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PSYCHO-EMOTIONAL DISORDERS IN DISPLACED RESIDENTS FROM ATO ZONE

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Actuality: As far as is known the spectrum of potential mental disorders connected with their experience of life-threatening situations is rather big. For rendering of psychological and psychiatric help to people and displaced residents from ATO (anti-terrorist operation) zone an important thing is knowledge about consequences of armed hostilities on the state of mental health that is an actuality of this investigation.

The aim: To study developmental peculiarities of psycho-emotional disorders in individuals of the displaced residents from ATO zone.

Materials and methods: With the help of clinical and psycho-diagnostic (Hamilton Depression Rating Scale, State-Trait Anxiety Inventory, life quality scale) methods, 30 persons (15 men and 15 women) were investigated.

Results: Principal pathopsychological syndromes diagnosed in the persons of displaced residents from ATO zone: astheno-depressive (75.9 %), astheno-distressing (82.5 %), astheno-phobic (13.2 %), astheno-hypochondriacal (3.3%).

Results of the psycho-diagnostic investigations showed up that in men the indices of a reactive alarm (average score – 37.7 ± 3.0) were higher than the indices of a trait anxiety (average score – 32.6 ± 2.9). In women the indices of a trait anxiety (average score – 38.6 ± 2.9) were higher than the indices of a reactive alarm (average score – 34.7 ± 3.0). An average score on the Hamilton Anxiety Rating Scale in men: 17.0 ± 2.3 points, in women: 18.0 ± 2.3 points. On the life quality scale, investigation of the individuals did not reveal any substantial differences among men and women. In the lowest level the scales were evaluated as follows: 'Psychoemotional State', 'Interpersonal Interaction' and 'Overall Comprehension of the Life Quality'. Also, under the terms of the informed consent of the parents, we conducted a survey of 10 refugee children under the age of 9 years, who, together with his parents moved to Kharkov from ATO zone. There have been several major clinical and psychopathological symptom: a dominance asthenia (54%); anxiety and phobic

symptoms (26%); behavioral disorders (20%).

Conclusions: Therefore in the majority of people having left ATO zone one can observe

psychoemotional disorders of various expression grades which need further correction in conditions of specialized medical institutions.

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EFFECT OF POST-ISOMETRIC THERAPY ON PATIENT WITH TENSION HEADACHE

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Actuality: Tension headache is the most common type of headache. Tension produce pain in the neck and shoulder resulting in constriction of the blood vessels and blood circulation resulting in headache. Stress guilt fear and anger, depression, and rage are all contributing factors of tension headache. Beside pharmacological treatment, another techniques can be applied, post isometric relaxation (PIR), which is a massage therapy directed toward the exact points and tension in particular muscles.

The aim: Prove the effect of post-isometric relaxation therapy in relieving of tension headache in young people.

Materials and methods: ten participants (6 females, 4 males) were taught the method of PIR by a special therapist, and asked to apply it daily and at the moment of attack

of tension headache, for one month. PIR technique is based on loosening up and activated the tensed muscles (muscles of head and neck facial muscles SCM muscle), begins by placing the muscle in stretch position then an isometric contraction is exerted against a minimal resistance, a gentle stretch follow as muscle release. All the patients were taught to do the same exercises in the same range.

Results: 8 participants applied the exercises on daily basis in which seven of them declared a decrease in frequency of tension headaches attacks after three weeks, nine patients said they had an instant relief of pain when exerting the exercises at the moment of attack.

Conclusions: PIR is very beneficial technique, which can be easily done at home or under the supervision of therapist,