

PECULIARITIES OF HOSTILITY AND AGGRESSIVENESS IN FERTILE-AGED PATIENTS DIAGNOSED WITH HYPOTHYROIDISM



Ibodullayev Zarifboy Rajabovich

Urgench branch of Tashkent Medical Academy

Scientific supervisor: Doctor of Medical Sciences, Prof

Izr.med@.com

<https://orcid.org/0000-0002-0610-1350>

<https://scholar.google.com/citations>



Ollaberganova Rohila Zoxirjonovna

Department of “Nervous Diseases, Medical Psychology and Psychotherapy”

rohilaollaberganova30@gmail.com

<https://orcid.org/0009-0001-2723-6203>

ABSTRACT

This article is based on identifying the personality traits of aggressiveness and hostility in women of reproductive age with manifest hypothyroidism. Such characteristics were assessed using the Buss–Durkee Hostility Inventory, and the effectiveness of psychocorrection was demonstrated. The study involved 104 women with manifest hypothyroidism (mean age 34.8 ± 8.7 years) and 36 healthy women as a control group. Initial analyses revealed that women with hypothyroidism had higher scores on the Buss–Durkee scale (above 18 points)

($p < 0.05$). After the course of Cognitive-Behavioral Therapy (CBT), a significant decrease in levels of aggressiveness and hostility was observed ($p < 0.01$). In conclusion, CBT is an effective psychocorrectional approach in improving the mental health and quality of life of women with hypothyroidism.

Keywords: hypothyroidism, Buss–Durkee, CBT, aggressiveness, hostility, manifest.

INTRODUCTION

Hostility and aggressiveness are powerful factors that affect human health. This form of behavioral disorder is especially pronounced in hypothyroidism, as confirmed by numerous studies. Hypothyroidism not only significantly influences somatic health but also affects personality traits, cognitive functions, and psycho-emotional state, while exerting a negative impact on the cardiovascular system, reproductive function, and digestive system. Thyroid hormone deficiency disrupts the functioning of the central nervous system, which adversely affects mental health. Patients with this condition frequently experience depressive states, anxiety, reduced motivation, fatigue, sleep disturbances, and emotional instability.

Psycho-emotional disorders worsen the patient's quality of daily life, negatively influence work performance and social interactions. Particularly in prolonged hypothyroidism, these symptoms intensify, limiting personal and social adaptability. Therefore, early detection and assessment of psycho-emotional disorders in hypothyroidism, along with the application of psychocorrectional measures, play an important role in restoring overall health.

According to the literature review, hypothyroidism may lead to changes in personality structure. That is, hostility and aggressiveness may manifest as characteristic traits. Taking these points into account, the aim of the study was defined as analyzing and correcting the indicators of aggressiveness and hostility in women of reproductive age with hypothyroidism, using cognitive behavioral therapy (CBT).

MATERIALS AND METHODS

A total of 104 women diagnosed with hypothyroidism (mean age 34.8 ± 8.7 years) were included in the study. Among them, 62 had autoimmune thyroiditis in the manifest stage, and 42 had manifest-stage post-thyroidectomy hypothyroidism. These patients formed the main group. In addition, 36 women without a diagnosis of hypothyroidism were included in the study as the control group.

To assess hostility and aggressiveness in patients, the Buss–Durkee Hostility Inventory (BDHI) was used.

During the study, the following results were obtained using the Buss–Durkee scale (Table 1).

Groups	Primary examination indicators
<i>Basic group a.</i>	27,8($\pm 3,2$)
<i>Basic group b.</i>	28,4($\pm 3,1$)
<i>Control group</i>	4,5($\pm 2,6$)

At the initial assessment, no significant differences were observed between the groups (Table 1). In all women of reproductive age with manifest hypothyroidism, the scores on the Buss–Durkee Hostility Inventory were elevated (above 18 points). The mean scores of women with post-total thyroidectomy hypothyroidism (27.8 ± 3.2) and those with autoimmune thyroiditis (28.4 ± 3.1) did not significantly differ from each other. In the control group, the mean score was $4.5 (\pm 2.6)$, which corresponds to a normal level.

