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# ANXIETY AND DEPRESSION ROLE ASSESSMENT IN THE FORMATION OF GASTROINTESTINAL SYMPTOMS AND EATING BEHAVIOR DISORDERS AMONG STUDENTS (ACCORDING TO THE SURVEY RESULTS)

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**Background.** University students experience significant changes in their social environment, which contributes to higher levels of anxiety and depression. Psychosocial disturbances occurring during this period can persist into adulthood.

**Aim.** To assess the role of anxiety and depression in the formation of eating behavior disorders and gastrointestinal symptoms among students.

**Methods.** Anonymous survey was carried out by filling out online questionnaire forms, like MINIMULT, GSRS and WHO CINDI program questionnaire among students of the Omsk State Medical University. The sample size was 53% (3634 students). There were 709 (19.51%) males and 2925 (80.49%) females among the respondents.

**Results.** The presence of depressive symptoms was revealed in 985 (27.11%), anxiety - in 1304 (35.88%), a combination of anxiety and depression - in 526 (14.47%) respondents (Fig.1). Depressive mood background is associated with an increase in the consumption of sweet ( $2I=16.22$ ,  $p<0.001$ ) and flour products ( $2I=13.14$ ,  $p<0.001$ ), the formation of gastrointestinal symptoms of constipation ( $2I=38.27$ ,  $p<0.001$ ) and abdominal distention ( $2I=47.69$ ,  $p<0.001$ ). In persons with anxiety dominance a positive association with a decrease in the frequency of food intake up to 1-2 times a day was established, with a deficit in the consumption of vegetables and fruits up to 214.3 [107.1; 398.8] g/day, with gastrointestinal symptoms of epigastric burning (47.93%), abdominal pain (43.94%). A combination of anxiety-depressive symptoms is associated with increased consumption of coffee ( $U=1544300.5$ ,  $p=0.0048$ ), spicy food ( $2I=7.76$ ,  $p<0.001$ ), low consumption of vegetables and fruits ( $U=1323404.0$ ,  $p=0.000$ ), the habit of adding salt to cooked food ( $2I=18.85$ ,  $p<0.001$ ), high incidence of abdominal pain (62.16%) and dyspepsia syndrome (55.7%).

**Conclusion.** The study shows the role of anxiety and depression in predicting student dietary choices. The obtained results substantiate the necessity of screening students for psychological disorders, taking into account the consequences for the behavioral lifestyle and health.

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