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**Conclusions:** The results of the current study supported age and sex differences in memory and symptoms and an interaction between age and sex on postural stability after concussion that warrant consideration from clinicians and researchers when

interpreting symptoms, specific components of NCT, and postural stability tests. Future research should develop and assess interventions tailored to age and sex differences and include younger (<14 years) participants.

**Olaniyan Mercy**

**THE USE OF MUSIC THERAPY IN THE TREATMENT OF ANXIETY AND DEPRESSIVE DISORDERS IN PREGNANT WOMEN**

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**Actuality:** Currently, most scientists hold the view that women during pregnancy are at increased risk of developing mental disturbances, and the most commonly found are anxiety and depressive disorder due to hormone changes that affect the chemicals in the brain. The limited use of pharmacological treatments for affective disorders in women during gestation determines the need to consider psychotherapy as the main method among which the least studied is the therapeutic effect of music.

**The aim:** The purpose of our study is to evaluate the effectiveness of music therapy in the treatment of anxiety and depressive disorders in pregnant women.

**Material and methods:** Clinical-psychopathological, psychodiagnostical (Hamilton Depression and Anxiety Scale, «Quality of life index») and methods of statistical analysis were used. In the research, 25 pregnant women were inspected aged between 20 and 32 years. Gestational age ranged from 22 to 32 weeks.

**Results:** In 56% of the examined women were observed affective disorders of mild and moderate severity in the form of depressed mood, anxiety, fear, irritability, decreased mental and physical activity. According to the Hamilton scale, anxiety disorders were diagnosed in 44.0% of pregnant women. Most of them (63.6%) were characterized by mild degree of anxiety, 36.4% - moderate



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and severe. In 24.0% of women depressive disorders of mild and moderate degree were identified. In the analysis of the profile of the quality of life, the following attract attention: the significant decline of indicators on the scale of «Interpersonal interaction» ( $5.35 \pm 0.55$ ), «Psychological and emotional well-being» ( $5.45 \pm 0.2$ ), «Physical health» ( $6.05 \pm 0.25$ ).

In order to determine the efficacy of music therapy in treatment of emotional disorders in pregnant, 2 groups were allocated: the first - consisted of 8 patients, who received complex treatment with music therapy, second group - women, who were treated with standard therapy (6 people). Music - therapy sessions were conducted in groups of 8 people lasting 60 minutes with a frequency of 3 times per week for 2 months.

As a result of complex therapy with the use of music therapy, in 71.44%

of pregnant women in the first group was noted normalization of anxiety and depression. In 21.42% cases affective disturbances decreased to subclinical stage. In 7.14% of women - positive dynamics, but indicators remained at high level. The profile of the quality of life was characterized by greater uniformity of assessments of different aspects of life. The study identified significantly larger increases in these indicators in the main group than the control ( $p < 0.01$ ).

**Conclusions:** The use of music therapy in complex treatment of anxiety and depressive disorders in pregnant women is an effective psychotherapeutic tool aimed to normalize the emotional and psychological state of women, improving their adaptive capacity, quality of life and it plays an important role in preparing for successful delivery.

**Olefir O.S.**

## **COMPUTER ADDICTION AS A FACTOR OF PROVOKE SITUATIONAL ANXIETY INCREASING**

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The term "computer addiction" defines a pathological addiction person to work or spending time at the computer. This term is still not recognized by many scientists

concerned with mental disorders, but the phenomenon of formation of pathological human-computer communication was evident and becoming more razmah. Situativnaya