



skin biopsy. Electron microscopy reveals specific granular osmiophilic inclusions among degenerated smooth muscle cells of dermal arterioles walls. Composition of osmiophilic granular inclusions is unknown; it is assumed that the Notch3 protein is one of its components. The described pathomorphological signs appear early and may be determined by biopsy before the patient's age of 20. Electron microscopy has high specificity but has low sensitivity, so the authors recommend repeated biopsies from different areas of the body. Minimal asymptomatic specific changes are defined in the medium and small arteries and veins in almost all organs as well as aorta. Histological studies indicate that the wall of leptomeningeal and penetrating cerebral arteries is considerably thickened, largely due to the accumulation of extracellular matrix proteins including the various types of collagen and laminin. The presence of granular inclusions distinguishes this disease from other vasculopathies.

Conclusions. Thus, according to the proposed diagnostic criteria the CADASIL diagnosis includes an analysis of family history (although a cases of mutations *de novo* were described) and base symptomatic followed by genetic testing, electron microscopy and/or immunohistochemistry of skin or muscle tissue biopsies, brain MRI. Many questions of diagnostics remain open due to obvious deficiency of theoretical and clinical knowledge in this area. Further study of CADASIL syndrome pathogenesis will significantly facilitate the diagnosis and treatment of this disease.

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EFFECTIVENESS OF ART THERAPY IN TREATMENT OF PATIENTS WITH DEPRESSIVE RECURRENT DISORDER

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Introduction: Recurrent depression disorder (RDD) is a common disease that occurs in 15-25% of women and 12.6% men.

Aim: Evaluating the effectiveness of art therapy in the treatment of patients with depressive recurrent disorder.

Material and methods: The study involved 150 patients of both genders (87 women, 63 men) aged 18 to 55 years old RDD with current mild depressive episode (90 patients); recurrent episodes of moderate severity (45 patients) and current severe episode without psychotic symptoms (15 patients). Patients were randomized into 2 groups: group study №1 (GR 1) and study group 2 (GR 2). Research Group №1 received standard therapy (100 patients), while the study group №2 (50 patients) received art therapy in a complex standard treatment. Methods: 1- clinico-psychopathological; 2- psychodiagnostic questionnaire MMPI; 3- psychometric method using clinical scales of anxiety and Hamilton Depression (HDRS) and the scale of determining the level of anhedonia (SHARPS). We have used several types of drawing techniques: drawing on free topics; drawing technique "My illness"; drawing by the method of "Mandala"; the techniques of "Five Senses"; "Creating stories in Pictures" and "Daubster pictures."

Results: The study revealed that 70% of patients had reduced level of anxiety; 75% of patients showed improvement in mood between sessions; 77% of patients improved self-esteem, 80% of patients had stable remission; 68% - had a positive outlook for the future; 65% - decreased levels of anhedonia and 80% of them marked regression of depressive symptoms.