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ОТНОШЕНИЕ НАСЕЛЕНИЯ К ПСИХИЧЕСКИМ РАССТРОЙСТВАМ И ОСВЕДОМЛЕННОСТЬ О НЕКОТОРЫХ АСПЕКТАХ ШИЗОФРЕНИИ И ДЕПРЕССИИ

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Аннотация

Введение. В настоящее время в обществе существуют предвзятые мнения о том, что лица с психическими расстройствами представляют собой опасность для окружающих, являются неизлечимо, социально неадаптированными и недееспособными. Стигматизация лиц с подобными отклонениями представляет собой значимую биоэтическую проблему. В данной статье мы рассмотрим актуальные вопросы, касающиеся положения людей с психическими заболеваниями в социуме. **Цель исследования** – анализ общественных представлений, а также оценка степени информированности населения о факторах, вызывающих шизофрению и депрессию, которые являются наиболее распространенными формами психических расстройств. **Материал и методы.** В марте 2025 года в течение 2 – х дней проведено добровольное анонимное онлайн – анкетирование людей разного возраста из разных городов СНГ. Опрошено 200 респондентов. Использовался составленный авторами опросник из 10 вопросов. **Результаты.** По результатам опроса, 98% опрошенных известно заболевание шизофрения и 99% – депрессия. Наиболее знакомыми симптомами шизофрении оказались галлюцинации (86.5%) и эмоциональные расстройства (75%), а у депрессии – потеря удовольствия от жизни (91%) и сниженное настроение (86%). 70% респондентов относятся к лицам с психическими расстройствами с пониманием, 65.5% считают, что последние могут самостоятельно решать, как им информировать окружающих о своей болезни. 71% опрошенных уверены, что люди с психическими заболеваниями могут жить в обществе в качестве полноправного гражданина. **Выводы.** Исследование выявило, что подавляющее большинство опрошенных обладают правильными сведениями о широко известных психических болезнях, таких как шизофрения и депрессия, и демонстрируют к людям с такими состояниями понимание и отсутствие страхов, не считая их потенциальной угрозой для себя и окружающих. Тем не менее, существует и незначительная часть опрошенных, испытывающих

страх перед людьми с психическими проблемами, при этом 0.5% участников исследования проявляют к ним неприязнь.

Ключевые слова: шизофрения, депрессия, психические расстройства, мнение, социальная адаптация, биоэтика, предрассудки, стигматизация психически больных.

PUBLIC ATTITUDES TOWARDS MENTAL DISORDERS AND AWARENESS OF SOME ASPECTS OF SCHIZOPHRENIA AND DEPRESSION

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Abstract

Introduction. Currently, there are beliefs in society that people with mental disorders pose a danger to others, are incurable, socially maladapted and incapacitated. The stigmatization of people with such disabilities is a significant bioethical issue. This article examines current issues concerning the position of people with mental illness in society. **The aim of the study** is to analyze public perceptions of mental illnesses, as well as to assess the level of public awareness regarding the factors that cause schizophrenia and depression, the most common forms of mental disorders. **Material and methods.** In March 2025, a voluntary anonymous online survey of people of different ages from different CIS cities was conducted over two days. 200 respondents were interviewed using a 10 – question questionnaire compiled by the authors. **Results.** The survey results indicated that 98% of the respondents had heard of schizophrenia and 99% had heard of depression. The most familiar symptoms of schizophrenia were hallucinations (86.5%) and emotional disorders (75%), while depression was characterized by loss of enjoyment of life (91%) and decreased mood (86%). 70% of respondents treat people with mental disorders with understanding, 65.5% believe that the latter can independently decide how to inform others about their illness. 71% of the respondents are confident that people with mental illnesses can live in society as a full – fledged citizen. **Conclusions.** The study revealed that the vast majority of respondents have correct information about well – known mental illnesses such as schizophrenia and depression, and demonstrate understanding and lack of fear toward people with such conditions, not considering them a potential threat to themselves and others. Nevertheless, a small part of the respondents are afraid of people with mental problems, while 0.5% of the study participants dislike them.

Keywords: schizophrenia, depression, mental disorders, opinion, social adaptation, bioethics, prejudice, stigmatization of the mentally ill.

INTRODUCTION

Mental disorders significantly impact social life [1, 2, 3, 4]. According to the Federal State Statistics Service (FSSS) data for 2019, in Russia, 39.7 people per 100.000 population are newly placed under observation for mental disorders, and in 2022, this number is 40. Among these, 5.9 per 100.00 are newly diagnosed with schizophrenia (including related disorders), and 11.8 have non – psychotic disorders, including depression [5].

A 2019 PRORC (Russian Public Opinion Research Center) survey showed that the population mainly treats people with mental illnesses with compassion (38%) and pity (34%). However, the survey revealed that a significant portion of respondents believe that society is dominated by fear (26%), distrust (18%), and even contempt (9%) towards people with mental disorders [6].

