

## Study of Anxiety and Stress Tolerance in Patients with Type 2 Diabetes

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### Introduction

The study of stress tolerance in patients with type 2 diabetes is one of the most pressing issues for experts around the world. It is known that the psycho-emotional state and quality of life of patients are directly related to their level of mental and physical health. Negative attitude towards diabetes, at the same time, the unstable psycho-emotional state is one of the main factors that cause the patient to incorrectly assess the current situation in the disease and not be able to eliminate the symptoms. Although there is considerable research on the mental state of patients with type 2 diabetes, the study of the relationship between the psycho-emotional state and stress tolerance of patients in this group remains an urgent problem.

### The Purpose of the Study

To investigate the interaction of stress tolerance and adaptation mechanisms with psychoemotional status in patients with type 2 diabetes.

### Materials and Methods

The study involved 47 patients receiving treatment for type 2 diabetes at the Azerbaijan Medical University's Teaching Therapeutic Clinic and the Republican Endocrinology Dispensary.

All examined patients participated in the study voluntarily and were informed about the objectives and possible risks of the study. The research was conducted in 2018-2020.

During the study, psychodiagnostic examination of 47 patients with type 2 diabetes was performed. The median age group among the examined patients was 49 + -5. was. As a result of statistical calculations, it was found that the majority of patients belong to the category of patients suffering from type 2 diabetes for more than 5 years. The data obtained during the examination of the patients were compared with the control group consisting of conditionally healthy individuals. The mean age in the control group was 49 + -6.8.

Adaptation mechanisms in patients were determined using the COPE scale proposed by Carver.

The Clinical Anxiety Scale (CAS) was used to assess the level of anxiety in patients.

Depression, anxiety, and stress disorders have been studied in patients using the DASS-21 scale.

It is important to note that the level of adaptation mechanisms among patients has been statistically proven to be proportional to their resistance to anxiety and stress. The study found that avoidance and exclusion among patients, as well as conversion to their religion, were the most prevalent adaptation mechanisms.

### Result

According to statistics, patients with type 2 diabetes have high levels of anxiety and depression, as well as a decrease in stress tolerance.

Thus, obvious psycho-emotional disorders are characteristic of patients with type 2 diabetes. This, in turn, can be seen as a possible early sign of type 2 diabetes. It is also one of the factors that contribute to the emergence and progression of the disease and adversely affect its course.

Our data suggest that it is extremely important to consider changes in stress tolerance and adaptation mechanisms, as well as their psycho-emotional state, when assisting patients with type 2 diabetes [1-4].

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