

DETERMINING THE PREVALENCE OF DEPRESSION AFTER CEREBRAL STROKES

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Background. In our country, the epidemiological indicators of cerebral strokes (CS) are significantly disappointing. According to the report on the burden of CS among the European Union countries, up to 120 thousand new cases of this disease and about 40-45 thousand deaths due to it are registered in Ukraine every year. It is noted that among all newly registered CS cases, about 40.0% are fatal within the first thirty days; 50.0% - during the first year of illness; and 20.00-40.0% of those who did not die become completely dependent on outside help, and only about 10.0% fully recover and return to an active full life.

Of particular concern is the fact that in recent years there has been an increase in the burden of these diseases among people of working age, with more than 50.0% of patients who have suffered CS never returning to active life. Thus, according to statistical data, approximately one third (33.0-36.0%) of patients with these diseases in our country are of working age. According to the Ministry of Health, in 2014, 94014 CS were officially registered in Ukraine (266.5 per 100 thousand people), in 2015 - 96319 (274.1 per 100 thousand people), and in 2016 - 97805 (279.6 per 100 thousand) and in 2017 - 96978 (278.7 per 100 thousand). Some scientists point out that the real picture of the prevalence of these diseases in our country is even more alarming due to the fact that about 20.0-30.0% of people with CS do not get to see specialists and are not included in official statistics. At the same time, according to expert opinions, in the future, one in five residents of our country will either die due to CS or will be disabled as a result of this disease.

The consequences of such a disappointing picture are enormous economic costs for the leading countries of the world community, which reach (according to various sources) about 4.0-5.0% of health care budgets.

Scientists determine that changes in the background of CS determine the development of certain psychological disorders on the part of such a person, which are primarily characterized by depression, persistent depression, the development of anxiety and fears, obsessive fixation on the disease and worries about their future, etc.

The purpose of the study is to determine the prevalence of depressive states among patients after CS.

Materials and methods. The study was conducted at the Clinical Sanatorium Roshcha, a subsidiary of Ukrprofzodorovnytsia, 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 the level of depression (LD) and states close to depression: the psychodiagnostic scale of depression by T. I. Balashova.

Results. According to the data obtained from the Balashova Depression Scale, LD in general among MG individuals without depression and with mild depression was slightly higher compared to individuals with subdepression (107 (35.7%) and 110 (36.7%) and 83 (27.7%) respondents, respectively). At the same time, in general, among MG individuals, LD had a value of 52.6 ± 7.46 points and significantly ($p < 0.001$) exceeded the levels of CG (47.56 ± 6.88). At the same time, significantly ($\chi^2 = 55.347$; $p < 0.001$) more people with subdepression were observed among MG compared to CG (83 (27.7%) and 16 (8.0%) respondents, respectively) and with mild depression (110 (36.7%) and 48 (24.0%) people, respectively), in contrast to mild depression, where, on the contrary, there were significantly fewer MG people (107 (35.7%) and 136 (68.0%) respondents, respectively).

Conclusions. Thus, significant manifestations of the depressive spectrum in patients after CS have been identified.