



## TOPIC: PATIENT PSYCHOLOGY IN CARDIOVASCULAR DISEASES

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### **Abstract:**

This article examines diseases associated with changes in arterial blood pressure—namely hypertension and hypotension—and explores the psychological characteristics of patients affected by these conditions. The impact of hypertension and hypotension on patients’ mental and emotional states is analyzed, with particular attention to the role of stress and emotional strain in the development and progression of these disorders. Furthermore, the study substantiates that a patient’s psychological condition is a significant factor influencing the course and outcomes of the disease. Based on contemporary statistical data, the widespread prevalence of blood pressure–related disorders is also highlighted.

### **Keywords:**

Hypertension, hypotension, arterial blood pressure, psychology, stress, patient psychology, cardiovascular diseases, mental state, anxiety, fatigue.

### **Introduction:**

Today, cardiovascular diseases are among the most widespread health conditions worldwide. In particular, disorders associated with an increase or



decrease in arterial blood pressure have a serious impact on human health. Hypertension (high blood pressure) and hypotension (low blood pressure) lead not only to physiological changes but also to psychological alterations. According to the World Health Organization, approximately 1.4 billion people worldwide currently suffer from hypertension, which accounts for nearly one-third of the adult population. Furthermore, hypertension often develops silently, and nearly half of patients are unaware of their condition. Changes in arterial blood pressure affect an individual's overall state, mood, and psychological stability. Therefore, studying patient psychology in cases of hypertension and hypotension has significant scientific and practical importance.

### **Main Part**

Hypertension is a disease characterized by a persistent increase in arterial blood pressure. In this condition, patients often experience symptoms such as headache, dizziness, rapid heartbeat, and fatigue. These symptoms also affect the patient's psychological state. Patients suffering from hypertension often display the following psychological characteristics:

#### **Irritability**

#### **Quick temper**

#### **Anxiety**

#### **Fear**

#### **Sleep disturbances**

Many patients live in constant fear of their blood pressure rising. This creates a continuous state of stress. Stress, in turn, contributes to a further increase in blood pressure. Thus, the disease and the psychological condition become closely interconnected.



Research shows that mental strain and stress are among the main factors contributing to the development of hypertension. During stress, the level of adrenaline in the body increases, the heart beats faster, and blood vessels constrict. This leads to elevated arterial blood pressure. Today, hypertension is considered one of the main causes of serious conditions such as heart attack and stroke. Hypotension is characterized by arterial blood pressure that is lower than normal. Patients with this condition often complain of weakness and rapid fatigue. In patients with hypotension, the following symptoms are commonly observed:

**Weakness**

**Drowsiness**

**Decreased concentration**

**Low mood**

**Dizziness**

Low blood pressure reduces the supply of oxygen to the brain. As a result, thinking and concentration become more difficult. This negatively affects the patient's psychological state. Patients with hypotension often feel physically weak. In some cases, their self-confidence may also decrease. This, in turn, affects their social activity. The following factors are especially important:

**Stress**

**Anxiety**

**Fear**

**Depression**

**Emotional strain**



During stress, blood pressure temporarily rises. If stress becomes chronic, it may lead to hypertension. The patient's attitude toward the disease is also very important. If the patient constantly fears the illness or lives in anxiety, the condition may progress more severely. The psychological state of the patient significantly influences the treatment process. Calm patients tend to respond more effectively to treatment. In contrast, anxious patients may experience frequent fluctuations in blood pressure.

**Psychological support includes:**

**Reducing stress**

**Rest and relaxation**

**Positive thinking**

**Psychological counseling**

**Maintaining a healthy lifestyle**

Emotional stability helps maintain arterial blood pressure within normal limits.

**Conclusion:**

Hypertension and hypotension affect not only a person's physical health but also their psychological well-being. Patients with hypertension often experience increased anxiety and irritability, whereas those with hypotension frequently suffer from weakness and low mood.

Therefore, it is important to consider the patient's psychological condition when treating hypertension and hypotension. Maintaining psychological balance is one of the key factors in both the prevention and effective treatment of these diseases.



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