Thus, the prevalence of mental disorders and, consequently, the stigmatization of people suffering from them, has been and remains an important social problem. The purpose of this study is to investigate whether the increase in the number of patients newly diagnosed between 2019 and 2022 depends on changes in attitudes towards people with mental disorders in society.

The aim of the study is to analyze public perceptions of mental illnesses, as well as to assess the level of public awareness regarding the factors that cause schizophrenia and depression, the most common forms of mental disorders.

MATERIAL AND METHODS

A survey of respondents, data collection and analysis of the results were conducted using the online tool Google Forms and its internal functionality, as well as Microsoft Excel. Residents of the following cities participated in the survey: Yekaterinburg, Saint Petersburg, Moscow, Talitsa, Makhachkala. The survey link was distributed in student's chats and communities on the Internet,

among students and teachers of Higher Education Institutions. The target audience of the survey is young people from 18 to 25 years old, since the initial request for psychiatric help often occurs within age ranges.

RESULTS

The survey yielded the following data: out of 200 people, 98% (196 people) are aware of schizophrenia, and 99% (198 people) are aware of depression. Simultaneously, such patients are relatively infrequent in the immediate environment of this group of respondents (8.5% or 17 people). 37% or 74 people, report acquaintances with schizophrenia, and a similar number report acquaintance with patients with depression.

The study of respondent's awareness of the main symptoms of schizophrenia (a multiple – choice question) revealed rather optimistic results (Fig.1).

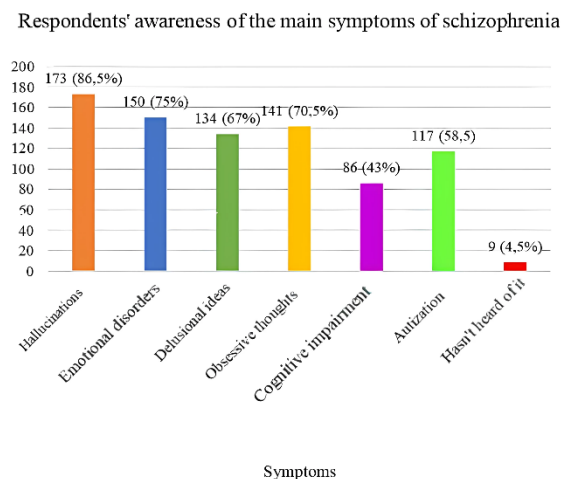


Fig. 1. Respondent's awareness of the main symptoms of schizophrenia

There is also a high degree of awareness about the characteristic symptoms of depression and the causes of its occurrence (Fig.2).

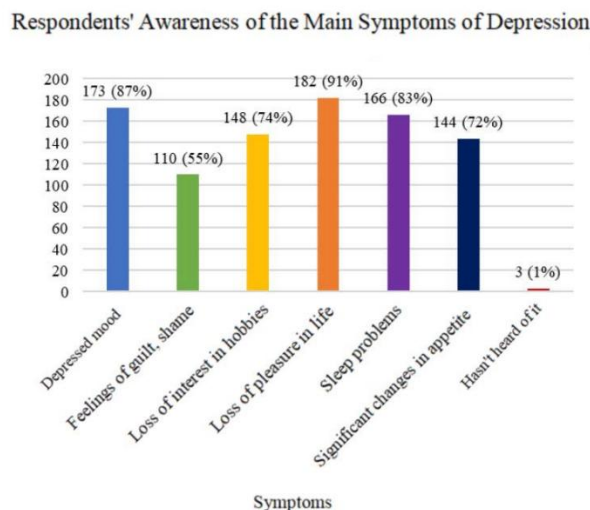


Fig.2. Respondent's awareness of the main symptoms of depression

Regarding the attitude toward people suffering from mental disorders, 70% (140 people) replied that they treat them with understanding, 18% (36 people) – with pity, 7.5% (15 people) are afraid of them, 4% (8 people) do not trust and 0.5% (1 people) despise them.

The majority of respondents (65.5% or 131 people), believe that people with mental disabilities can independently make decisions about informing or not informing others about their

disorder. 30.5% (61 people) believe that mentally unstable citizens should necessarily talk about the presence of the disease, and 4% (8 people) – that they should not tell anyone about it.

Opinions are also divided on the issue of restrictions on the rights of people with mental disorders. 71% (142 people) believe that the latter can live in society as a full – fledged citizen, 24% (48 people) – that they can live in society, but with limited rights, and 5% (10 people) – that people with these diseases should be protected.

DISCUSSION

This study on public attitudes toward mental disorders and awareness of schizophrenia and depression revealed a significant correlation between the level of knowledge about the symptoms of these illnesses and attitudes towards individuals who suffer from them. By comparing these results with survey data published by Russian Public Opinion Research Center and morbidity statistics for the past six years, several significant conclusions can be drawn [5, 6, 7].

