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«Actual problems of clinical and
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and severe. In 24.0% of women depressive disorders of mild and moderate degree were identified. In the analysis of the profile of the quality of life, the following attract attention: the significant decline of indicators on the scale of «Interpersonal interaction» (5.35 ± 0.55), «Psychological and emotional well-being» (5.45 ± 0.2), «Physical health» (6.05 ± 0.25).

In order to determine the efficacy of music therapy in treatment of emotional disorders in pregnant, 2 groups were allocated: the first - consisted of 8 patients, who received complex treatment with music therapy, second group - women, who were treated with standard therapy (6 people). Music - therapy sessions were conducted in groups of 8 people lasting 60 minutes with a frequency of 3 times per week for 2 months.

As a result of complex therapy with the use of music therapy, in 71.44%

of pregnant women in the first group was noted normalization of anxiety and depression. In 21.42% cases affective disturbances decreased to subclinical stage. In 7.14% of women - positive dynamics, but indicators remained at high level. The profile of the quality of life was characterized by greater uniformity of assessments of different aspects of life. The study identified significantly larger increases in these indicators in the main group than the control ($p < 0.01$).

Conclusions: The use of music therapy in complex treatment of anxiety and depressive disorders in pregnant women is an effective psychotherapeutic tool aimed to normalize the emotional and psychological state of women, improving their adaptive capacity, quality of life and it plays an important role in preparing for successful delivery.

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COMPUTER ADDICTION AS A FACTOR OF PROVOKE SITUATIONAL ANXIETY INCREASING

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The term "computer addiction" defines a pathological addiction person to work or spending time at the computer. This term is still not recognized by many scientists

concerned with mental disorders, but the phenomenon of formation of pathological human-computer communication was evident and becoming more razmah. Situativnaya



anxiety as a condition characterized by subjectively experienced emotions: stress, anxiety, concern, nervousness. This condition occurs as an emotional reaction to a stressful situation and may vary in intensity and dynamism. The second stage of the study, in which we prove the hypothesis that lightning technology development and implementation of them in our daily life has some negative mental health aspects.

To confirm this idea, we investigated the relationship between the presence of computer addiction and the level of situational anxiety in three age groups (Group 1 - Class 3 pupils, Group 2 - Class 8 students, Group 3 - 3rd year student of the Faculty II KhNMU.). For the study were used standard questionnaires Spielberger-Hanin and the Russian-language adaptation of the questionnaire Kimberly Young.

As a result of the study, we have the following results were found: in group №1 elevated levels of situational anxiety was observed in 5 children and computer addiction defined in 8, №2 in the group, these figures were 12 and 8, and in the group №3 - 8 and 5 respectively. In favor of solvency extended contact hypothesis is the fact that the mass fraction of the studied children and students with computer addiction among those who have been identified elevated levels of situational anxiety, Group №1,2,3 was 100%.

According to the research, the following conclusions:

1. The presence of a human computer addiction significantly increases the risk of increasing the level of situational anxiety, and thus leads to a decrease in its adaptive capabilities.
2. preventive measures to prevent computer addiction in children and adolescents within the family and the school should be carried out. Parents and teachers help children learn the real world. It is important that they are also taught children "safety rules" in the virtual world
3. The basic principle of easing and addiction treatment - replacement of: the formation of a full spiritual and intellectual life, live communication with parents and peers, attention and care, training on clubs and sports clubs, help with the work on the house.
4. It is necessary to develop a culture of dialogue with the computer. It is important to show the minor that using a computer is interesting to develop intellectually, to receive the necessary and useful information, engage in learning, etc.
5. The computer should be placed where it is more convenient to control the use of minors as well as to establish clear requirements for the use of computers and the Internet, and they always require strict compliance.
6. In order to preserve the health of the younger generation must be properly organize the workplace for the computer to constantly monitor



the posture, and regularly take breaks to rest and do physical

exercises.

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THE LEVEL OF SOCIAL MALADJUSTMENT AND ANXIETY OF MODERN STUDENTS IN DEPENDING ON LOCATION OF LEARNING

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Actuality: There is the highest risk of mental pathology manifestation in connection with a high level of load and stress in the student's age, which are important factors of emotional maladjustment.

The aim: To determine the level of students' mental health, to evaluate the level of anxiety and maladjustment, to compare the level of maladjustment in students of Kharkiv National Medical University (KhNMU) and Kharkiv National Automobile and Highway University (KhNAHU).

Materials and methods: 120 healthy students of KhNMU (40 students from 1st, 3rd and 4th courses) and 80 students KhNAHU (40 students from 1st and 3rd courses); the questionnaires, which consisted of three questionnaires: general questions, the questionnaire "Evaluation of occupational maladjustment" and the Hospital Anxiety and Depression Scale. All students were divided into five groups: Group 1 – 1st year KhNMU, 2 – 3rd year, 3 – 4th year, 4 – 1st year KhNAHU, 5 – 3rd year.

Results: Only 10% of the students, which were surveyed, are practically healthy. The rest of students have chronic diseases. Only 8% of the students had a chronic pathology at the time of admission to the University. The level of anxiety is generally medium in all groups, what reflects the effects on different stress factors. During the session, and before STEP-1 the level of anxiety is sharply higher (3rd year of KhNMU). A high level of anxiety have 42% of students, that indicate the emotional and behavioral symptoms of chronic stress. For 56% of first-year students is typical a medium level of maladjustment, which requires the assistance of specialists in carrying out rehabilitation. During training for STEP-1 decreases the quantity of students with a satisfactory adaptation. We can observe it in a low professional adaptation of students (62,5%) of the 3rd year of KhNMU. For the 4th year students a low level of maladjustment (80%) is typical. It is also note worthy that in none group of students KhNMU do not decrease the level of anxiety