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EVALUATION OF THE ANXIETY LEVEL IN YOUNG PEOPLE WITH POST-CONCUSSION SYNDROME

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Background: traumatic brain injury (TBI) is a common cause of death and disability among young people of working age. According to statistics, mild traumatic brain injury (mTBI) accounts for 60-95% of all TBI [1, pp. 42-47; 2, p. 45]. According to the classification, the mTBI includes concussion [3, pp. 32-35; 4, pp. 437–444]. The causes of concussion are road accidents, domestic, sports, industrial and criminal injuries. After the acute and sub-acute phases of concussion, post-concussion syndrome sometimes occurs, the manifestation of which is most often autonomic dysfunction (AD), one of the symptoms of which is anxiety [5, pp. 191–198; 6, pp. 12-21; 7, pp. 83-93; 8, pp.86-88].

Objective: to evaluate the level of anxiety (personal and reactive) as a manifestation of autonomic dysfunction in young people with post-concussion syndrome.

Methods: we examined 84 patients with post-concussion syndrome, 63 males and 21 females. The average age was 24.5 years. Among the causes of TBI, domestic trauma predominated. All patients were tested with the State-Trait Anxiety Inventory (STAI). This is the only method that allows to differentially measure anxiety as a personal property and as a condition associated with the current situation. [9, pp. 136-138].

Results: changes in the level of anxiety (personal and reactive) were found in all patients who took part in the study. At the same time, increased indicators of personal anxiety were recorded to an average of 36 points, and in people with panic attacks – up to 42 points.

Conclusions: therefore, the STAI demonstrated increased indicators of anxiety as manifestations of autonomic dysfunction among patients who suffered a mild traumatic brain injury accompanied by post-traumatic concussion syndrome.

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