



Psychological Problems Caused by Chronic Crohn's Disease

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Abstract

It was determined many years ago that colon cancer and all other similar diseases related to the intestine and stomach have different effects on people. These effects have the feature of changing from person to person and there are effects that can occur both physically and psychologically. Human psychology is a very large and complex field. And it needs to be studied in every detail. Any disease can cause another. This is true for both physical and mental illnesses. For example, when you are diagnosed with cancer, it means that you will be negatively affected not only physically but also psychologically. Or a person who has the psychological disorder Anorexia Nervosa or one of many other types of eating disorders may begin to have symptoms of major depression or other types of depression, which is also considered a psychological illness. Therefore, when a disease occurs, it is very important to exhibit all kinds of attitudes and behaviors that will keep yourself and your psychology alive, and to work as much as possible on this issue, it is very important and should not be missing.



1- Introduction

In this article, the psychological problems experienced by the patients under treatment, who were diagnosed with chronic crohn's disease, during the course of the disease, and in addition to the psychological problems they experience after the treatment is over, the disorders that can occur in all kinds of situations are examined in depth.

In the simplest way, Crohn's disease can be defined as an inflammatory bowel disease that can involve one or more parts of the esophagus, stomach, small and large intestines, causing thickening in the affected part and additionally ulcers. Crohn's disease, who first described it in 1932, is Dr. It comes from Burril Crohn's. Crohn's disease is a disease that typically affects the last part of the small intestine or the large intestine, but is mostly fragmentary, from the mouth to the anus, and can affect almost all organs of the digestive system. Depending on Crohn's disease, cracks called "fissures" in the anus region and holes called "fistula", in which fluids such as inflammation flow, can also be encountered quite often. The disease progresses with remissions and flare-ups. It can recur constantly. In these periods of exacerbation, involvement of the intestine, parts of the intestine and its surroundings, which has not been involved before, is observed. Sometimes the lymph nodes in the nearby areas of involvement can also be affected by Crohn's disease. Diseased areas can be several centimeters long. However, in some cases, it can occur not just a few centimeters, but directly in excess of a meter. The thickenings vary depending on the involvement. It may occur differently in each patient. These involvements can lead to narrowing of the intestinal canal in the region of the disease.

Early diagnosis plays an important role in the treatment of Crohn's disease, as it is a serious type of disease and has many negative effects on the person. We cannot say that there is only one symptom in Crohn's disease, because Crohn's disease can cause very different symptoms on almost every patient, depending on the affected area. When we come to the most common symptoms, we can cite abdominal pain and diarrhea, which occur in almost every crohn's patient. It is quite normal to have these symptoms, since the intestine and stomach are also related to the intestine and stomach environment. The feeling of abdominal pain in this disease is usually felt more clearly and properly in the areas around the navel or in the lower part of the navel, after eating. Severe constriction of the intestine can occur. In Crohn's disease, which causes this, symptoms such as bloating in the abdomen, pain in and around the abdomen, vomiting or constipation after nausea may occur in patients with narrowing. In these diseases,



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the presence of a small or large amount of blood in the toilet along with the stool is considered as a very common finding in this disease.

In the early or active stages of Crohn's disease, crohn's patients may feel extremely tired and sluggish, in addition, they may have a fever, and they may lose weight in an involuntary and unconscious way. Other symptoms of this disease include not wanting to eat, weight loss due to not eating, growth retardation in children, and unexplained fever.

Among the things that can be seen in anal region involvement, cracks in and around the anus, fistulas or abscesses that cause inflammatory discharge can be counted as other clearly visible symptoms of the disease. Sometimes, this type of cancer may differ for some patients, for everyone, although it may not have abdominal pain or diarrhea, it may manifest itself with other symptoms.

The cause of Crohn's Disease is unknown. This ignorance has great effects on the psychology of the person. Because human psychology wants to know the reason for everything, it investigates it. However, if there is a situation of uncertainty, the person is affected psychologically. At the same time, the fact that the Crohn's disease we are talking about is not completely cured creates uncertainty again. In fact, yes, it is important to know the reason, but the uncertainty that occurs when the reason is not known and the uncertainty combined with the fear of not being able to heal is a much more painful and negative process. According to some patients, Crohn's disease is a serious condition that may sometimes require surgical intervention if the person's condition is severe.

