

приспосувальних реакцій на дію подразнюючого фактору, але повної нормалізації не відбулося, внаслідок тривалої та постійної дії комплексу харчових добавок на слизову оболонку дванадцятипа-  
лої кишки.

## **PANDEMIC COVID-19 AND MENTAL HEALTH OF FOREIGN STUDENTS**

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**Introduction.** The COVID-19 pandemic score on Oct. 7, 2021 is 237 387 058 of noted cases and 4 845 372 of deaths [1]. The pandemic causes mental disorders among people, particularly, in students also [2].

**Aim of the work.** The purpose of the study was: to estimate the state of general health of students of the Medical faculty №2 of Uzhhorod National University via an anonymous survey; to assess the impact of the pandemic and quarantine on the mental health of foreign students; to determine whether they understand the danger and consciously keep the safety rules to prevent COVID-19 infection.

**Materials and methods.** We performed the Internet survey of foreign students from the 1st to the 6th year of study (almost all were from India) via Google-Forms after announcing the "red zone" in Transcarpathia. 358 students were questioned through Internet Google-forms. Most of respondents were 1st and 3rd year students.

**Results and discussion.** From our survey, 5 (1,4%) and 9 (2,5%) of respondents reported an 'extremely unsatisfactory' and 'unsatisfactory' state of general health, respectively. Further deterioration of their health is possible under conditions of pandemic stress.

According to our study, most of foreign students were concerned in a pandemic restrictive environment. The concern covered the largest number of respondents (82.4%), when the pandemic and quarantine with an incomplete lockdown were announced. Easing the quarantine reduced the number of concerned to 52%, the introduction of the "red zone" in Transcarpathia increased their share to 58.4%. Developments in Transcarpathia in connection with the pandemic have changed the resilience of students to stress. In 57.2% of responses it increased, in 26% – decreased, slightly changed – in 16.8%. About 2/3 of students underwent abrupt mood swings during quarantine with incomplete lockdown. 33.3% of respondents believe that their mental health has deteriorated under these restrictions, 48.3% of students have reported an improvement in mental health, and 18.4% have changed little in mental health.

Anti-pandemic restrictions cause students to worry about financial well-being. 137 of respondents (38.3%) did have a lack of

money. There are doubts as to whether the insurance that students have will be sufficient for treatment in the event of a disease. This is an additional causal factor for the occurrence of mental disorders in students.

For the majority of students (57.3%) at this time the number of social interactions decreased, for 26.5% of them it increased, and for 16.2% changed little. Only 5.3% of respondents continued to communicate closely with friends and relatives. The period of self-limitation of social contacts by students lasted from several days to 3 months or more. 84 students did not have such a period at all. This indicates that they are not fully aware of the dangers of COVID-19 infection. 58.1% of respondents supported the idea of learning "online", the rest (41.9%) liked "offline" studies.

According to the students' answers, they all use masks in classrooms and laboratories. However, about 1/5 of the respondents did not keep a safe social distance and studied in unventilated rooms. We advise the faculty to install (restore) automatic ventilation systems for the university's rooms. We recommend that both students and teachers must follow safety rules to prevent coronavirus infection spread in university.

**Conclusions.** Regardless of partial mental adaptation of students to the stressful conditions of quarantine, there was a deterioration in the mental health also. About 1/3 of our students were vaccinated or recovered from COVID-19 infection. This does not provide enough collective immunity, and therefore does not reduce the concern in the community of international students and does not contribute to improvement of their mental health. Not all students followed the safety rules against coronavirus infection while studying "offline". They need more outreach concerning this problem.

#### References

1. COVID-19 Coronavirus Pandemic. Worldometer. Last updated: October 22, 2021.- <https://www.worldometers.info/coronavirus/#countries>
2. Cao W, et al. The psychological impact of the COVID-19 epidemic on college students in China// Psychiatry Res. [Internet] 2020; 287:112934.- Available from: Epub 2020 Mar 20. PMID: 32229390; PMCID: PMC7102633 doi: 10.1016/j.psychres.2020.112934.

### **МОРФОЛОГІЧНІ АСПЕКТИ ПЕРЕБУДОВИ СТРУКТУРНИХ КОМПОНЕНТІВ ЯСЕН ПРИ ДІЇ НА НИХКОМПЛЕКСУ ХАРЧОВИХ ДОБАВОК» (АНАТОМО – ЕКСПЕРИМЕНТАЛЬНЕ ДОСЛІДЖЕННЯ)**

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У наш час, коли постійно зростає потреба у кількості