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SZTUKA MYŚLI NAUKOWEJ

KOLEKCJA PRAC NAUKOWYCH

Z MATERIAŁAMI MIĘDZYNARODOWEJ NAUKOWO-PRAKTYCZNEJ KONFERENCJI

WIELOKIERUNKOWOSC JAKO GWARANCJA POSTĘPU NAUKOWEGO

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SOCIAL STRESS FACTORS AS A TRIGGER FOR THE DEVELOPMENT OF ANXIETY AND DEPRESSIVE DISORDERS

Iryna Strelnikova

Associate Professor

Kharkiv National Medical University

UKRAINE

Relevance. The continuing difficult social situation in modern Ukrainian society is one of the triggers for the emergence of nonpsychotic forms of mental pathology among all age groups of the population, which is confirmed by official medical statistics. These disorders are especially pronounced among people forcibly displaced from the war zone, for whom the psychological stress and difficulties associated with adapting to new living conditions (place of residence, work, social relations) remain one of the main internal barriers to adaptation to peaceful life.

In this situation, the existing stress disorders (associated with the war, loss of property, etc.) are combined with new ones related to the lack of financial and social security, constant receiving negative information from telecommunications and social networks, and the uncertainty of the future. These individuals are faced with everyday and professional problems, changes in life guidelines and stereotypes, difficulties in communication, problems with education, communication in the family and a changed social environment.

The above-mentioned determines the relevance of this study, the purpose of which was to study the structure and patterns of the formation of anxiety-depressive disorders in forcibly displaced persons from the zone of military actions.

Materials and methods. The object of the study was 106 persons of both genders, migrants from the war zone and living in a peaceful territory for at least 4

years, the age of the examined people was 36-56 years. To solve the tasks, the following research methods were used: clinical and anamnestic, clinical-psychopathological, psychodiagnostic (the Spilberger-Hanin Reactive Anxiety Scale, Zung Anxiety Self-Assessment Scale, Hamilton Hospital Anxiety and Depression Scale, Psychopathological symptomatology severity questionnaire (Symptom Check List-90-Revised - SLC-90-R)), methods of mathematical statistics.

Results and discussions. Psychosocial risk factors that contribute to the development of anxiety-depressive disorders in people displaced from the zone of military actions have been identified. One of the most significant factors is mental deprivation and continued social maladaptation due to dissatisfaction with the changing living conditions.

According to a clinical and psychopathological study of these individuals, mental disorders such as depression, decreased mood, anhedonia, increased anxiety, a tendency to unmotivated fears, and low self-esteem are most characteristic. Sometimes fears of these examined people become more specific: the fear of loneliness, impending danger, death, etc. In some cases, the feeling of impending danger can be significantly expressed and be accompanied by heart palpitations, shortness of breath, sweating, cold extremities, impaired perception of one's own body. In some of the examined, hypochondriacal experiences and senestopathic disorders were noticed. Against this background, increased attention to the functions of his body is developed and accompanied by an incorrect interpretation of the sensations that have arisen.

Conclusions. In the formation of anxiety-depressive disorders in the studied population, the tendency to affective behavior disorders, persistent emotional disturbances, and disorders of the autonomic nervous system, caused by protective psychological mechanisms determined by protracted adaptation to changing environmental conditions, are characteristic.

Based on the data of a clinical examination of people displaced from the zone of military actions, a widespread prevalence of mental disorders of the non-psychotic register was revealed, in the clinical structure of which anxiety-depressive disorders take the leading place.

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