

# 6<sup>TH</sup> LUBLIN INTERNATIONAL MEDICAL CONGRESS FOR STUDENTS AND YOUNG DOCTORS

LUBLIN, 28<sup>TH</sup> - 30<sup>TH</sup> NOVEMBER 2019



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STUDENTS' SCIENTIFIC SOCIETY  
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## PREVALENCE OF PSYCHOSOMATIC SYMPTOMS AMONG PATIENTS OF PSYCHOTHERAPY STATION

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**Introduction:** Prevalence of the psychosomatic disorders is increasing; however, patients in the primary-care unit usually undergo only somatic diagnostics and treatment keeping the main psychological cause unclear. This research is focused on finding the prevalence of physical symptoms among the patients who have recently started psychotherapy treatment because of their mental health issues (mostly anxiety and depression).

**Methods:** A prospective study was conducted, 57 patients and 79 people of the control group were interviewed. The questionnaire of 26 questions about psychosomatic symptoms of skin, digestive tract and musculoskeletal system as well as dermatology life quality index questionnaire were used. Statistical analysis performed using SPSS 23.0. A paired-samples t-test was conducted to compare the results. Significance level -  $p < 0,05$ .

**Results:** 25 (42,12%) men and 32 (56,14%) women of the patient group (average age of  $31,9 \pm 9,73$ ); 21 (26,58%) men and 58 (73,42%) women of the control group (average age of  $30,34 \pm 12,21$ ) have conducted the questionnaire. During the last 12 months at least one time per week significantly higher number of people in the patient group than people in the control group had symptoms of itching/burning sensation of the skin; hair pulling; joint pain; stomach pain; bitter taste; feeling of bloating; painful swallowing; nausea; diarrhea; back, neck pain; numb feeling in legs and tension in muscles of the back and limbs ( $p < 0,05$ ). During the last 12 months significantly higher number of people in the patient group than in the control group were constantly feeling symptoms of acne; hair loss; changed shape of nails; hoarseness and feeling of being uncomfortably full ( $p < 0,05$ ). Dermatology life quality index (DLQI): the score of 6-10 points reached 14,29% of patients and 1,96% of the control group.

**Conclusions:** In the group of patients with mental health issues physical symptoms of skin, digestive tract and musculoskeletal system were expressed significantly more often than in the control group. Therefore, it is true to say that physical symptoms have strong correlation with mental health, stress and emotions and that special attention to the psychological issues should be paid while diagnosing patients in the primary-care.

**Keywords:** psychosomatic symptoms, psychotherapy, digestive tract, skin, pain.