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**MODERN INDICATORS OF NEUROPSYCHOLOGICAL STATUS AND  
SEROTONIN CONTENT IN BLOOD SERUM IN PATIENTS WITH  
EQUILIBILITY DISORDERS**

**Bobojonov Shakhboz**

Samarkand state medical university

**Introduction:** Dizziness is one of the most common symptoms in medical practice. The issue of interaction between the vestibular and psychological mechanisms of dizziness is being discussed. Anxiety and depressive disorders are widely represented in the clinic of balance disorders.

**Purpose of the study:** to study the characteristics of the psycho-emotional sphere and the level of serotonin in peripheral blood in patients with various balance disorders (systemic and non-systemic dizziness).

**Material and methods:** the study included 62 patients: 47 with peripheral systemic vestibulopathy (vertigo) and 15 with complaints of a feeling of instability (non-systemic dizziness). The control group consisted of 15 healthy individuals. Psychoemotional status and quality of life were assessed using the Hospital Anxiety and Depression Scale (HADS), the CES-D questionnaire, the Spielberger-Hanin test, a questionnaire to identify signs of changes in the autonomic nervous system (ANS), and the vestibular quality of life questionnaire (VRBQ). To further assess the state of the psycho-emotional sphere, the content of serotonin in the blood serum was examined.

**Results of the study:** according to the HADS scale, patients with vertigo showed signs of subclinically expressed anxiety; there were no signs of depression. Patients with instability showed signs of both clinically significant anxiety and depression. According to the CES-D scale, patients with vertigo showed no signs of depression, and instability was accompanied by mild depression. Anxiety testing showed a moderate level of reactive and personal anxiety in vertigo, a high level of both personal and reactive anxiety in patients with instability. There were signs of changes in the ANS in both groups. Indicators of serotonin levels in the blood serum of patients differed significantly both from those of the control group and between groups of patients, being the lowest in the group of patients with non-systemic dizziness.

**Conclusion:** Patients with balance disorders experience symptoms of anxiety and depression. Anxiety and depressive disorders are most pronounced in patients with non-systemic dizziness. In patients with systemic and non-systemic dizziness, the level of serotonin in the blood is reduced, which in some cases correlates with

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