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STRESS RELATED DISORDERS IN STUDENTS UNDER THE TERRORIST ACT

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Aim: To investigate clinical manifestations and stress reaction's dynamics in students after the terrorist attack in Moscow metro in March 2010.

Methods: 14 cases were observed at the University counseling center (UCC) by a psychiatrist and a psychologist during 2 months after the attack. Respondents were aged 16-20 years and 9 of them were female. Complex clinical psychopathological and psychological examination was used. Psychotherapeutic interventions and medication were applied in all samples.

Results: Prevailing number of students (11, that is 78,6%) appealed for care by themselves or by reference of relatives, University staff and physicians. Another part of students - 3(21,4%) - visited UCC during the month. Acute state of somatic and mental discomfort, anxiety, fears, obsessive reminiscence of tragic pictures were the reasons for reference to a caregiver. Sleep disturbances were the key symptom (in all the cases), somatovegetative equivalents of anxiety which were more intensive inside the metro were registered in 11 (78,6%) cases, and withdrawal behavior - in 8 (57,1%) cases. Premorbid mood fluctuations and anxiety traits were elicited in past history of the patients. State enhancement in the most of students - 10 (71,4%) - was observed in a week.

Conclusion: Somatic component of anxiety and its eventual context masked a personality reaction type of the students and their values and meanings reappraisal under stress conditions. Predisposition for stress reaction was connected with personal stress vulnerability and mood fluctuations' propensity. Positive dynamics was accompanied by the brief staged psychotherapy in conjunction with general medication.