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Spevak A. V., Izmozherova N. V., Olshvang O. Yu.
**THE IMPACT OF SOCIAL ISOLATION ON THE QUALITY OF LIFE
IN LATE POSTMENOPAUSAL WOMEN**

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Annotation. Social isolation was the measure for prevention the coronavirus disease (COVID-19) prevalence. It required to keep staying at home and to reduce any social contacts. However, it had the actual significance for physical and psychical health among patients older than 65 years old. Especially, it affected late postmenopausal women because they have comorbid diseases which doctors should periodically follow up.

Key words: social isolation, postmenopausal women, quality of life

Introduction

According to the order of the Sverdlovsk region governor E.V. Kuivashev all citizens who had been older than 65 years old should observe social isolation from March 24 to today [2]. It implied that people could reduce social contact with family, friends and others, could limit movement in a city and could abstain from visiting hospitals and public places. These measures should help to reduce spread of COVID-19. Generally, the ordinary lifestyle had been changed. Moreover, it had been reflected in the psychical and physical human status [1,3].

A great number of late postmenopausal women have comorbid diseases. There are chronic lung diseases, diabetes mellitus, stroke, myocardial infarction, heart failure, liver failure, kidney failure, oncology, gastric ulcers or/and duodenal ulcers, acquired immunodeficiency. Such health condition requires periodic

doctor's consultation. It was not feasible under the conditions of social isolation. That is why the lockdown influenced also on this sample.

The aim of the research - is to determine the social isolation impact on psychical and physical status among late postmenopausal women.

Methods of study

The study includes 29 participants (mean age 68,08±3,5 years) in late post menopause. The prospective study includes data of Short Form 36 Health Status Survey (SF-36) and the Hospital Anxiety and Depression Scale (HADS) questionnaires in 2019-2020. Participants fill questionnaires during July-September 2020 again.

Participants provide written consent for participation in the study and follow-up through their medical research.

Statistical analysis is performed by Wilcoxon signed-rank test. Statistical significance is considered for $p < 0.05$. All analyses used StatSoft Statistica v10.0 (licenses №AR02CPZ904CN25ACDI8056-6).

Results and Discussion of Research

There are no changes in anxiety level ($p > 0.05$). However, signs of depression increase during the lockdown ($p < 0.05$).

Results of SF-36 questionnaires are compared before and after social isolation. The index of physical functioning, bodily pain, vitality, general health, social functioning and mental health have weak association with social isolation ($p > 0.05$).

In contrast, role-physical functioning manifested in limitation of everyday activities related to role-emotional and general health was considerably reduced. In addition, it shows greater association with social isolation ($p < 0.01$). (table 1)

Table 1

Data of SF-36 indicators

SF-36 indicators	Indicators (median value)		p
	Before social isolation	After beginning of social isolation	
Physical functioning	70.00	67.00	0.42
Role-physical functioning	60.25	70.50	0.00
Bodily pain	53.00	46.00	0.09
Vitality	51.00	46.00	0.76
General health	54.00	50.00	0.24
Social functioning	75.00	74.00	0.32
Role-emotional	75.00	64.00	0.00
Mental health	64.00	63.00	0.38

Conclusions:

1. Social isolation influences on emotional and physical status among late postmenopausal women. It intensifies manifestation of depression and interrupts their ordinary life.

2. Reducing social contacts and movement limitation affect on quality of patients' life.

3. Subsequent study should elevate statistical significance of social isolation.

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**Стафилова М.В., Моргунова (Атрошенко) О.В.
МЕДИЦИНСКИЕ ТЕРМИНЫ-МИФОЛОГИЗМЫ,
ОБОЗНАЧАЮЩИЕ ПСИХИЧЕСКИЕ РАССТРОЙСТВА**

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MEDICAL MYTHOLOGIC TERMS FOR MENTAL DISORDERS**

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Аннотация. В статье рассмотрены медицинские названия психических расстройств, этимологически связанные с именами древнегреческих и римских мифологических персонажей. Приводится ономастиологическая классификация анализируемых терминов.