Every time people go through difficult times, especially if the reason they go through this difficult time is that they have a disease, they are psychologically affected by it. Each disease has many different effects on human psychology. However, diseases that occur in the intestines, especially due to the characteristics of the intestines, can make the person more unhappy. In other words, intestinal and stomach diseases that occur in the person can cause great problems on the psychology of the person, if not intervened. For this reason, it will be very good for the person to receive psychological treatment in addition to the doctor's treatment, especially for Crohn's disease and other chronic diseases that occur in areas such as the intestines or stomach and intestinal periphery.



2- The Link Between Crohn's Disease and the Human Brain

Although Crohn's disease affects the stomach in general, as well as the stomach area, as well as the intestinal tract, that is, each organ in the digestive system in general, its negative effects on the brain can be seen quite frequently in almost every case.

In some cases, in people with chronic Crohn's disease, the condition can become serious in some people if the intervention is not done early. If the condition becomes serious, some people are more likely to have a stroke. According to a study published in the European Journal of Internal Medicine in 2014, the risk of mini-strokes in people with chronic Crohn's disease increases faster than those without the disease. In addition, according to another study published in the journal BMC Neurology in 2013, it was stated that subarachnoid hemorrhage, which is one of the main causes of stroke due to chronic Crohn's disease, increased in individuals hospitalized for Crohn's disease compared to others. When looking at the results of other studies, the risk of stroke in young individuals with Crohn's disease is higher than in older individuals with Crohn's disease.

When Crohn's disease is evaluated according to what has just been mentioned in the article, it is a very risky disease. And it is a disease that contains triggers that will cause many psychological problems. Therefore, the effects of Crohn's disease on the brain can be easily seen psychologically. People with chronic Crohn's disease have a higher incidence of anxiety and depression than people who do not have this disease. According to researches, individuals with chronic crohn's disease have a lot of fluctuations in mood. Extremely rapid changes in mood, increased emotional problems compared to the past, emotional collapse, hopelessness and chronic stress are among the complaints that can be directly associated with the disease.

However, contrary to what is said, according to a study conducted in 2014, it has not been determined whether these complaints are due to the main, basic causes of chronic crohn's disease or due to the decrease in the quality of life as a result of the disease.

The effects of Crohn's disease on the brain can also have physical consequences. For example; Individuals who have survived or alleviated their chronic Crohn's disease have been found to have changes in their brain structure as a result of this disease. Compared to healthy people, the volume of gray matter in many areas of the brain is greatly reduced in chronic Crohn's patients. Some of these regions can be defined as associated with pain, some with emotional and finally



some with cognitive processes. This drastic reduction in gray matter volumes was also associated with longer duration of the disease. Doctors and other experts who are constantly researching on this subject still have not learned in detail how this disease affects the brain. This may be due to the fact that the brain and human psychology have a very complex and difficult to solve structure. For example, if we move on from Crohn's disease, chronic Crohn's disease is a physical disease, but the psychological effects of the disease on people are much different. It can cause great distress to the person. If the symptoms of some psychological diseases, such as disturbances in emotional balance and stress due to chronic illness, progress, they can turn into larger psychological diseases such as depression. For this reason, if chronic crohn's disease or any other chronic disease has been diagnosed, the individual must be physically treated by a doctor and receive psychological treatment and support from a psychologist as he or she should not allow it to affect his psychology. In cases where the psychotherapy applied by the psychologist is insufficient, another step that the person should take is to meet with a mental health specialist and start drug treatment if necessary.

Peripheral neuropathy is a condition caused by damage to the peripheral nerves that connect the brain to other parts of the body. It also causes many symptoms such as pain in the body, especially in the arms and legs, tingling in the body, general weakness, muscle weakness in general, dizziness and blurred vision.

Although neuropathy has been associated with Crohn's disease much earlier, according to a study published in the World Journal of Gastroenterology in 2014, these results are controversial, and according to many subsequent studies, this relationship remains rather weak.

3- The Relationship between Chronic Crohn's Disease and Depression

Depression is a psychological disorder that can last for a very long time if the psychological well-being of individuals disappears and if support is not received, and also affects daily life in a very negative way. In depression, especially the lack of motivation that the person feels in himself, the feeling of worthlessness, extreme pessimism, the predominance of a constant unhappiness, the feeling of guilt, death and suicidal thoughts are only a few of the symptoms of depression. For a diagnosis of depression to be made, these symptoms must persist for at least two weeks and there must be a difference in the person's previous level of functionality.



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Therefore, depression is much more than just a few days of boredom or feeling unhappy, and it is a risky illness.

