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LEVEL OF PHYSICAL ACTIVITY OF PATIENTS WITH DEPRESSIVE DISORDERS IN THE RESIDUAL PERIOD OF THE DISEASE

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Introduction. Moderate or high physical activity may help reduce the incidence of depressive disorders compared to people with low physical activity. Insufficient physical activity is a risk factor for complications of depressive disorder [1-4].

Aim. To investigate the state of physical activity of patients with depressive disorders in the residual period of the disease.

Materials and methods. Awareness of risk factors and commitment to the prevention of depressive disorders by means of physical activity were assessed based on questionnaires. The survey involved 82 patients with depressive disorders at the stage of outpatient rehabilitation. Of these, 35 were men (42.41%) and 47 (57.59%) were women. The average age of men was 60.4 ± 8.1 years, women – 62.2 ± 8.6 years.

Results. To better understand the methodology of physical therapy in the residual period of rehabilitation and planning of secondary prevention measures,

we studied the state of physical activity of patients with depressive disorders. One of the options for answering the question "What prevention methods do you use?" was the answer "Increase physical activity". Only 9.1% of respondents gave such an answer: 1.8% of them were women and 7.3% were men.

When analyzing the answers to the question "How long do you have to walk during the day?" respondents were divided into four levels of physical activity. The first level included persons with physical activity <15 minutes per day, the second 15-30 minutes, the third 30-60 minutes, the fourth > 60 minutes per day.

It was found that in 25.84% of respondents physical activity lasted less than 15 minutes a day, of which 44.74% were women and 55.26% were men. Physical activity from 15 to 30 minutes per day was in 11.87% of respondents, of whom 55.15% were women and 44.85% were men. Physical activity 30-60 minutes per day was in 21.11% of respondents, 48.19% of women and 51.81% of men. It should be noted that physical activity of more than 60 minutes per day was observed in 40.41% of respondents: 36.8% of women and 63.2% of men, respectively.

Analysis of the answers to the question "How often do you exercise for about 30 minutes?", The answers were distributed as follows: 72.1% of respondents do not exercise at all; 2.4% of respondents are engaged only 2-3 times a month; 0.9% of respondents study once a week; 2.9% of respondents exercise 2-3 times a week; 5.2% of respondents study 4-6 times a week; 14.4% of respondents are engaged in physical activity for about 30 minutes daily.

Conclusions. It was found that 72.1% of respondents do not exercise at all and only 22.6% exercise and have a sufficient level of physical activity during the week. The main reasons why patients do not exercise are poor health and lack of willpower.

Prospects for further research are determined by the need to find ways to increase physical activity of patients with depressive disorders in the residual period of rehabilitation as a factor in secondary prevention and possible complications.

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ВИВЧЕННЯ ОСОБЛИВОСТІ МІГРАЦІЇ СПІРОМЕЗІФЕНУ В ҐРУНТОВІ ВОДИ ТА ПОВЕРХНЕВІ ВОДИ І ПРОГНОЗУВАННЯ РИЗИКІВ ДЛЯ ЗДОРОВ'Я ЛЮДИНИ ПРИ ВЖИВАННІ ТАКОЇ ВОДИ ДЛЯ ПИТНИХ ПОТРЕБ

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За оцінками ВООЗ, через ненавмисне отруєння від впливу пестицидів щорічно у світі гинуть орієнтовно 355 тис. осіб [1]. Основними шляхами