students without sleep disorders. 4. We have developed recommendations for the prevention and non-drug correction of insomnia.

А.Е. Беляєва

ПРОВІДНІ МЕТОДИ САМОРЕГУЛЯЦІЇ ПРИ ПАНІЧНІЙ АТАЦІ

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Актуальність: У сучасних реаліях зросла кількість людей, які застрягають у ліфті. Це зумовлено плановими та аварійними відключеннями електроенергії, які часто не відповідають графікам. Страх та тривога перед поїздкою у ліфті найчастіше виникає в наслідок негативного досвіду або невизначеністю коли саме увімкнуть світло і ліфт знову рушить. В замкненому просторі найчастіше виникає панічна атака - це тривожний розлад, який проявляється нападом тривоги що наростає і страху в поєднанні з тілесними симптомами. Ліфтова кабіна є досить безпечним місцем в аварійних ситуаціях, проте не всі люди можуть зберігати спокій та діяти помірковано, перебуваючи в повній темряві та замкненому просторі.

Мета: Визначити провідні методи, які допоможуть подолати тривогу та панічну атаку в замкненому просторі.