

**PSYCHOLOGICAL AND SOCIAL FACTORS IN FUNCTIONAL DYSPEPSIA: A
CLINICAL AND COMPARATIVE STUDY IN UZBEKISTAN**

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Abstract: Background: Functional dyspepsia (FD) is one of the most prevalent functional gastrointestinal disorders with multifactorial etiology, where psychological and social determinants are considered key contributors. This study investigates the psychosocial correlates of FD among Uzbek patients.

Methods: A total of 150 patients with FD (60 male, 90 female) and 50 healthy controls were examined at Izboskan District Central Hospital. Clinical evaluation, physical examination, and biochemical tests were performed. Psychological assessment included the Hospital Anxiety and Depression Scale (HADS), while quality of life was evaluated using the WHOQOL-BREF questionnaire. Statistical analyses were performed with Student's t-test, Fisher's exact test, and correlation analysis.

Results: Patients with FD demonstrated significantly higher anxiety (mean HADS-A: 12.8 ± 3.5 vs. 6.1 ± 2.4 ; $p < 0.01$) and depression (mean HADS-D: 11.2 ± 3.1 vs. 5.2 ± 2.0 ; $p < 0.01$) compared to controls. Social risk factors such as low income, irregular dietary patterns, and family conflicts were more prevalent in FD patients ($p < 0.05$). WHOQOL-BREF scores showed reduced quality of life in all domains, especially psychological and social functioning ($p < 0.01$). Symptom severity positively correlated with HADS scores ($r = 0.62$).

Conclusion: Psychological distress and adverse social conditions are strongly associated with functional dyspepsia. Addressing psychosocial dimensions is essential for improving management strategies.

Keywords: Functional dyspepsia; Psychosocial factors; Anxiety; Depression; Quality of life; Uzbekistan; Gastroenterology