

Assessment of fear of coronavirus infection in patients with cardiovascular disease

Научный руководитель – Нуриллаева Наргиза Мухтархановна

Мажжамова Мунисахон Мажжидовна

Студент (магистр)

Ташкентская медицинская академия, Лечебный факультет, Ташкент, Узбекистан

E-mail: moonlight1294@mail.ru

Introduction. Psychometric tools to assess the fear of COVID-19 have been developed and approved. The COVID-19 Peritraumatic Distress Index is a self-report questionnaire that examines anxiety, depression, specific phobias, cognitive changes, compulsive behavior, physical symptoms, and social context [1]. Data obtained with this tool from 52,730 people indicated that almost 35% of the Chinese population suffered from psychological stress, especially women [2]. We conducted the FCV-19S questionnaire in 130 outpatients with cardiovascular disease and compared these results with published data relating to the Uzbek population.

The purpose of the present study is to identify the extent of the experience of fear of COVID-19 depending on the basic beliefs of the individual in outpatients with cardiovascular disease.

Materials and methods. The research include 130 patients between 40 and 65 years old, who hospitalized to the Cardiology department of Multidisciplinary clinic of the Tashkent medical academy. 74 of patients were women and 56 of them were men. To identify the degree of experience of the fear of coronavirus disease (COVID-19), the COVID-19 Fear Scale was used, developed by a group of scientists from Hong Kong, Italy, Iran, and Sweden, which passed a reliability and validity test on an Iranian sample. The scale includes 7 statements. The respondent's degree of agreement with each statement was assessed on a five-point Likert scale, where 1 is "completely disagree" and 5 is up to "fully agree". The total score was then calculated. Standardization of scores for the surveyed Uzbek-speaking sample was carried out by us on the basis of the assumption of the normal distribution of data in the general population (population): the sum of points from 7 to 14 was attributed by us to a low level of fear, from 15 to 18 to an average level and from 19 to 35 to a high level of fear. To check the reliability (self-consistency) of the scale used, the Cronbach coefficient α was calculated [2]. The result indicates its high reliability: $\alpha = 0.81$.

Results of the study. Based on the data on the COVID-19 methodology, consider the average group indicators of the severity of fear depending on gender, age, residence in Tashkent. Thus, the average value of the level of severity of fear of coronavirus disease in the sample of men was 15.7 points, and in the sample of women - 17.6 points, which indicates a moderate degree of experience of this. Although in women it is statistically stronger ($t = 5.305$; $p < 0.001$) compared to men. As for the degree of intensity of fear depending on age, the study did not reveal statistically significant differences between the three age groups of respondents we identified in terms of fear level ($p = 0.071$). An analysis of the average indicators obtained on the COVID-19. An analysis of the distribution of respondents by the severity of fear of COVID-19 revealed that 38 people (or 29.1%) had a low level (from 7 to 14 points) of the intensity of the fear experience, 44 people (33.9%) had an average level (from 15 to 18 points) and 48 people (or 37.0%) had a high level of fear (from 19 to 35 points).

Conclusion. This article builds on the main points and results presented in our previous works [3; 6]. As more and more experts talk about the psychosocial consequences of the pandemic, among which the most pressing is the problem of pandemic-induced fear, a valid and reliable research tool is needed to study it, which is increasingly the COVID-19 Scale developed three months ago [5]. This scale is becoming increasingly popular among researchers in various countries of

the world [6]. Our article for the first time presents the Uzbek version of the COVID-19 Fear Scale, as well as analyzes the results of the study of fear of coronavirus disease, depending on the severity of the basic beliefs of the individual, which, in our opinion, is a certain contribution to understanding the impact of the pandemic on a person. Our study of the relationship between the fear of COVID-19 and the expression of the beliefs of the individual as a whole confirmed the importance of basic beliefs as a resource for coping with the life situation, the specifics of which are due to the experience of fear of coronavirus disease [4]. At the same time, the results obtained need to be clarified and further explained, and the study itself has a number of limitations.

Источники и литература

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