

DETERMINATION OF THE LEVEL OF PERSONAL ANXIETY IN PATIENTS AFTER CEREBRAL STROKE

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Background. According to many global epidemiological studies, cerebral strokes (CS) are the second most common disease in the world after coronary heart disease (CHD). According to the World Health Organization (WHO), these diseases are the second leading cause of disability and mortality both in Ukraine and worldwide. Over the past fifteen years, the incidence of CS has remained the leading cause of death worldwide. CHD and CS take the largest number of human lives.

Global prevalence rates of these diseases indicate that up to 30 million new cases of CS are reported worldwide each year. It is stated that in the world's leading countries (the European Union, Iceland, Switzerland, Norway, etc.), about 1.1 million new cases of these diseases are registered each year. In the United States, more than 550 thousand CS are diagnosed annually. Mortality rates from these diseases are also high. Thus, according to the WHO, in Europe, the mortality rate from CS is 37-47 cases per 100 thousand people.

Experts attribute the steady increase in the incidence of CS to the “aging” of our planet's population and a significant increase in the risk factors for the occurrence and development of these diseases (arterial hypertension, cardiovascular disease, diabetes mellitus, tobacco smoking, consumption of alcoholic beverages and alcohol-containing substances, etc.).

Scientists determine that CS provoke a transformation of the entire psychosocial sphere of such a person, which requires certain psychosocial rehabilitation interventions involving a team of psychologists and social workers.

The purpose of the study is to determine the prevalence of anxiety states by levels of personality anxiety (PA) among patients after CS.

Materials and methods. The study was conducted at the Clinical Sanatorium Roshcha, a subsidiary of Ukrprofozdorovnytsia, a private joint-stock company, and the Clinical Sanatorium Berezivski Mineral Water Resort, a subsidiary of Ukrprofozdorovnytsia, a private joint-stock company. 500 people were examined, among whom 300 respondents of the main group (MG) with an anamnesis of CS and 200 people of the control group (CG; practically healthy individuals randomized by age and gender) were identified. The study and analysis of the research objects were conducted by copying the data from the medical records, questionnaires, and surveys. We analyzed the sociopsychological problems of patients after CS using the method of diagnosing psychological conditions: a study of self-assessment of anxiety levels in patients with CS

using the Spielberg Self-Assessment Scale by C. D. Spielberg and Y. L. Khanin.

Results. According to the obtained levels of PA, moderate and high levels of PA significantly prevailed among the MG respondents. In general, there was a significant predominance of subjects with moderate and high levels of PA as opposed to low levels (188 (62.7%) and 69 (23.0%) and 43 (14.3%) respondents, respectively) with corresponding levels of PA at 39.4 ± 2.65 and 47.4 ± 1.17 and 28.0 ± 2.05 points. In general, the level of PA among the MG respondents was at the upper limit of moderate (39.60 ± 6.23 points) and significantly ($p < 0.001$) higher than that of the CG (33.61 ± 8.73 points). It should also be noted that the CG compared to the OG significantly ($\chi^2 = 83.212$; $p < 0.001$) stated the prevalence of respondents with low and moderate PA levels as opposed to low (respectively 104 (52.0%) and 64 (32.0%) and 32 (16.0%) people) and had corresponding PA levels of 26.6 ± 2.88 and 38.2 ± 5.12 and 47.4 ± 1.24 points).

Conclusions. Thus, significant changes in PA in patients after CS have been identified.