Chronic Crohn's disease disrupts the biological balance, but it also disrupts the psychosocial balance as much as, perhaps even more, the biological balance. The medical complications of chronic Crohn's disease and the adverse effects of the drugs used for recovery are also well known. The issue of how to combat the magical effect of this and other physical diseases on psychology is constantly on the agenda. However, there is not enough struggle for the psychological and social damages of these diseases yet. However, perhaps the most common harm of chronic diseases such as Crohn's disease, which can affect this type of psychology, is their psychological effects on the person.

According to studies, in chronic diseases such as chronic crohn's disease, a psychiatric disorder develops in most patients and reaches the extent of the disease. Depression, on the other hand, can be seen at very high rates in crohn's patients, and it manifests itself with complaints such as decreased interest in life, insomnia, distress, weakness in concentration, necessary or unnecessary irritability, anger, desire to die, and suicidal thoughts. Again, the frequency of depression can reach a very high rate in patients receiving treatment for Crohn's disease. Some of this can turn into severe depression.

Another important research result is that there is a one-to-one relationship between depression and chronic crohn's disease. Depression weakens the immune system, leading to the progression of almost every chronic disease and an increase in mortality.

At the same time, all kinds of pain, especially in the body, in chronic crohn's disease in the person has the possibility of increasing more. And this is due to depression in general. The deficiencies, especially in motivation, the feeling of worthlessness, extreme pessimism, the dominance of a constant unhappiness, the feeling of guilt, death and suicidal thoughts regardless of the situation in the face of guilt or not cause the individual to feel the pain more psychologically because this The reasons are closely linked to hopelessness in general. Hopelessness can also cause situations such as exaggerating one's pain. In other words, when the person is psychologically worn out, he suffers more pain.

Another important finding is that depression develops to a large extent in the relatives who deal with the care of patients with physical chronic diseases and in healthcare personnel working in



the clinics of people with physical chronic diseases. This situation indirectly affects the care of the patient who has a physical chronic disease negatively. Humans are creatures that can be affected by their environment very quickly and in an instant. Especially if a person who is mentally well in normal times stays in the same room with a person diagnosed with depression for a period of about a few months or a year and stays in constant interaction, this means that no matter how happy the non-depressed person is, they will be negatively affected. Negative affect can also appear as a mental illness. Because the thought systems of the depressed person work differently than normal people, and therefore, when it is placed in the subconscious of the person, the person can be dragged into all kinds of mental disorders.

Physical diseases are such that they can cause all kinds of mental disorders. This is especially true for fatal cases or for conditions such as chronic diseases. Especially if the person has chronic crohn's disease, it greatly affects the individual's sense of happiness due to the fact that it is connected with the digestive system of the person and the digestive system of the individual, as well as the discomfort that may occur in the digestive system of the person. As a result, many psychological problems may occur in individuals with chronic crohn's disease.

4- The Effect of Chronic Crohn's Digestive System Disease on the Psychology of Individuals

Individuals have the possibility of constantly having physical diseases as long as they live, regardless of whether they have them or not. Especially if these physical diseases are serious or chronic, they occur over a long period of time. For example, individuals who use cigarettes and alcohol in addition to cigarettes for a long time poison themselves day by day without realizing it, as long as they continue to do so. Some individuals, on the other hand, are not able to quit smoking and alcohol addiction due to being completely addicted, although they are aware and aware of the harms of alcohol and cigarette use for a long time. People who use cigarettes and alcohol for a long time and have become addicted, over time, are replaced by dangerous diseases such as cancer or cancer, which can also be fatal in some cases. At the same time, cigarette addiction, which occurs as a result of long-term use, does not only affect cancer. The same is the case with the digestive system disease, which we call chronic crohn's disease. If the individual smokes continuously for a long period of time, chronic crohn's digestive system



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disease may occur in the person. Chronic Crohn's disease can be determined by genetic factors. However, if the individual's family or genetics do not have genes that directly cause chronic crohn's digestive system disease, then the person's smoking use is questioned. Because in chronic crohn's disease, if it is not caused by the genetics of the individual, smoking, which is one of the environmental factors that usually affects the individual, will have a significant impact. When a person is diagnosed with a physical and serious illness by a doctor, there is great pressure and stress on the person at the same time.

Stress, which is caused by the brain's having too many negative thoughts about an event, is also known as a stimulus that constantly threatens the balance in the body. The response to stress affects not only the brain, but also the whole body.

