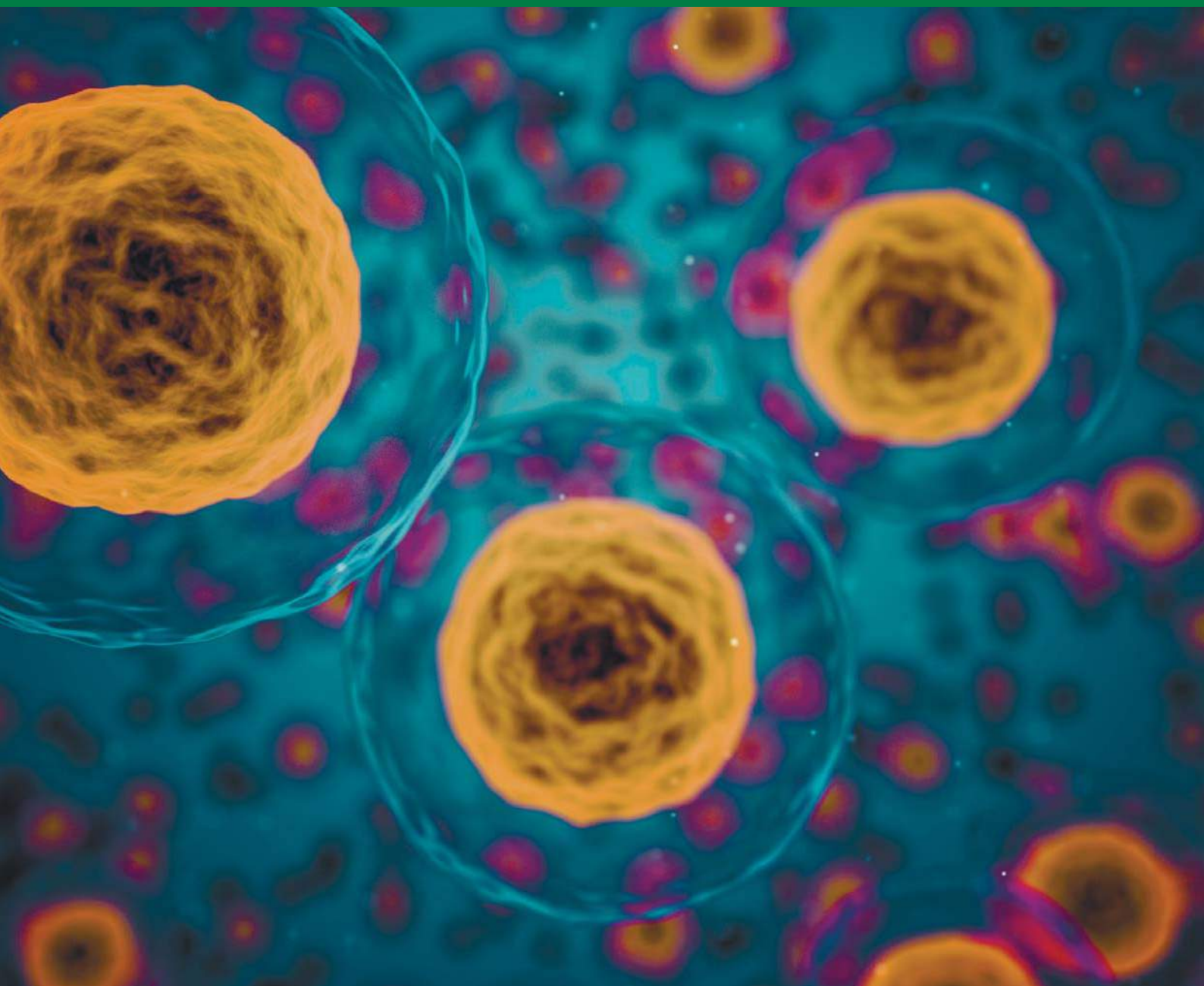
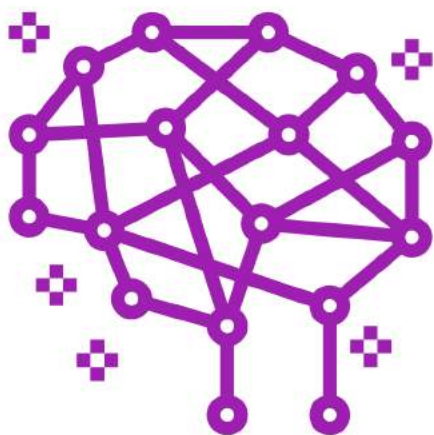


Kharkiv National Medical University

# INTERNATIONAL SCIENTIFIC INTERDISCIPLINARY CONFERENCE ISIC - 2021



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was finally diagnosed with ALS syndrome. Treatment included Borizol. The recommended dosage was 50mg (10 mL) taken orally, twice daily, every 12 hours. Also, 1 hour before or 2 hours after a meal. However, the treatment was ineffective and she died after 2 years due to respiratory failure.

*Zelenska Kateryna, Tolstaia Tetiana*

## **THE IMPORTANCE OF PSYCHOTHERAPY IN THE COMPLEX TREATMENT OF ANXIETY DISORDERS IN INTERNALLY DISPLACED PERSONS**

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**Relevance:** Psychological adaptation of internally displaced persons (IDPs) and treatment of anxiety disorders is impossible without consistent study of the patterns of such conditions in the study group, identification of risk factors and anti-risk of these disorders, their clinical features, and without excluding the development of effective treatment and rehabilitation.

**Objective:** to determine the effectiveness of psychotherapy for anxiety disorders in IDPs.

**Materials and methods:** on the basis of Kharkiv Regional Clinical Psychiatric Hospital № 3 and SI "Institute of Neurology, Psychiatry and Addictions of the Academy of Medical Sciences of Ukraine" conducted a comprehensive survey in accordance with the principles of bioethics and deontology 150 patients with anxiety disorders, both sexes, aged 20 - 55 years old. The main group consisted of 84 patients (44 women and 40 men) who took part in the control psychotherapy program developed by us - 66 patients (34 women and 32 men) who received standard regulated therapy in the hospital. In our work we used psychodiagnostic techniques.

**Results.** On the background of the developed personalized psychotherapeutic program in patients of the main group was achieved a stable therapeutic effect (positive dynamics of anxiety symptoms, increased psychophysical activity) in 73.2% of patients.



In patients of the main group there was a significant decrease in anxiety and depression on the hospital scale 71.7% of patients, on the Hamilton scale 72.7% of patients; in patients of the control group, the dynamics of indicators on psychodiagnostic scales was insignificant.

Conclusions: on the background of regulated therapy in IDPs is much better compared to the control group, as we see the effectiveness of the developed model of psychotherapeutic and psycho-educational interventions has its result. Therefore, in the future we plan to actively use it in our work.





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