

SYSTEM OF PSYCHOTHERAPY AND MEDICAL AND SOCIAL REHABILITATION OF PATIENTS WITH DEPRESSION INVOLVING SUICIDAL BEHAVIOR

V. Korostiy, G. Kozhyna, K. Zelenskaya

Psychiatry, Narcology and Medical Psychology, Kharkov National Medical University, Kharkov, Ukraine

Introduction: Depression - the main cause of suicidal behavior among young people.

Aims: Optimizing therapeutic approaches to the correction of non-psychotic depression accompanied by suicidal behavior in young adults.

Objectives: 75 patients with psychogenic depression, committed suicide attempt.

Methods: Clinical-psychopathological, psychodiagnistical.

Results: The clinical picture of depression in the patients the most frequently observed in depressed mood and affect sadness, asthenic symptoms, as well as various manifestations of anxiety. The vast majority of patients were found various violations of sleep-wake cycle. Feature of depressive disorders was their massive somatization characterized by polymorphic vegetative disorders.

Building on the received data in the work we have developed pathogenetically grounded system of correction of depression involving suicidal behavior, which includes the application of integrated psychotherapeutic programs in conjunction with medical treatment. In conducting drug therapy should be given preference for the latest generation of antidepressants with a proven safety profile, high therapeutic index and low "behavioral toxicity". Psychotherapeutic correction includes family therapy, cognitive-behavioral therapy, interpersonal psychotherapy, and psychoeducational training.

Developed and implemented in practice the system of psychotherapy and medical and social rehabilitation of patients with depression involving suicidal behavior, which confirmed the effectiveness of data of observation after 12 month.

Conclusions: Conducted follow-up study showed the high efficiency of the proposed system of psychotherapeutic interventions for example 83.8% of patients with repeated suicide attempts were observed, 16.2% had undergone repeated courses of complex therapeutic interventions due to additional stressful circumstances.