Cognitive Behavioral Therapy (CBT) is one of the most widely used and evidence-based approaches in psychotherapy. It is aimed at modifying negative thoughts and maladaptive behaviors that contribute to emotional problems.

Core Principles of CBT:

1. Establishing the interconnection between thoughts, emotions, and behaviors.
2. Determining how a person's perception of a situation influences their emotions and actions.
3. Working with psychological disorders, dysfunctional beliefs, and maladaptive habits.

4. Changing emotional states through modifying thoughts and behaviors.

How CBT Works:

Working with automatic thoughts: These are often negative, exaggerated, or irrational.

Learning new cognitive strategies: Identifying cognitive distortions and replacing them with healthy thoughts.

Behavioral activation: Introducing positive activities to overcome apathy and anxiety.

Exercises and homework: A core component of CBT, aimed at consolidating the skills acquired in therapy.

Table 2

Cognitive functions	It is not the central focus.	Special exercises aimed at restoring attention, memory, and thinking.
Recurrence of the disease and chronic factors	It is not always taken into account.	Special attention is given to self-help during periods of chronic fatigue and exacerbation of hypothyroidism

After the application of the adapted cognitive-behavioral therapy in the study, the indicators in patients demonstrated the following pattern. Dynamic changes were also observed according to the BDHI test (Figure 2).

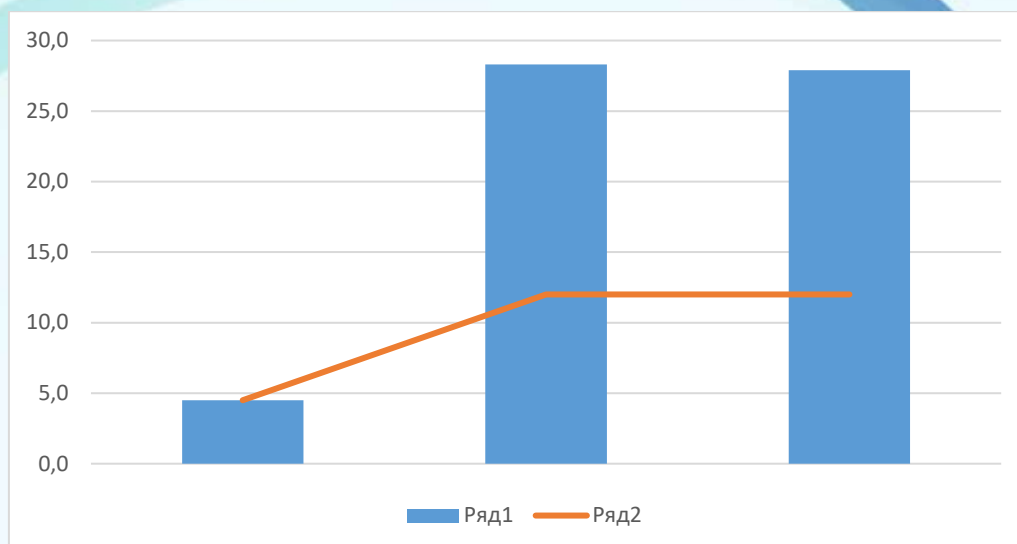


Figure 1. Mean scores before treatment (t1) and after treatment (t2) in the observed groups according to the Bass–Durkee scale

Statistical analysis according to the Bass–Darki scale shows that, at the initial assessment, the indicators were significantly higher, and after treatment (with the exception of the control group), they decreased almost twofold in all groups. This reduction was statistically significant.

In conclusion, it should be noted that during the treatment of women diagnosed with hypothyroidism, the use of CBT as a mandatory component of psychocorrection prevents the development of various deep character and behavioral disorders, as well as psychological and somatic changes, thereby improving the quality of life. The inclusion of medical psychologists and psychotherapists in endocrinological rehabilitation programs facilitates timely correction of patients' aggressiveness and irritability, and serves as a foundation for improving overall health indicators.

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