

18. THE ANALYSIS OF THE MENTAL HEALTH OF THE POPULATION DURING THE PANDEMIC COVID-19

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Introduction. Benzodiazepines are medicines with an anxiolytic effect and a wide therapeutic index; they are used in treatment of anxiety, sleep disturbance, different neurotic, psychasthenic, anxiety neurotic states. Benzodiazepines interact with GABAA-receptors; increase the affinity of gamma-aminobutyric acid on these receptors, which intensifies the inflow of the chloride ions and reduces the excitability of neurons.

Aim of study. The purpose of the present study is to analyse the scale of the sales of popular benzodiazepine medical supplies, prescribed in Moldova, and also to compare the total quantity of them, sold through the pharmacy chains before and after the beginning of the pandemic COVID-19.

Methods and materials. The present study covers the period of time from 2018 till 2021, and it is divided into two periods - 2018-2019 (before the pandemic COVID-19) and 2020-2021 (after the beginning of the pandemic COVID-19). The statistics include the quantities sold through the pharmacy chains, and the medicines for the medical institutions in the Republic of Moldova within the framework of the state project were not taken into consideration. The analysis includes the benzodiazepines, often prescribed, such as alprazolam, clonazepam, diazepam, phenazepam, oxazepam, chlordiazepoxide and lorazepam, which appeared on the Moldovan market only in 2021. The statistics considered the active substance and the number of packages, not taking into consideration the name of the manufacturer, the dosage form or their number in a package.

Results. During the study it was observed that in the period from 2018 to 2019 the sales of the above-mentioned benzodiazepine medicines within each group increased insignificant, and 2018, in total, practically did not differ from 2019, 327806 packages VS 326514 packages respectively. Absolutely different picture can be observed after the beginning of the pandemic COVID-19, when we can see positive sales dynamics within each group, and sharply increase the total number of the prescribed benzodiazepine medical supplies. Thus, in 2020 the total number was 364056 of packages, which is 37542 (11,5%) more than in the previous year. The total sales in 2021 was 414639 packages, which is 50583 (14%) more than in 2020, and compared to 2019, the growth was 88125 (27%) of packages.

Conclusion. Based on the analysis, it can be argued that the pandemic COVID-19 had a negative effect on the mental health of the population of the Republic of Moldova. Perhaps, this is related to the declared state emergency in the area of healthcare, whose purpose was to minimise the infection rate. Such measures, such as quarantine and isolation are the best solution in limiting the spread of viral infection, but at the same time they cause many psychological consequences.