Association of polymorphism rs2278749 gene arntl with some components of affective disorders and sleep disturbances in male population 25-44 years in Russia / Siberia

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Objective: to study the association of polymorphism rs2278749 gene ARNTL with some components of affective disorders and sleep disorders in the male population 25-44 years in Russia / Siberia (Novosibirsk).

Materials and methods: In 2014-2016 GG It surveyed a random representative sample of the male population 25-44 years, one of the districts of Novosibirsk. Randomly selected 200 men had a mean age of 35.5 years, who underwent psychosocial testing. Testing conducted by questionnaire "4-item Jenkins Sleep Questionnaire". Test anxiety and depression conducted modified questionnaires of the Welsh Depression subscale of the MMPI and Bendig Anxiety subscale of the MMPI, the study of the life of exhaustion conducted questionnaires The Maastricht Questionnaire (MQ). Questionnaire "Knowledge and attitude towards their health" was also proposed. The men included in the study, studied the frequency distribution of genotypes of rs2278749 ARNTL gene. Differences in the frequency distribution of genotypes of rs2278749 ARNTL gene were evaluated by Chi square (X2) test between groups. The values of p ≤ 0.05 were considered statistically significant.

Results: It was found that the most common genotype rs2278749 ARNTL gene was homozygous C / C genotype - 74.9%, C / T genotype was at - 22.3%, 2.8% - genotype T / T. It was revealed that carriers of the genotype C / T more likely to experience serious conflicts in the family, more experienced their frustration, they often have disturbing dreams, and they wake up tired and exhausted, in addition, they often met the high level of the life of exhaustion, and they soon became frustrated . Carriers of genotype T / T often took the trouble "to heart" and were more punctual. On the other hand, the carriers C / C genotype were more hostile, were inclined not to trust anyone, almost "never" accept negative situations "close to the heart" and much less experienced disturbing dreams.

Conclusions: determined that the genotype C / T ARNTL gene associated with sleep disorders in the Siberian population.

Biography