



**PSYCHOEMOTIONAL CHARACTERISTICS OF PATIENTS WITH
INFECTIOUS DISEASES**

**ПСИХОЭМОЦИОНАЛЬНЫЕ ОСОБЕННОСТИ БОЛЬНЫХ С
ИНФЕКЦИОННЫМИ**

**YUQUMLI KASALLIKLAR BILAN KASALLANGAN BEMORLARNING
PSIXOEMOTSIONAL XUSUSIYATLARI**

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Annotation: This article analyzes the psychoemotional characteristics of patients with infectious diseases. The study examines the factors contributing to the development of anxiety, fear, stress, and depressive states in patients. It also highlights the influence of disease severity, duration, and social environment on the patients' psychological condition.

Keywords: infectious diseases, psychoemotional state, stress, anxiety, depression, psychological support.



Аннотация: В данной статье анализируются психоэмоциональные особенности больных с инфекционными заболеваниями. Рассматриваются факторы формирования тревожности, страха, стресса и депрессивных состояний у пациентов. Также освещается влияние тяжести и длительности заболевания, а также социальной среды на психологическое состояние больных.

Ключевые слова: Инфекционные заболевания, психоэмоциональное состояние, стресс, тревога, депрессия, психологическая помощь.

Annotatsiya: Ushbu maqolada yuqumli kasalliklar bilan kasallangan bemorlarning psixuemotsional xususiyatlari tahlil qilinadi. Tadqiqotda bemorlarda kuzatiladigan xavotir, qo‘rquv, stress va depressiv holatlarning shakllanish omillari ko‘rib chiqilgan. Shuningdek, kasallikning og‘irligi, davomiyligi hamda ijtimoiy muhitning ruhiy holatga ta’siri yoritilgan.

Natijalar shuni ko‘rsatadiki, psixuemotsional buzilishlar kasallik kechishiga salbiy ta’sir ko‘rsatishi mumkin. Shu bois, davolash jarayonida bemorlarning ruhiy holatini inobatga olish va psixologik yordam ko‘rsatish muhim ahamiyatga ega.

Kalit so‘zlar: yuqumli kasalliklar, psixuemotsional holat, stress, xavotir, depressiya, psixologik yordam.

In modern medicine, infectious diseases remain one of the most pressing issues, as they significantly affect not only public health but also the socio-economic stability of society. In recent years, the widespread occurrence of various infectious diseases has created the need for an in-depth study of patients’ psychological and psychoemotional conditions, in addition to their physical health.

The process of contracting infectious diseases often causes negative emotional states in individuals such as fear, anxiety, depression, and social isolation. In particular, the severe course of the disease, its long duration, and restricted communication with others have a negative impact on the patient’s psychological state. This, in turn, may reduce the effectiveness of treatment.



Currently, a comprehensive approach to patient treatment is of great importance. It involves not only eliminating the clinical symptoms of the disease but also stabilizing the patient's psychological condition as one of the key tasks. From this perspective, the study of psychoemotional characteristics of patients with infectious diseases is considered highly relevant both scientifically and practically.

The aim of this article is to identify and assess the psychoemotional characteristics of patients with infectious diseases and to substantiate the importance of a psychological approach in the treatment process.

The psychoemotional state of patients with infectious diseases is a complex and multifactorial process shaped by biological, psychological, and social factors. Along with the direct impact of the disease on the organism, the patient's subjective perception of the illness is also a significant factor determining their psychological condition.

Research shows that the most common psychoemotional states observed in patients with infectious diseases are anxiety, fear, depression, and stress. Anxiety is mainly associated with the consequences of the disease, treatment outcomes, and the risk of infecting close contacts. The feeling of fear is often explained by the severe course of the illness or the risk of death. If such conditions persist for a long time, they may lead to the development of depressive syndromes.

In addition, the presence of patients in social isolation conditions further worsens their psychoemotional state. During quarantine or inpatient treatment, disruption of normal daily life and limited communication with loved ones intensify feelings of loneliness, thereby increasing psychological distress.

The duration and severity of infectious diseases also significantly affect the patient's mental state. Long-lasting or complicated cases often lead to hopelessness, instability, and reduced motivation. In contrast, mild cases are associated with fewer psychoemotional disturbances.



Furthermore, individual psychological characteristics—such as temperament, stress resistance, and previous life experiences—also play an important role. Some patients demonstrate rapid adaptability to illness, whereas others show strong emotional reactions. This indicates the need for a differential psychological approach.

In the process of medical care, establishing effective communication with the patient, providing accurate information, and offering psychological support are of great importance. The empathetic approach of doctors and healthcare workers increases patient trust and helps stabilize their psychological condition.

Therefore, the treatment of patients with infectious diseases requires a comprehensive approach, where psychological support, psychoprophylaxis, and stress management techniques should be implemented. This not only improves the psychoemotional state of patients but also enhances the effectiveness of treatment.

The above analysis indicates that the psychoemotional state of patients with infectious diseases plays an important role in their overall health and disease progression. The disease affects not only the physiological systems of the organism but also significantly influences the patient's psychological stability. In particular, the occurrence of anxiety, fear, stress, and depressive states may negatively affect the treatment process.

In modern medical practice, it is necessary to apply a comprehensive approach to patient care, where the assessment and stabilization of psychoemotional state are considered an integral part of treatment. It is essential not only to eliminate somatic symptoms but also to provide psychological support and strengthen the patient's mental resources.

Furthermore, effective communication between healthcare workers and patients, as well as their empathetic approach and psychological support, increase patient trust and accelerate the recovery process. Therefore, it is appropriate to widely implement psychological approaches in practical medicine.



In conclusion, a deep study and consideration of the psychoemotional characteristics of patients with infectious diseases is an important factor in improving treatment effectiveness and enhancing patients' quality of life.

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