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PECULIARITIES OF DIAGNOSTICS, PREVENTION, PSYCHOTHERAPY AND PHARMACOTHERAPY OF NONPSYCHOTIC PSYCHIC DISORDERS AMONG STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS

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Topicality of the issue concerning nonpsychotic psychic disorders (NPD) among students remains of the utmost importance, since popularization of this phenomenon among people dictates a number of reasons to deal with this issue, to keep statistics and find potential “candidates” afflicted by this kind of disorders.

Objective was to create the system of comprehensive diagnostics, prevention, psychotherapy and pharmacotherapy of NPD among students of higher educational institutions, and determine its efficacy.

During 2015-2017 keeping to the principles of bioethics and deontology a comprehensive complete examination of 1235 students was conducted. The following methods were applied: clinical, clinical-psychopathological, clinical-epidemiological, clinical-anamnestic, experimental-psychological and statistical.

As a result of the study, NPD was diagnosed in 317 (25.67%) students including 97 (30.60%) males and 220 (69.40%) females. Analyzing the quality of our comprehensive treatment we compared two groups of students: IA “comprehensive” group receiving our original comprehensive system of diagnostics, treatment and prevention; and IB “standard” group receiving standard treatment. The level of personality anxiety decreased in reliably larger number of students – 103 (58.19%) who received our comprehensive treatment, while among the individuals from IB “standard” group this parameter decreased in 3 (9.09%) persons only (р<0.05). Alexithimia level decreased in 98 (55.38%) patients from IA group and 6 (18.18%) students from IB group (р<0.05). Depression level decreased in 160 (90.40%) students from the «comprehensive» group and 16 (48.48%) patients from the «standard» group (р<0.05). Nuerotism level decreased in 79 (44.63%) students from IA group and in 4 (12.12%) individuals from IB group (р<0.05).

Thus, implementation of a comprehensive differential psychotropic therapy into a traditional complex of treatment has improved reduction of psychic disorders in patients afflicted with NPD on an average 3.28 times as much, which is evidenced by means of the above psychodiagnostic methods.