Cortisol: Cortisol is also called a corticosteroid hormone that is produced in the shell region of the adrenal glands and is also associated with the body's response to stress. Cortisol increases blood pressure and in addition to that, the individual's sugar level, especially in the case of excess cortisol hormone, which causes infertility in women, in addition to this, the immune system is also suppressed. The hormone cortisol is a hormone whose level increases as the individual gets older. At the same time, the hormone cortisol has a structure that balances the blood sugar and weight control of the individual in addition to the substances listed in these sentences. It is a hormone that controls the immune system, the stress level of the individual, the sleep pattern of the individual, the protein synthesis in the body and finally the general mood of the individual. Cortisol is one of the most important hormones for life. However, the cortisol hormone in the body, which is much more than it should be normally, is very troublesome. A healthy individual produces an average of 20-30 mg of cortisol hormone per day.

With stress, things like FSH, LH, TSH, GH release from the pituitary are suppressed. Although insulin resistance increases, the risk of metabolic syndrome develops in direct proportion to this. There may also be many chronic diseases in the individual. Severe depression, constant forgetfulness, never being able to gain energy and the resulting feeling of constant weakness, DM, loss of enthusiasm for sexual desires, sleep problems, sleeping too much or too little. But if the individual is stressed, there is an excessive production of cortisol hormone. Cortisol increases in direct proportion with stress, and when the cortisol hormone increases, the individual's immune system deteriorates, and conditions that endanger health such as the risk of osteoporosis + blood p + cholesterol + blood sugar + insulin resistance begin to occur. The



increase in cortisol in the case of the slightest stress experienced by the individual is similar to the situation in the individual's body, such as burning the furniture in the house when the wood is finished. The individual should not consume the cortisol hormone too quickly. The increase in cortisol hormone in the individual gives cholesterol to the blood and as a result, it causes arterial plaques, hypertension and finally coronary heart disease. If we give an example to clarify this issue, let's assume that the individual is stressed and therefore has problems in falling asleep, but the next day he starts running again as if the night before that day did not happen because the individual has high cholesterol, but in daily life, type A people with this condition are very prone to heart attacks. emerge as individuals. If the cortisol hormone is at normal levels, it increases the appetite in the individual, produces energy for the individual's body, regulates the digestive system of the individual, and reduces inflammation and pain. If an individual is overweight despite exercising and dieting on top of it, but if the thyroid level is normal but this is the case, the cortisol level of the individual should be checked. Individuals should know that they will lose weight when cortisol hormone levels return to normal and fall back to normal.

The body starts to produce DHEA and cortisol under stress, but unlike this situation, when individuals are stressed for too long, they start things like not being able to do this anymore, and the level of DHEA or cortisol hormone decreases. For this reason, the individual is now in a state of adrenal exhaustion; It should be considered quite normal if there are conditions such as sluggishness, light discomfort, insomnia, digestive problems, emotional imbalances, and decreased sexual desire. Because the body has such a balance that the slightest hormonal deficiency in the body can unfortunately affect the whole body of the individual. At the same time, if the level of cortisol hormone increases, the individual should not forget that progesterone production will decrease.

If the state of stress is early and of course short-lived, the body has a structure that maintains the balance by changing. In these cases, cortisol hormone and NE hormone (noradrenaline hormone) are released. Long-term or future stress leaves the body under the influence of cortisol and catecholamines for a long time. This situation is a situation that facilitates the disease process for the organism of the individual.

Constant stress keeps cortisol high after a while. And the hypotaqlamus begins to perceive this as something normal, almost as in a healthy person. Individuals are constantly under the



influence of the sympathetic system. GI, liver, kidney are insignificant. The digestive system is disturbed, in addition to the digestive system, the general immune system of the body is disturbed, toxins increase. Situations such as gastric emptying may be delayed, and the individual will have reflux. Conditions such as intestinal permeability increase. Disorders begin to occur in the vagus and also in all systems stimulated by the nerve. After a long-term stress situation, the body begins to become insensitive to such matters and the cortisol hormone decreases. Today it is also called adrenal fatigue exhaustion. The high cortisol hormone suppresses the substance called DHEA, which is a precursor to the production of cortisol hormone. The effect of DHEA not only supports bone formation, but also increases the estrogen androgen precursor, muscle mass, and lowers LDL cholesterol. Cortisol can suppress this, and if it does, blood sugar increases, osteoporosis, irregular sleep and sleep problems, muscle pain, osteoporosis.