Firstly, a clear trend emerges: the higher the level of public awareness about the symptoms of schizophrenia and depression, the less pronounced the fear of these diseases and the people who suffer from them. This correlates with PRORC data, which also noted that knowledge about the nature and manifestations of mental disorders contributes to the formation of a more tolerant and understanding attitude.

Secondly, increased awareness of mental disorders appears to encourage greater help – seeking behavior. Analyzing morbidity statistics for the past six years reveals a trend toward an increase in number of visits to specialists. This may be due to the fact that people with a deeper understanding of the symptoms of depression and schizophrenia are more likely to recognize signs of these illnesses in themselves or their loved ones, and accordingly, are more willing to seek professional help without feelings of shame or fear of stigmatization [3].

Thirdly, reducing fear and increasing help – seeking behavior, in turn, contribute to reducing the stigmatization of people with schizophrenia and depression. Understanding that these are diseases that can be treated and managed helps dispel myths about their «danger» and «incurability», thereby reducing prejudice against patients.

In conclusion, this study, supported by RPORC data and morbidity statistics, confirms the importance of raising public awareness about mental disorders, especially schizophrenia and depression [5, 6, 7]. Spreading knowledge and debunking the myths of everyday consciousness that originated in the Middle Ages is one of the most effective ways to reduce stigmatization, increase access to help and improve the quality of life of people suffering from these diseases. Further research should be aimed at developing and implementing effective programs to improve psychiatric literacy of the population, taking into account the cultural and social characteristics of various population groups [2, 3].

CONCLUSION

The study confirmed the correlation between the level of public awareness about schizophrenia and depression and attitudes toward these disorders. The results indicate that increasing awareness of the causes and clinical manifestations of these diseases contributes to reducing suffer from them. Thus, increasing the psychiatric literacy of the population is an important factor in creating a more tolerant and understanding society towards people with mental disorders.

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НИТРАТЫ В ПРОДУКТАХ ПИТАНИЯ: НЕГАТИВНОЕ ВОЗДЕЙСТВИЕ НА ОРГАНИЗМ ЧЕЛОВЕКА

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Аннотация

Введение. В данной статье будет представлен всесторонний анализ нитратов в продуктах питания, их влияния на здоровье человека, источников поступления и методов снижения потенциальных рисков. **Цель исследования** – провести анкетирование, получить новые знания по теме, обобщить и расширить представление о свойствах нитратов, опираясь на опрос. **Материал и методы.** В исследовании был использован метод анкетирования. Исследование проведено с 1 по 14 марта 2025 года на базе студентов екатеринбургских вузов: УГМУ, УрФУ, УрГЭУ, РГППУ, УрГАУ. В помощь исследованию был создан онлайн – опрос. Результаты анкетирования обобщены вне зависимости от пола, возраста, этнической принадлежности. Полученные данные были преобразованы в процентном соотношении. **Результаты.** Большинство респондентов имеют базовые знания о нитратах в продуктах питания, считают очень важным такие аспекты, как: безопасность продуктов, методы снижения нитратов и потенциальное влияние на здоровье, систематически изучают информацию о содержании нитратов в различных продуктах. Их беспокоят вопросы возможного негативного воздействия нитратов на организм, а также способы минимизации рисков при употреблении овощей и фруктов. **Выводы.** Необходимо обратить внимание на повышение информированности населения о нитратах, разработать практические рекомендации по снижению их содержания в продуктах питания и провести дополнительные просветительские мероприятия для различных возрастных групп.

Ключевые слова: нитраты, продукты питания, анкетирование, безопасность питания, здоровое питание, методы снижения нитратов, исследование.

NITRATES IN FOOD: NEGATIVE IMPACT ON THE HUMAN BODY

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Abstract

Introduction. This article presents a comprehensive analysis of nitrates in food products, including their impact on human health, sources of intake, and strategies for mitigating potential risks. **The aim of the study** is to conduct a survey, obtain new knowledge on the topic, generalize and expand the understanding of the properties of nitrates, based on the survey. **Material and methods.** The study used the survey method. Data collection was conducted from March 1 to March 14, 2025, on the basis of students of Yekaterinburg universities: USMU, UrFU, USUE, RSPU, and UrGAU. An online survey instrument was created to assist the study. Survey results were summarized regardless of gender, age, or ethnicity. The obtained data were converted into percentage ratios. **Results.** Study findings inform basic knowledge of nitrates in food products, consider aspects such as food safety, methods of reducing nitrates, and potential impacts on health. Systematic study of nitrates in various food products is essential due to concerns about the possible negative impact of nitrates on the body, as well as ways to minimize the risks when consuming vegetables and fruits. **Conclusions.** It is necessary to pay