



Abstract Book

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Date: 21st April 2023, 15:00 PM

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Polskie Towarzystwo Medycyny Stylu Życia

[3008] **Assessment of the risk of developing cardiovascular complaints among Ukrainian students and situational anxiety level during the martial law**

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Introduction

Since the beginning of hostilities in Ukraine, the population has been under prolonged stress. Young people are considered the most resilient and enduring category of the population, but they also suffer from physical and psychological exhaustion. Human body responds to the exhaustion, somatic illnesses and complaints from the cardiovascular system appear.

Aim of the study

The aim of the study was to assess the risk of developing complaints from the cardiovascular system among students during the martial law with the background of increased situational anxiety level.

Materials and methods

Anamnestic, computational and statistical methods were used. The questionnaire contained 20 statements from the Spielberger-Hanin test, according to which students assessed their condition by choosing a number from 1 to 4. After determining the level of anxiety according to the test, characteristics such as the appearance of complaints from the cardiovascular system or exacerbation of previously existing conditions after 24.02.22 were analyzed, as well as the subjective evaluation of the respondents regarding the connection between their own condition worsening and hostilities in Ukraine.

Results

According to the results of the Spielberger-Hanin test, in 27% of the 123 surveyed students low level of reactive anxiety was revealed, moderate level – in 32%, high level – in 41%. Two groups were formed: 1 – students whose level of anxiety remained within the low range; 2 – students whose anxiety level was elevated. Both groups included students who reported cardiovascular complaints during the state of emergency and those who did not. The odds ratio was 5.08, indicating an increased risk of experiencing the mentioned complaints under the influence of the elevated level of anxiety. The most common complaints were palpitation, tachycardia, feeling cold in the extremities due to stress, chest pain, shortness of breath, pain in the heart region, episodes of hypertension and hypotension. 87% of students who reported the appearance or exacerbation of cardiovascular complaints subjectively attribute changes in their health to the state of war in the country.

Conclusions

There is an increased risk of cardiovascular complaints in individuals exposed to a high level of anxiety. 87% of surveyed students who reported manifestation cardiovascular complaints or exacerbation of existing ones after February 24th, 2022, attribute these changes in their health to the state of emergency in the country.