Case example: A 42-year-old businessman wakes up at 3 am and cannot sleep again. This 42-year-old individual feels sluggish throughout the day. In the examinations, the cortisol hormone is high in the morning and when you look at the other hours, they are all high. Instead of investigating the reasons that increase the cortisol hormone in this 42-year-old patient, giving a simple sleeping pill to a 42-year-old individual is quite wrong and should be avoided as much as possible. If you make this mistake as a doctor, you are on the wrong track. Stress management, stress perception, reduction of inflammatory signals, sleep therapy, adrenal support, antioxidant c and bt vitamins Mg, zinc, pantothenic acid, physical activity should be given to the individual, and studies should be continued to improve the sleep pattern and illness of the person permanently, not temporarily.

Certain mental illnesses may occur when the cortisol hormone is low or very high in individuals. There are a number of reasons for the emergence of some mental diseases, and in addition to the hormone cortisol, physical, chronic and serious diseases can also cause it. For example, many mental disorders or psychological problems, which we call mental illness, may occur in an individual with chronic crohn's disease. We can give an example of this mental disorder or mental, psychological diseases. These;

a.) Depression



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Depression is defined as a psychological disorder that affects every aspect of daily life in some patients, which can last for a very long time, according to some conditions, in which individuals do not feel well psychologically, suffer from not feeling well, but also have serious problems.

It would not be the right behavior to make a labeling statement such as "You are depressed" directly to people who show these symptoms. Because if the person is really depressed, it makes him very sad, but if he is not, it makes him think that he is depressed and starts to doubt his slightest action. Afterwards, he exhibits paranoid behaviors and makes himself believe that he is depressed by self-diagnosis, and this time he gets really depressed. Therefore, no individual should diagnose another individual in this way. The diagnosis of depression should only be made by a psychiatrist who has been trained and conscious about it. It will be important and necessary to distinguish depression from pictures that develop due to various physical diseases such as goiter, hepatitis, kidney failure, vitamin deficiencies, stroke, Parkinson's disease, and from other psychiatric diseases (dementia, anxiety disorder, panic attacks, etc.). At the same time, depression can be seen as a secondary psychological disease during the course of physical disorders of the type mentioned above during some situations. There are many things we can count as causes of depression. Especially when people in the society are asked about what causes depression, trauma is usually answered. Likewise, this applies to people who are interested in psychology or those who do it as a profession. Of course, people who do this as a profession do not only respond to trauma. In addition, they know that a physical illness can be very effective. According to the aforementioned depression; It is associated with goiter, hepatitis, kidney failure, vitamin deficiencies, stroke, Parkinson's and chronic Crohn's disease, which is closely related to the digestive system. In addition to disrupting people's physical health, these diseases can also begin to disrupt their mental health psychologically. For this reason, necessary precautions should be taken by the doctor in order to prevent the emergence of depression due to the effects of these physical diseases and others, and the individual should not be immersed in negative thoughts and worries. The doctor, who is a psychiatrist, may order blood tests, imaging tests such as MRI and CT, if necessary, from people who have been diagnosed with the disease, in order to clarify the above details.

b.) Obsessive – Compulsive Disorder



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Obsessive-Compulsive Disorder is an anxiety disorder in which individuals need to repeat an activity that they have done on the same day or sometimes at the same time, and have unwanted thoughts, ideas and sensations (obsessions).

Obsessive-Compulsive Disorder is also abbreviated as OCD. OCD mental disorder is a mental disorder that usually occurs due to trauma or constant exposure to negative thoughts. For this reason, if a person is constantly exposed to negative statements, especially from a depressed person, he may become an OCD patient.

It can also be said that this disease is a type of mental disorder that affects the social life of a person negatively, even with daily simple tasks such as washing hands, checking every job and cleaning, and even causes individuals to feel unhappy while performing these behaviors. Many individuals with an OCD mental disorder know or suspect that their obsession with the illness is not true; some people with OCD can believe that these doubts are true. Others, although they know that these obsessions are not true, they control it upon the command of the brain. However, even if they know that these obsessive behaviors are not true, people with OCD have a very difficult time keeping their focus away from obsessions or stopping such compulsive actions. Doing this may sometimes seem impossible for patients with OCD mental disorders, and sometimes it can cause a feeling of torture. In fact, the reason why it is likened to torture is the application of pressure against one's brain. It is very difficult for the person to stand upright and strong against his inner voice, such as "You may not have done the behavior X, therefore, control the behavior X", "What if you did not do the behavior X, I think, control it". However, what needs to be done in order to improve the OCD mental disorder in the individual is to try to stand up to these obsessive behaviors and to try to resist the commands given by the brain about controlling by giving self-suggestions. Cognitive and behavioral treatments and drug treatments are applied together for the treatment of the disease. By acknowledging that they have OCD and learning to cope with it, patients can improve treatment progress.

