

PSYCHOEMOTIONAL STATUS OF IRRITABLE BOWEL SYNDROME IN RHEUMATOID ARTHRITIS

Makhmudova L.I., Beshimov A.Y.

Bukhara State Medical Institute, Uzbekistan

Irritable bowel syndrome is a biopsychosocial disease that is a complex of functional disorders that cannot be explained by the patient's organic changes in the intestine. Irritable bowel syndrome (IBS) is a common gastrointestinal disorder in industrialized countries with a prevalence of 10–15% in the general population. It is known that 2/3 of people experiencing symptoms of IBS do not consult a doctor.

Purpose of the study: to identify the features of IBS in patients with RA with intestinal and extraintestinal manifestations.

Material and method of research. A total of 68 sick and healthy people were examined. The patients were divided into 2 groups: the first - RA patients with IBS with extraintestinal manifestations, which was divided into 3 subgroups: IBSd (diarrhea) - 35 people, IBSc (constipation) - 15 people, IBSc (mixed) - 18 people. The comparison group consisted of 10 practically healthy people. Inclusion criteria: age from 18 to 45 years; compliance with Rome IV criteria (2016) for the diagnosis of irritable bowel syndrome; ability to adequately cooperate in the research process; written consent of the patient for examination. The study included 23 (33.8%) men and 45 (66.1%) women. All patients underwent esophagogastroduodenoscopy (EFGDS), colonoscopy, stool test for dysbacteriosis, and ultrasound of internal organs. The level of depression in the subjects was assessed using the Zung scale. The questionnaire consisted of 20 statements, each of which provides 4 answer options: 4 - "almost always", 3 - "often", 2 - "sometimes", 1 - "almost never". The results obtained were assessed as follows: scores up to 30 points indicated mild depression, 31–45 - moderate, 46 or more - severe.

Research results. In the clinical picture of patients of subgroups of RA associated with IBS with a predominance of diarrhea and constipation, the leading symptoms are pain along the intestines, decreasing or disappearing after defecation, accompanied by flatulence, a feeling of incomplete bowel movement. When assessing survey data on the Zung scale, patients with IBS with predominant diarrhea have a moderate degree of depression (up to 30 points) in 20.2% of cases, mild (31-45 points) - 36.4% and high degree (46 points or more) - in 43.4% of cases. The average scores in this group of patients were 19.4 ± 0.2 points, compared to the control group 7.1 ± 0.2 . These results indicate a significant presence of depressive

symptoms in this category of patients. A study in the subgroups of IBS and IBS revealed similar changes in psychological status.

Conclusions. IBS with a predominance of diarrhea in RA patients exhibits more profound depressive changes than IBS with a predominance of constipation and mixed type. These changes may be associated with a deterioration in the quality of life of patients.

References

1. Abdullayev RB, Makhmudova LI Features of Chemical Elements in Various Forms of Irritable Bowel Syndrome // Annals of RSCB, ISSN:1583-6258, Vol. 25, Issue 2, 2021, Pages. 2993 - 3000.
2. Makhmudova LI, Akhmedova N.Sh., Ergashov BB Clinical manifestation of irritable bowel syndrome. Art of medicine. International medical scientific journal. Vol. 1, Issue 2. 2021:24-33.
3. Makhmudova LI, Ismatova MN, Mukhamedjanova MH, Sulaymanova GA Evaluation of microelement status and IBS correction with irritable bowel syndrome. New day in medicine. 2(34) 2021:325-331.
4. Abdullayev R.B., Makhmudova L.I. Micro elemental imbalance in irritable bowel syndrome and IBS correction. Academicia. Vol. 11, Issue 5, May 2021:655-662.
5. Abdullayev R.B., Makhmudova L.I., (2021). Assessment Of Clinical And Psychological Status And Quality Of Life Of Patients In Different Forms Of Irritable Bowel Syndrome. The American Journal of Medical Sciences and Pharmaceutical Research, 3(02), 127-134.
6. Makhmudova L.I, Akhmedova N.Sh. Irritable bowel syndrome: a new look at the problem // Academicia. 10.5958/2249-7137.2020.00983.0. 433-38.
7. Makhmudova L.I., Akhmedova N.Sh., Ergashov B.B. Clinical manifestation of irritable bowel syndrome. Art of medicine. International medical scientific journal. Vol. 1, Issue 2. 2021:24-33.
8. Fazilova M., Sultanov S. Assessment of the State of the Coagulation Link of Hemostasis in Women Who Terminated Non-Developing Early Pregnancy with Medication //Science and innovation. – 2022. – T. 1. – №. D7. – C. 259-263.
9. Fazilova M. O., Sultanov S. N. Features of the course of preagnancy and childbirth in woman with a history of non-developing pregnancy //Journal of Modern Educational Achievements. – 2022. – T. 1. – C. 228-232.
10. Olimjanovna F. M., Nargiza N., Osorio J. I. The structure of the placenta in the normal course of pregnancy and in fetoplacental insufficiency //J Regen Biol Med. – 2020. – T. 2. – №. 6. – C. 1-11.

11. Olimjanovna F. M. et al. Glycadelin in Obstetrical Practice: Past, Present //Practice. J Regen Biol Med. – 2022. – T. 4. – №. 3. – C. 1-8.