



BOOK OF ABSTRACTS



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Uniwersytetu Medycznego im. Piastów Śląskich
we Wrocławiu

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ISBN 978-83-942024-3-9

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Nakład 700 egz.

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Druk i oprawa
Wrocławska Drukarnia Naukowa PAN im. S. Kulczyńskiego Sp. z o. o.

337. Features of the psycho-emotional state of students during the session

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Introduction: Stress can affect the memory, concentration and reduces academic performance in students. Adaptation of students to training load is one of the prior problems of the higher professional education system.

Aim: Analysis of the characteristics of psycho-emotional state of students during preparation for an examination.

Materials and Methods: To assess the level of anxiety in students we have used the rating scale of the level of trait anxiety of John. Taylor (to adapt T.A. Nemchinov and V.G.Norakidze), and to diagnose the level of depression on Beck's scale. The measurement of these parameters was conducted immediately before the beginning of the module exam and after it.

Results: Using the psychological test of John Taylor we distributed the students into 5 groups according to the level of anxiety (LT): very high, high, middle (with a tendency to high), middle (with a tendency to low) and a low level of anxiety. The largest number of students among both boys (43,7 % - 35 people) and among girls (35,7 % - 25 persons) belong to the group with a high level of personal anxiety. It is noted that among girls the number of persons with a very high level of LT is 1,5 times higher than boys. The results of the survey on a scale Beck showed that the majority of students (62,5%- boys, 65,7%- girls), depression symptoms are absent. But of particular concern there is presence of severe depression among 2 boys and 3 girls. Directly before the module for all students on an average HR increased in the range of 25-32%, and BP - 15-17%.

Conclusions: A high level of anxiety was identified in the students of our university, adversely affecting the physical and mental health of students, as well as contributing to the development of fatigue and depressive behavioural reactions, which in turn, are reflected in the low level of adaptation to the training load.

338. The perception of interpersonal relationships by young adults - differences between sexes

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Introduction: The role and form of interpersonal and sexual relationships between young people has changed significantly over the past decades. This evolution could be perceived as caused by progressing globalization and development of new technologies – Internet, hook-up apps. Also, approaches to relationships depend on various factors such as education, age, sexual orientation and are differently perceived by men and women.

Aim of the study: The aim of the study was to assess differences between sexes regarding expectations from sexual relationships. The intention was also to compare previous experience in that field of life and to create a definition of a sexual relationship.

Material and methods: An anonymous questionnaire was conducted in electronic form and shared via social media with people 18-30 years old. The questionnaire except for basic demographic data contained 6 questions with specified answers, 6 with open spaces to be filled with numbers and 21 concerning the perception of a relationship in a 0-4 scale of importance.

Results: The questionnaire was completed by 5532 people. Almost every question showed a statistically significant difference between sexes except the definition of so called Friends with Benefits. The answers used to define the sexual relationship vary between sexes and also previous experience with partners showed statistically significant differences. Women tended to think about the relationship as a more important part of their life than men. They have less problems with the emotional aspect of a relationship and they are more likely to sacrifice themselves for partners. On the other hand males' answers show more attachment to the vision of a relationship as an idyll without problems.

Conclusions: Women and men define sexual relationships completely differently. These differences could lead to many misunderstandings between partners. Surprisingly, the obtained answers are compatible with stereotypical differences between sexes, despite the evolution of today's society.

339. Psychotropic activity of new thietan-phenol thiazolium bromide's derivatives

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Introduction: Creating of new antidepressants is actual problem in the modern society, because of increase of the amount of people with depression. Two-thirds of people with depression weren't helped by the first antidepressant they tried. Up to a third can't get the medical explanation, even when they taking multiple medications.

Aim: Exploration of psychotropic activity of thietan-phenol thiazolium bromide's derivatives in behavioral tests.

Materials and Methods: We conducted a research of the 5 new thietan-phenol thiazolium bromide's derivatives' psychotropic activity in mice behavioral tests: tail suspension test (TST), forced swimming test (FST) and open field test (OFT). Explored compounds (L-512, L-521, L-524, L-525, L-526) were injected intraperitoneally once a day 30 minutes before tests in dose 2 mg/kg. There was administration of NaCl in the control group. Statistical treatment was made in program «Statistica 10.0»: we used mediana, quartile; Mann-Whitney U-test and Kruskal-Wallis test for comparing.

Results: In FST L-524 administration (2 mg/kg) significantly increased the immobility time by 88% (comparatively to the control group) and depression index (ID) had been reduced by 41. In TST duration of immobilization decreased by 26%. We detected an increase of orientation and exploration activity by 50% and horizontal activity by 55% in OFT. L-525 had the same effects in OFT: orientation and exploration activity increased by 30%, horizontal activity increased reliably by 25%. In FST L-525 increased the DIM by 41%. Others compounds didn't have statistically significant effects.

Conclusions: Experiments on mice have given proof of antidepressant-like activity of compounds L-524 and L-525. They are the most perspective for the further study and research of molecules with psychotropic activity.

340. Birth with doula – fashion or necessity?

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Introduction: Recently it's becoming more popular among women in the European countries to give birth with doula. In most cases doula is a woman who have no medical education that supports the other woman during pregnancy and labor. Primarily, doulas work includes informing and explaining to women about parturition and supporting women physically and emotionally. In surveys made by doulas good pregnancy results and higher level of women satisfaction have been discovered. However, despite the popularity of this movement, professional medical researches in Latvia on this topic are still not existent.

Aim: By analyzing data, find out profile of women who choose services provided by doula and whether it has a positive effect on pregnancy outcomes.

Materials and methods: The retrospective study included an evaluation of the medical history of pregnant women that was performed in three-year period between January 2014 and December 2016 in Rīga Maternity hospital (RMh). Overall 18129 labors were observed, out of which 125 labors with doulas were chosen. Data was analysed by MS Excel and SPSS. Ethics committee permission for this study was received.

Results: From 125 labors analysed - 43 (34,4%) were in 2014, 39 (31,2%) in 2015 and 43 (34,4%) in 2016. Only 0,7% labors in RMh are given with the help of doulas. Doula services were chosen by women with the average age of 31,5. 63 (50,4%) of women were Latvians, 95 (76%) women were married, 97 (77,6%) women had a higher education and 109 (87,2%) women had an official job. Most of doulas services were provided to women who had their first labor - 62 (49,6%) cases. In 33 (26,4%) cases with doulas service there were prolonged pregnancies. In 29 (23,2%) cases women had complications such as dysfunction of the uterus. Comparing these data with official statistics, we found that that 25,6% of labors were brought by Cesarean section in RMh, in contrast to labors with doula service, where only 10,4%, were brought by Cesarean section, which is 2,5 times less.

Conclusion: Services provided by doula are preferred by women with higher education, stable income and relationship status in their first labour. Giving birth with doula has potential to reduce the number of caesareans. It is necessary to continue research covering the situation throughout Latvia.