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THE IMPACT OF ENT DISEASES ON THE QUALITY OF LIFE AND LEVEL OF ANXIETY IN YOUNG MALES OF PRE-CONSCRIPTION AGE IN RA

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ABSTRACT

INTRODUCTION. The methodology of quality of life research has justified the need to develop a new direction of interdisciplinary research. The research aimed to study the impact of main ear-nose-throat diseases on quality of life parameters and the level of anxiety in adolescents of pre-prescription age.

MATERIALS AND METHODS. The study was conducted from 2014 to 2020. The sample consisted of 720 adolescents of pre-prescription age from 15-to 17 years old. The cross-sectional survey was conducted in 4 randomly selected secondary schools of Yerevan. Out of the total participants included in the 351 had ear-nose-throat pathology and 369 did not. The dependence of the PedsQLTM 4.0 questionnaire domains on external factors was assessed. Reliability of the questionnaire was assessed using Cronbach's α -coefficient. The Taylor Manifest Anxiety Scale was designed to measure anxiety.

RESULTS. The prevalence of ear-nose-throat diseases among young men of pre-prescription age (15,16 and 17 years old) was $48.8 \pm 1.9\%$. The rate was significantly higher in the group of 17-year-old adolescents compared to 15-year-old adolescents. Throat diseases ranked first in prevalence. All the indicators of quality of life of pre-prescription youth with ear-nose-throat diseases were lower compared to the group without ear-nose-throat diseases. Chronic inflammatory diseases of the nasal cavity and paranasal sinuses had the most negative impact on self-esteem. It was found that the expressed and very high anxiety was significantly higher in the group of persons with ear-nose-throat diseases compared to practically healthy people.

CONCLUSION. In pre-prescription youth with ear-nose-throat -diseases a lower level of the domains of quality of life was registered in comparison with the group of practically healthy people. Chronic diseases of the nasal cavity and paranasal sinuses had the most negative impact on the quality of life. Adolescents with ear-nose-throat diseases more often show increased anxiety compared to the practically healthy ones.

KEYWORDS: young men of pre-prescription age, ENT diseases, quality of life, PedsQLTM 4.0 questionnaire, level of anxiety, Taylor Anxiety Scale.

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