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FREQUENCY OF OBSERVATION OF ANXIETY AND DEPRESSION IN THE DIAGNOSIS OF PRIMARY HEADACHES

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Abstract. Nowadays, the International Headache Society has identified over 160 different headaches, categorizing them into primary and secondary headaches. Primary headaches are independent entities that include migraines, cluster headaches, and tension headaches. In some patients, migraine is combined with tension headache

Keywords. headaches, frequency, Zung depression.

Headaches are the most common complaint of patients seeking medical care and are therefore of interest to many researchers. It is noted in many foreign and Russian medical publications (Naprienko M.V., 2019; Osipova V.V., Tabeeva G.R., 2017; Sergeev A.V., 2018; Sadokha K.A., 2014; Belimova L N., Balyazin V.A., 2016; Maksimova M. Yu., Khokhlova T. Yu., Piradov M.A., 2016; Sanoeva M.Yu., 2020). Nowadays, the International Headache Society has identified over 160 different headaches, categorizing them into primary and secondary headaches. Primary headaches are independent entities that include migraines, cluster headaches, and tension headaches. In some patients, migraine is combined with tension headache.

These are patients who have suffered from migraines for many years and are accompanied by episodic tension headaches as a result of mental stress or prolonged stay in the same position. Because patients know the difference between the two headaches, they can tell the difference between a migraine attack and a stressful headache.

Actuality of the topic: 85% of the population experience periodic headaches, 40% of them feel a decrease in social and labor activity, and this requires qualified medical care (Naprienko M.V., 2019). The presence of tension headaches in a third of the population aged 30–39 years has been identified in various studies (M. Yu. Maksimova, 2016). According to the World Health Organization, three quarters of

the population aged 18 to 65 experience a headache attack at least once in the last year, while chronic stress headaches occur in 2-3% of the population (Belimova L.N., 2016). Episodic stress headaches are not a serious medical or social problem, while chronic stress headaches are accompanied by various comorbid disorders (depression, sleep disturbances, somatoform disorders) that significantly impair the patient's daily life and quality of life. Brings pain to the level of a complex socio-medical problem (Sergeev A.V., 2018).

The goal of the study was to examine the cognitive changes observed in stress headaches, especially levels of anxiety and depression.

Research method and materials: The prevalence of headaches in patients was studied on the basis of a questionnaire. The study involved a total of 117 patients who received inpatient treatment with a diagnosis of tension headache in the clinics "Azizmed SHIFO" and "Carmen" in Bukhara region. The mean age of the patients was 38.53 ± 10.36 . Of those surveyed, 87 were female (74.5%) and 30 (25.64%) were male patients. All patients underwent clinical anamnestic and neurological examination. Anxiety and depression in patients Ch. D. Spilberger, Yu. L. Xanin anxiety level detection scale concentration V. Zung was assessed using a depression detection test. The results were statistically analyzed. The Student Criterion was used in the statistical analysis of the materials.

Results: Out of a total of 117 patients monitored, 3 patients (2%) were diagnosed with asthenoneurotic syndrome, three patients (2%) were diagnosed with angiospastic migraine, and patients were classified as having chronic headache with tension.

Anxiety rate in patients Ch. D. Spilberger, Yu. L. The results obtained when determined on the Hanin scale are as follows.

Table.1.

**Anxiety level in patients and their evaluation by the help of the scale
Spilberger Ch. D. and Hanin Yu. L.**

Anxiety levels	Abs	%	P
Anxiety in low level	19	16.24*	0.05
Anxiety in middle level	17	14.53	0.05
Anxiety in high level	23	19.65**	0.01

As it can be seen from the table data that there is a significant anxiety among patients against the background of chronic headache. In patients, high levels of anxiety were observed in large percentages ($p \geq 0.01$). low anxiety was observed in 16.24% of patients ($p \geq 0.05$).

Also, the degree of depression in all patients was assessed by using V. Zung depression detection test. The results are as follows:

Table 2.

Degree of depression was assessed by using Zung depression detection test

Depression rates	Abs	%
No Depression	31	26.50
Mild depression of situational or neurotic genesis	19	16.23
Subdepressive condition or masked depression	40	34.18
Real depression	34	29.05

Analyzing the results of the experiment, showed that 26.5% of patients did not have depression, 16.23% of patients had mild depression of situational or neurotic

genesis, subdepressive condition, masked depression was observed in 34.18% of patients, true depression was observed in 29% of patients.

Conclusion: Chronic stress headaches are a long-lasting pathological condition that affects patients' behavioral and cognitive spheres. Chronic observation of headaches in patients leads to an increase in the level of anxiety, long-lasting chronic headaches affect the lifestyle of patients and also increase the level of depression in the patient. As well as, proper organization of the agenda in the treatment of chronic headaches, adherence to a healthy lifestyle will have a positive impact on the treatment process and increase the effectiveness of treatment.