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**INDIVIDUAL HYGIENE AS PREVENTION METHOD OF
DEPRESSIVE DISORDERS IN ADOLESCENTS**

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Introduction. The relevance of studying methods of prevention of non-psychotic depression in adolescents is due to the steady increase in the prevalence of this type of disorder. According to researchers, depressive changes in the psycho-emotional state occur in about 25% of adolescents. At the same time, late psychodiagnostic of depression is often noted. This significantly reduces the effectiveness of preventive measures. There are frequent cases when depressive and stress disorders are the basis of somatic disorders in children and adolescents.

The aim of the study was to identify the main methodological approaches that allow analyzing the psycho-hygienic methods of preventing depressive disorders in adolescents.

Prevention of depressive disorders in adolescents should be primarily aimed at eliminating stress factors that can lead to its development. At the same time, the state of the child's adaptive and compensatory mechanisms of regulation plays a significant role. The following personal hygiene methods can improve their work. Proper rest and adherence to sleep. For example, sleep hygiene includes the following provisions: restriction of playing computer games before bedtime, reducing mental stress, especially in the evening, moderate physical activity in the evening, but no later than 3 hours before bedtime, and others.

Regular physical activity allows you to relieve stress and increase the body's endurance to the effects of various stresses. Physical activity is recommended in the form of interval training (cyclic changes of moderate and intense loads for 30-40

minutes) with a frequency of 3-7 days a week. This can be walking, running, biking or cross-country skiing, group games, wrestling, tennis, swimming pool workouts, rhythmic dancing, water aerobics, and other types of fitness.

A healthy diet that allows for the adequate functioning of all physiological systems of the child's body. At the same time, special attention is paid to the amount of magnesium supply to the body.

Conclusion. Thus, compliance with the rules of personal hygiene, which includes the organization of various spheres of a teenager's life, has a beneficial effect on the formation of a psycho-emotional state and is an effective method of preventing depression.