People with chronic Crohn's disease, who have unhealthy digestive systems due to this reason, and who constantly have problems with their digestive systems, begin to have conditions that we can call OCD mental disorder and many other mental disorders or diseases. Especially if we talk about OCD mental disorder, there are some health-related conditions in the person in general. The person may constantly find himself in triggering behaviors in order to regain his old health and be happy. In other words, chronic Crohn's digestive system disease in the



individual may cause the individual to feel the need to protect himself in all kinds of health-related situations, and in addition to this situation, it causes him to think that he may reach worse health problems. The person may have attachments that may increase with each minute as time passes. In other words, he constantly thinks that there are situations that threaten his health or people who threaten his health. If the individual has thoughts such as "What if this happens to me", "What if my health is in great danger", "What if I am not clean enough and this causes my chronic crohn's disease to get worse", his/her OCD It could be a sign that you have a mental disorder. If the individual is not aware that this OCD mental disorder is bad and can get worse if he does not receive treatment, it will cause great problems for the person.

c.) Social Phobia

Social phobia is known as the name given to a type of anxiety disorder that manifests itself in events that occur in the daily life of individuals and include the interaction between the individual and other people. The main source of mental disorder, called social phobia, is that individuals feel that they will be despised and negatively received by the people they have in their social environment, regardless of whether there is a specific reason or not, and this situation affects their life in a great way, in all areas of their lives. Another name for this disease is social anxiety disorder. This name (Social Anxiety Disorder) is a more well-known name compared to the name social phobia. This anxiety disorder, called social anxiety disorder or social phobia, is a type of anxiety disorder that is frequently seen as a very common mental disorder in almost all world societies. Social phobia (Social Anxiety Disorder) negatively affects the relationships of individuals with people to such an extent that they can get away from their lives, and in addition, it causes individuals to have difficulties in establishing individual relationships with other people. This social anxiety disorder (social phobia), which generally emerges in childhood or adolescence, is mostly due to traumas or bullying. This situation, which happens quite often to people who are children or in the beginning of adolescence, can cause mental disorders such as social phobia (social anxiety disorder). Common emotional symptoms of social anxiety disorder include fear, excessive sweating, tachycardia, irritability and anxiety, and many more. The diagnosis of social phobia can be made quite easily with social phobia tests compared to many other mental illnesses. For the



treatment of the disease, psychotherapy and if necessary, treatment is provided by taking help with various drugs.

If an individual has a disease that affects their physical appearance or chronically separates them from society, they may fear that others will judge them. Especially if the person is in youth, at the beginning of youth or childhood, this situation can have quite traumatic effects on the person. People with chronic crohn's digestive system can be affected psychologically because they feel different from other people in the society in some cases, in a negative way. In other words, chronic crohn's disease may have psychological disorders such as this and similar social phobia or social anxiety disorder.

d.) Post Traumatic Stress Disorder

Horrible and dangerous situations that have endangered an individual's life in the past, threatened or may still pose a threat to an individual's safety are defined as trauma on psychology. Traffic accidents that have been severely and resulted in serious injury or death, natural disasters that have damaged the individual or the people he loves, or simply the other people in the society, deadly diseases in the individual or someone around the individual, wars and more. Elements that can endanger the lives of many people are called traumatic events and are exemplified. When we come to the subject of post-traumatic stress disorder psychological disorder, this and similar ones (traffic accidents with severe injuries or deaths as a result, natural disasters that have damaged the individual or the people whom the individual loves, or simply put, other people in the society) It is a mental illness that can occur in individuals after traumatic situations, such as fatal diseases, wars, or traumatic situations in the individual or someone around the individual. post-stress disorder mental illness. The most common symptoms in individuals are the feeling that the traumatic event can be experienced again and again and the feeling of being under threat. Treatment of post-traumatic stress disorder is mostly a successful procedure with psychotherapy. If the mental health doctor deems it necessary while continuing the psychotherapy process and practice may also prescribe various antidepressant drugs to patients suffering from post-traumatic stress disorder. The success rate of antidepressant drug treatment combined with psychotherapy is quite high.



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