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ABSTRACT
BOOK





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Conclusion. In conclusion we should note the presence of AD with depressive mood among foreign students. For prevention of them, it is possible to develop the following measures: supporting work among students from the university and contact establishments, support for open student's organizations, involvement in sports organizations, support for hobbies, active leisure time (competitions, contests, parties) and student's researches.

Leshchyna I.

PSYCHOPREVENTION NONPSYCHOTIC MENTAL DISORDERS IN PREGNANT WOMEN

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Introduction. The high prevalence of nonpsychotic mental disorders in women during pregnancy determine the relevance of studying, developing and implementing methods of psychoprevention. Art therapy has a significant prevention potential in working with patients with nonpsychotic mental disorders. The use of art therapy in psychoprevention programs helps pregnant women utilize various verbal and non-verbal forms of creative activity. This improves a stress resistance, a social and personal level of adaptation in condition of significant changing of their life.

Materials and methods. The purpose of our study was to evaluate the effectiveness of art-therapy in the psychoprevention nonpsychotic mental disorders in pregnant women. Material and methods: The clinical-anamnestic, clinical-psychopathological and psychodiagnostical research methods were used. Tools used were The Hamilton Depression Rating Scale (HDRS), The Hamilton Anxiety Rating Scale (HARS), Symptom-Checklist, SCL-90-R, Quality of life index by Mezzich J.E., Cohen N. et al., 1999. During the research, 64 pregnant women were examined. The average age of women was $26,12 \pm 8,06$ years. Gestational age ranged from 22 to 32 weeks.

Results. The nonpsychotic mental disorders were observed in 43% of the examined women. In the structure of mental pathology are dominated by neurotic, stress-related and somatoform disorders in the form of adjustment disorder, anxiety disorders, somatoform disorders, neurasthenia. Anxiety, irritability, depressed mood, fear, decreased mental and physical activity, autonomic dysfunction were the main symptoms in pregnant women with nonpsychotic mental disorders. The average anxiety score on the HARS scale was $16,34 \pm 3,55$ points, which corresponds to a moderate anxiety. The average estimation of depression on the scale HDRS was $12,69 \pm 2,76$ points, which corresponds to mild degree of depression. According to SCL-90-R, in pregnant women were identified high level of mental distress (GSI – $0,78 \pm 0,69$, PSDI – $1,54 \pm 0,46$). The analysis of the profile of the quality of life demonstrate a more significantly decline general perception of the quality of life in pregnant



women with nonpsychotic mental disorders than mental health women ($p < 0,01$). In the second step of our research, we use the art-therapy as the type of psychological support among pregnant woman. It was a group art therapy with a thematic approach. Art-therapy sessions were conducted in groups of 10-14 people. Each session was 60 minutes long and sessions were conducted twice a week. Art-therapy using the methods of drawing, sculpting, collaging, and elements of music therapy. As a result, of application of art therapy in the scheme of measures aimed at prevention of mental disorders among pregnant woman demonstrate significant declining prevalence of nonpsychotic mental disorders and improving indicators of the quality of life in pregnant women.

Conclusion. The use of art-therapy as the component of the psychological support pregnant women is effective in prevention nonpsychotic mental disorders. Art-therapy promotes to normalize the emotional and psychological state of women, improving their stress resistance, quality of life and it determines an effectiveness of preparing for successful delivery.

Likha V.

THE FEATURES OF EATING DISORDERS IN YOUNG WOMEN

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Introduction. Nervous anorexia is a nutritional disorder characterized by limits in food in order to reduce weight and / or to prevent an overweight set. Often this disorder occurs in young girls. Anorexia is a dangerous disease that has become widespread in recent years, especially in European countries, where there are 4 new cases per 100,000 people. This is due to a change in the criteria for assessing women's beauty and body and the popularization of fragile physique. Mortality from this disease reaches 5 - 10%.

Materials and methods. 17 women aged 20.2 ± 2.1 years were interviewed. The study was conducted on the base of 11 psychiatric department for adults (the Department of Crisis and Boundary States) KhRCPH № 3. In the resource were used "Scale for Evaluating Eating Behavior"; "Questionnaire of the image of his own body", test "Attitude to eating" (EAT-26). Also, BMI (Body Mass Index) was calculated by Ketley.

Results. As a result of the study, the following data were obtained: according to the assessment of the dietary habits, the desire for cattle was detected in 88.2%, self-body dissatisfaction was 94.1%, perfexionism - 76.5%, distrust in interpersonal relationships - 64.7% . "The questionnaire of the image of his own body" illustraited dissatisfaction with own body was found in 88.2% of patients. In all patients on the scale of EAT-26 were found serious psychological problems with the attitude to eating.