

PREVENTION OF DEPRESSION DEVELOPMENT IN CONTINUING SELF-ISOLATION BY PSYCHOHYGIENIC METHODS

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Introduction. The coronavirus pandemic that has covered the country and the world, the declared self-isolation regime has rapidly changed our lives, turned our usual way of life, and it is not surprising that many people are currently experiencing real psychological stress. The fact that the regime of self-isolation is declared for an indefinite time, destabilizes people psychologically. At the beginning of quarantine, many people made plans to effectively spend time in self-isolation -learning foreign languages, taking online courses to improve their skills as a specialist, mastering new hobbies, etc. But after a while they found that they simply did not have the energy to do anything other than routine daily duties, they were seized by a state of apathy. Due to this, the psychological stress associated with the fear of the spread of COVID-19 is aggravated by a sense of guilt for not fulfilling even the minimum intended.

Aim. To study psychological state of students of high medical school in conditions with the aim to establish prenosological signs of such states as depression during the current pandemia.

Materials and methods. We conducted a study of students' psychological state using a self-developed questionnaire. 102 medical students in self-isolation mode participated in the survey.

Results and discussion. It is known that fatigue can have both physical and non-physical causes. And the feeling of fatigue that most people experience when under conditions of forced isolation is most likely due to psychological stress due to COVID-19, and not physical. Studies have shown that fatigue can be caused by psychological conditions such as stress, anxiety, monotony and attempts to cope with psychological stress.

According to our studies, 50.6% of students felt apathetic, depressed due to the fact that their usual way of life was disturbed. 54.4% of respondents said that they became more irritable. 46.8% complained of sleep disturbance, 44.3%

reported loss of appetite. All these data indicate that about half of the students surveyed are under stress due to dramatic changes in their lifestyle due to forced self-isolation. But this is a normal state at the stage of adaptation, which usually lasts several weeks. To avoid feelings of apathy and feeling depressed and unmotivated, it is important to create a clear structure of the day. Structuring allows you to gain some control over our lives. As a measure of psycho-prophylaxis of the development of depression, the technique of filling-in a reflective journal can be used also. A person writes down his thoughts and feelings daily. Then, looking through the records, it is necessary to fix the progress and make sure that adaptive changes occur, that is, the process of reforming continues.

Conclusions. Full functional adaptation to a new lifestyle usually occurs after three months. Using the techniques of psycho-prophylaxis, it is possible to make its course more psychologically comfortable and reduce the level of stress on the emotional and mental sphere.