

COGNITIVE DISORDERS IN ALCOHOL ABUSERS

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**Introduction:** Systematic alcohol abuse in all cases leads to the development of damage to the nervous system, manifested by a wide range of neurological and mental disorders, including cognitive impairment [1, 2]. Gross irreversible cognitive dysfunction determines the mental appearance of patients and serves as the main cause of persistent disability in Korsakov psychosis and alcoholic dementia.

**Keywords:** alcohol dependence; quality of life; cognitive impairment; executive functions; memory; cognitive flexibility.

**The purpose of the study:** to study cognitive impairment in patients with alcoholism using neuropsychological methods.

**Materials and methods of research.** The study was conducted on the basis of the Andijan regional narcological dispensary. 50 patients diagnosed with alcohol dependence (F10.21) were selected for screening. Their ages range from 25 to 45 years old. The average age of the patients was  $36.4 \pm 0.82$  years. The average duration of alcohol intake was  $12.84 \pm 0.64$  years. Patients with epilepsy, schizophrenia, manic-depressive psychosis, severe neurological disorders, severe somatic pathology, hypertension, chronic vascular pathology and a history of brain injury were not included in the study. A neuropsychological study of all patients was conducted, including an assessment of cognitive function according to the following measurements: Brief Assessment of Mental Health (MMSE), Clinical Dementia Rating Scale (CDR), General Disorder Assessment Scale (GDS), Montreal Cognitive Disorders Assessment Scale (MoCA).

**The results of the study.** MMSE (Mini-Mental State) examination Examination) revealed patients with impaired understanding of time and space, willpower, memory, attention deficit, changes in reading, writing, drawing and repetition of sentences. It was found that half of the examined patients had moderate dementia, 12% had mild dementia, 26% had no pre-dementia, and 12% had no cognitive impairment.

The CDR Clinical Dementia Rating Scale is a description of the 5 stages of this cognitive impairment from normal to severe dementia. The characteristic symptoms for each of the stages are described in each of the six areas: memory, spatial perception, thinking, social interactions, behavior and hobbies at home, as well as self-care. According to the CDR scale, patients had mild dementia (28.0%) and moderate dementia (72.0%). The patients had disturbances in the thought process. Most patients needed guidance and support during the thinking process. Using the GDS scale, 32.0% of patients were diagnosed with very mild cognitive impairment, 42.0% with mild cognitive impairment and 36.0% with moderate cognitive impairment. These are mainly memory disorders. Using the MoCA method (Montreal Cognitive Assessment) 58.0% of patients had difficulty completing tasks in visual-constructive practice. It is believed that patients with MoCA less than 25 have cognitive impairment. The average score in the patients we examined was  $22.3 \pm 0.53$ , which indicates obvious cognitive impairment in the group of patients studied.

**Conclusions.** The data obtained showed that patients with alcoholism had brain dysfunctions. This manifested itself in the form of a violation of higher mental functions, which was investigated using high neuropsychological tests. The use of neuropsychological diagnostic measurements in drug treatment practice makes it possible not only to determine cognitive disorders and the degree of their violation, but also to localize pathological disorders in the brain.

**Literature:**

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