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PSYCHO-EDUCATION OF PATIENTS WITH ALCOHOL DEPENDENCE

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In recent years, among the population of Ukraine there is a significant increase in the consumption of alcoholic beverages and as a consequence - an increase in the number of patients with alcohol dependence. According to WHO data for 2010, the average annual consumption of alcohol in Ukraine is about 13.9 liters of pure ethanol per year (more than 2 liters of spirits per month) per capita, including all persons 15 years and older. The criteria for severe episodic use of alcohol in Ukraine correspond to about 35.2% of men and 12.1% of women (consuming 60 grams and more of pure alcohol in one case over the past 30 days).

On the basis of the Kharkiv Regional Clinical Narcological Hospital No. 9 and the Military Medical Clinical Center of the Northern Region, a comprehensive examination of 150 male patients aged 20 to 55 years with alcohol addiction syndrome was conducted.

According to the results of the study, among the examined patients, persons with a persistent alcohol abuse were prevalent, the average AUDIT score in the main group was 4.0, indicating that there were serious alcohol problems; the style of alcohol abuse of patients of the main group was correlated with issues of the presence of danger for physical, psychological, and mental health. Dangerous alcohol consumption was found in 35.2%, high probability of alcohol dependence was found in 60.1%.

The system of rehabilitation of patients with alcohol dependence with the use of psychoeducation has been developed and tested. Against the background of psychoeducational activities, positive dynamics of stress-coping behavior was observed. After conducting rehabilitation measures, coping strategies aimed at solving problems were noted in 45.1% of the examined patients of the main group and 32.6% of people of the control group, coping strategies aimed at emotions were

in 31.4% and 22.4% respectively, 15.9% and 32.6% respectively - at avoidance, 6.7% and 12.4% - at distraction.

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