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SOMATOVEGETATIVE SYNDROMES IN CHRONIC CEREBRAL ISCHEMIA: THE ROLE OF PAIN, STRESS, AND AUTONOMIC DYSFUNCTION

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Alimardon Ismatov, Dilshod Tolibov, Dilfuza Mirzaeva, Nozima Abdurasulova, Sharodia Das
Tashkent Medical Academy, Neurology, Tashkent, Uzbekistan

Background and Aims: Chronic cerebral ischemia is associated with somatovegetative syndromes, characterized by chronic pain, autonomic dysfunction, and stress-related disorders. This study investigates the relationships between pain intensity (VAS), perceived stress (PSM), and autonomic dysfunction (Stephen's Test) in patients chronic cerebral ischemia(CCI).
Methods: A cross-sectional study was conducted from March ,2024 to March, 2025 on 86 patients diagnosed with CCI. Pain severity was assessed using the Visual Analog Scale (VAS, 0–10), while stress levels were measured using the Perceived Stress Measure (PSM). Stephen's Test was used to evaluate autonomic dysfunction. Pearson correlation and regression analysis were performed to examine the relationships among these parameters. . P value <0.05 was considered statistically significant.
Results: Patients with CCI had significantly higher VAS scores compared to the baseline ($p < 0.001$), indicating increased pain perception. A strong correlation was observed between VAS and PSM scores ($r = 0.73$, $p < 0.001$), suggesting that higher stress levels were associated with greater pain intensity. Additionally, VAS was strongly correlated with Stephen's Test results ($r = 0.71$, $p < 0.001$), indicating a connection between pain intensity and autonomic dysfunction. However, PSM and Stephen's Test showed no significant correlation ($r = 0.12$, $p = 0.2654$), suggesting that autonomic dysfunction in CCI patients may not be directly linked to perceived stress.
Conclusions: This study highlights the strong association between pain intensity, stress, and autonomic dysfunction in chronic cerebral ischemia, though stress levels alone may not predict autonomic changes.