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ABSTRACT  
BOOK





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The study group included 35 students (21 girls and 14 boys) aged 21 to 23 years. All students were evaluated for vegetative tone status (Kerdo index), signs of autonomic dysfunction (questionnaire by Wein A.M.), presence and severity of insomnia (Bergen scale of insomnia, Epworth drowsiness score).

**Results.** The conducted research showed that 26 students (74,3% of cases) have certain variants of sleep disorders. Moreover, there were some gender differences: in girls this percentage was 85.7%, while among young men only 57.1%. Episodic insomnia was disturbed by 16 students (61.5%), short-term - 8 students (30.7%), chronic insomnia was 2 students (7.7%). Among the main reasons that caused sleep disturbance, students pointed out: emotional experiences (42.3%), strong external noise - 23.1%, uncomfortable posture - 19.2%, a violation of sleep mode (night duty, preparation for classes) - 15.4%. The difficulty with falling asleep was felt by 18 students (69.2%), the lack of sleep duration was noted - 10 students (38.5%), 8 students (30.8%) complained of an early awakening with the subsequent inability to fall asleep again and 7 students (29, 2%) noted daytime drowsiness. According to a questionnaire by Wayne A.M. (1998) out of 26 students suffering from insomnia, 24 students (92.3%) had manifestations of autonomic dysfunction of varying severity: 5 (20.8%) students had mild severity (16-19 points), 17 (70, 8%) – moderate severity (20-24 points) and 2 students (8.3%) were severe (more than 25 points). According to the Kerdo index, 15 students (57.7%) had a predominance of sympathetic influence, 9 students (34.6%) - parasympathetic, and 2 students had the Kerdo index 1.0, indicating a functional equilibrium of vegetative tone. Among students with sympathetic disease, there were significant difficulties with falling asleep, and among the causes that caused them - stressful situations, while in parasympathicotonics dominated daytime sleepiness and insufficient sleep duration, and among reasons - a violation of sleep mode.

**Conclusion.** The conducted research showed that students with a predominance of the sympathetic department of autonomic nervous system often have a sleep disorder at the initiation stage, and with the predominance of parasympathetic effects - the duration of night sleep is disturbed with subsequent daytime sleep.

*Gritsenko A.*

## **CHARACTERISTICS OF A CHILD'S PSYCHOLOGICAL STATE DEPENDING ON THE FAMILY ONE IS BROUGHT UP**

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**Introduction.** Nowadays most people hide their true feelings, emotions, intentions, etc., because they can not express them, they are afraid to seem weak, to be betrayed. This is especially true for school-age children, and even more adolescents. Especially this period of life is important in a personality



formation. In this period priorities, "idols" and circles of communication change. Children are deprived of their parents, instead they are getting closer to their peers, but the relationships in the family for the rest of the life are "dug up" on the child.

Goal. To study the psychological and social status of children (adolescents) from different families.

**Materials and methods.** To assess the psychological state of children, one of the types of art therapy was used - isotherapy (the method helps in the development of creative abilities, the understanding of their own feelings and experiences, and gives resolving to internal conflicts and increases self-esteem). The study involved 12 children from problem families (under the control of social services) (5 boys and 7 girls), and 13 children from ordinary families (6 boys and 7 girls). The children performed individual and group projective drawings. The research was carried out on the basis of the municipal health care institution "Regional Multidisciplinary Children's Sanatorium" and the municipal institution "Kharkiv School of Secondary Degrees No. 135 named after the Hero of the Soviet Union, KF Olshansky".

**Results.** During the study, 27 pictures (25 individual and 2 group) were received. The evaluation of the work was carried out according to the following criteria: plot, color, size and pressure of the drawing.

Colour. In the pictures of children from problem families the red and black colours dominated, that means irritation, tension, conflict, the presence of difficult experiences. Instead, in the works of children from ordinary families, children prefer yellow and green - reliability, calm, good and positive mood. 13 children (9 children - a problem family, 4 - ordinary family) - red and black drawings, 12 children (9 children - ordinary family, 3 - problem families).

The size of the pictures of children from problem families represented the uncertainty of their authors, that was evidenced by the small size of the image. There were works the image on went beyond the boundaries of the sheet - the author's inclination to ill-considered decisions and the lack of self-control. The work of children from ordinary families had a relative proportionality and caused no imbalance in the picture.

Onslaught - if in the previous paragraphs children from troubled families drew attention to some redundancy or imbalance in the drawings, then in this paragraph, on the contrary. The onslaught of most pictures (8 children) was very weak, indicating apathy, mood swings and asthenia. There was also work with a strong and ordinary pressure. In the drawings, children from ordinary families had only ordinary (10 children) and strong (3 children) onslaught. However, only some parts of the work were drawn with force. This shows that this part of the picture in real life causes the child high tension. Collective drawings also had sharp differences. An ordinary family –a positive story, a problem family - a negative one. I would like to draw your attention to the fact that the puppets were performed by the whole group (each participant dusted one detail) in a circle. The beginning of the two works





was equally optimistic, but at one point the drawing of children from troubled families began to fade, the plot was gaining negative turns and attempts by the presenter to save the drawing were useless.

**Conclusion.** The psychological state of children differed according to the family they live in, so children from ordinary families were emotionally open and expressed friendly relations with others, telling about their drawing pointing to life situations from their own experience. Instead, children from problematic families portrayed the general picture, and in the story depicted in the drawing based on the plot of the movie or cartoon (the lack or unwillingness to open events from their own lives), the children were in psychological stress.

*Gorbatovskaya D.S.*

## **TREATMENT OF PATIENTS WITH ANOREXIA NERVOSA BY USING THE METHOD OF BIOACOUSTIC CORRECTION**

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**Introduction.** Nutrition disorders appear most common among adolescents and young girls. In Ukraine 5% of people suffer from anorexia, mostly girls. Modern culture imposes a certain image of the "ideal" body and destructive habits, which influence increasingly the impressive number of people. It is well known that the treatment of anorexia is considered to be a very difficult task, since full recovery occurs only in half of the patients. Therefore, we decided to turn to "non-standard" methods of treatment of anorexia such as bioacoustic correction (BAC). Aim: to study the effectiveness of BAC influence on patients with anorexia nervosa. The goal of this study is to use BAC as an additional method of treating patients with anorexia nervosa to increase appetite, combat depression and low self-esteem.

**Materials and methods.** Following the set goal and tasks, 40 girls with anorexia nervosa have been examined. Evaluation of the results of the influence of BAC was aimed at studying the degree of self-confidence and the level of depressive state of patients. All participants underwent the Rathus Test for Self-Esteem (Rathus Assertiveness Schedule) and were tested by self-assessment scale before and after completing 3 courses of BAC (1 course = 10 sessions of 20 minutes) to compare the initial and final results.

**Results.** We assessed self-esteem using the Rathus Test. Analysis of BAC influence has showed an increase in the level of self-esteem by 79%. The level of depression was studied by self-assessment scale and it has showed 67% decrease in the level of depression in comparison with the initial results.

**Conclusion.** The BAC method has influenced positively the state of girls suffering from anorexia nervosa. This additional stage helped to increase self-esteem of participants, gain self-confidence,