THE DEGREE OF NERVOUS AND MENTAL STRESS AND ANXIETY IN INTERNALLY DISPLACED PERSONS (IDPED) AND RESIDENTS OF THE KHARKIV REGION

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Topicality. Mental health is one of the prior topics in the work of the World Health Organization. A very important topic is the resettlement of the population in the military situation in the country. The main components of this problem are the lack of positive motivation to change the place of residence and physical inability to stay in the homeland, psychic trauma due to the reasons for moving. Almost immediately difficulties in adapting to a new place may occur, which later determine the formation of a specific experience of internally displaced persons. The main manifestations of such persons are anxiety disorders that occur on the basis of increased mental stress [1].

Purpose: to determine the features of anxiety symptoms depending on the level of nervous and mental stress in IDPs in comparison with the same indicators in the residents of Kharkiv region.

Materials and methods: we conducted a comprehensive examination of 55 patients (1 group consisted of 21 IDP patients, 2 group – 24 patients permanently residing in the Kharkiv region), both sexes, aged 20 – 55 years. Patients were treated on the basis of Regional Clinical Psychiatric Hospital №3. All subjects suffered from anxiety disorders. We used the following psychodiagnostic techniques: hospital scale of anxiety and depression (HADS); questionnaire of nervous and mental stress (NPN) by TA Nemchin; anxiety self-assessment scale Ch.D. Spielberger – Yu.L. Hanina.

Results: HADS scale: subclinical manifestations of anxiety were observed in 33.33% of migrants and 41.67% of locals, clinical manifestations of anxiety – 66.67%
and 58.33\%, respectively; subclinical manifestations of depression – 23.81\% and 45.83\%, respectively, clinical manifestations of depression – 76.19\% and 54.17\%, respectively. According to the NPN scale: weak nervous and mental stress had 9.52\% of migrants and 37.5\% of locals, moderate (intensive) – 23.81\% and 33.33\%, respectively, excessive (extensive) – 66.67 \% and 29.17\% respectively. On the scale of Ch.D. Spielberger – Yu.L. Khanin’s situational anxiety was: low in 4.76\% of IDPs and 33.33\% of locals; moderate in 52.38\% and 45.84\%, respectively; expressed – 42.86\% and 20.83\%, respectively; personal anxiety: low in 14.28\% of migrants and 25\% of locals; moderate in 47.61\% and 54.17\%, respectively; expressed – 38.11\% and 20.83\%, respectively.

Conclusions. Such indicators suggest that the degree of mental stress in IDPs is much higher than in local residents that leads to increased anxiety and depressive symptoms. We believe that more attention should be paid to this fact when conducting psychotherapeutic interventions. The obtained results suggest that in the future it is necessary to develop and implement a comprehensive system of treatment of IDPs with anxiety disorders.

References: