

**INTERNATIONAL SCIENTIFIC-PRACTICAL
CONFERENCE**

**SCIENCE, EDUCATION AND SOCIETY IN THE
21ST CENTURY: SCIENTIFIC IDEAS AND
IMPLEMENTATION MECHANISMS**

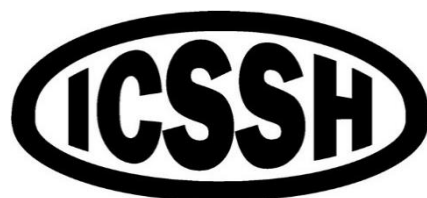
Book of abstracts



August 4, 2023

**Košice,
Slovakia**





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SECTION 6 MEDICAL SCIENCES

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ASSESSMENT OF ASTHENIC AND ANXIETY DISORDERS IN PATIENTS WITH COVID-19

The coronavirus disease (COVID-19) pandemic is a global medical and social health problem [1]. COVID-19 has led to a rapid increase in the incidence of symptoms such as insomnia, depressive disorders, impaired concentration, anxiety, and memory impairment [2]. Anxiety disorders and major depression are among the most common conditions affecting adults [3]. An integral part of neurological disorders is rapid fatigue, headaches, depression, sleep disturbances caused by the direct effect of the virus on neurons, as well as the social consequences of the pandemic, including social isolation and a sense of uncertainty about the future. Psychopathological consequences in COVID-19 survivors, such as depression and anxiety, are now recognized as the main symptoms of the "acute COVID-19 syndrome" [4].

Aim of the research: to analyze and evaluate the features of asthenic and anxiety disorders in patients with COVID-19.

Materials and methods: 23 patients (82.6% women and 17.4% men) were examined on the basis of Zaporizhzhya City Hospital № 6. The average age was 52.4 ± 11.3 years. Patients were divided into two groups: control group - patients who didn't have Covid-19 (n=7, average age 53.7 ± 10), main group - patients who had Covid-19 (n=16, average age 51.8 ± 12.4). All patients were clinically and psycho-emotional sphere examined using modern scales - a questionnaire on the Beck Depression Inventory, the Spielberger-Hanin Scale of Reactive and Personal Anxiety. According to this methodology, people who scored less than 30 points had low anxiety, from 31-45 points - moderate anxiety and more than 45 points - high anxiety. To assess the severity of asthenic disorders, the Multidimensional Fatigue Inventory was used (general fatigue, physical fatigue, mental fatigue, reduced motivation, and reduced activity). Differences were considered significant at p values ≤ 0.05 .

Results: A comparative assessment of asthenic and anxiety disorders in both groups was performed. According to the Beck Depression Inventory, an increased level of anxiety and depression was recorded in patients of the main group with post-COVID symptoms (18.0 ± 8.3 points compared to the control group 10.4 ± 3.7 ; $p \leq 0.05$) (Fig. 1).

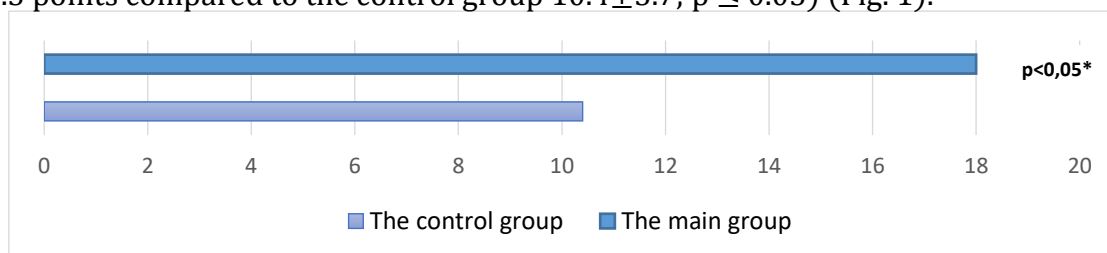


Fig. 1. Prevalence of depression according to the Beck Depression Scale

The analysis of the questionnaire on the Spielberger-Khanin scale of reactive and personal anxiety showed that the level of personal anxiety in patients of the main group was more pronounced than in healthy individuals (47.9 ± 7.7 , vs. 45.4 ± 7.4 ; $p > 0.05$). In the respondents who had undergone Covid-19, the mean severity score of the components of asthenic disorders was 63.3 ± 17.0 ; in patients of the control group - 50.4 ± 17.4). Thus, in the main group, a significantly more pronounced increase in physical manifestations of stamina (13.3 ± 3.7 points compared with the control group (9.4 ± 4.1 points; $p \leq 0.05$), a decrease in the level of motivation (11.7 ± 2.3 and 8.7 ± 2.7 points, respectively; $p \leq 0.05$) was noted (Table 1).

Table 1. Assessment of the severity of asthenic disorders according to the MFI-20 scale

| Multidimensional Fatigue Inventory (MFI-20) | General fatigue | Reduced activity | Reduced motivation | Physical fatigue | Mental fatigue | The total score |
|--|------------------------|-------------------------|---------------------------|-------------------------|-----------------------|------------------------|
| <i>The control group N=7, M ± m</i> | $12,0 \pm 5,1$ | $9,8 \pm 5,3$ | $8,7 \pm 2,7$ | $9,4 \pm 4,1$ | $10,0 \pm 3,4$ | $50,4 \pm 17,4$ |
| <i>The main group N=16, M ± m</i> | $14,6 \pm 4,5$ | $12,7 \pm 4,2$ | $11,7 \pm 2,3$ | $13,3 \pm 3,7$ | $12,1 \pm 4,6$ | $63,3 \pm 17,0$ |
| <i>Statistical significance</i> | $p > 0,05$ | $p > 0,05$ | $p < 0,05^*$ | $p < 0,05^*$ | $p > 0,05$ | $p > 0,05$ |

Conclusions: Our study has shown that Covid-19 has a negative impact on the psycho-emotional sphere of patients, where an increased level of anxiety and depression can be noted. A significantly increased level of physical fatigue and decreased motivation according to the MFI-20 scale were found in patients of the main group.

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