servicemen with anxiety disorders. In 38.55% of the servicemen with depressive disorders, combating mental stress provoked the development of mild to moderate depression. The results obtained are the basis for optimizing the provision of assistance to servicemen of combat actions, with the mandatory use of psychotherapeutic assistance and psychoeducational programs.

References:

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THE EFFICACY OF PSYCHOTHERAPEUTIC INTERVENTIONS IN COMPLEX TREATMENT OF PATIENTS WITH POST-TRAUMATIC STRESS DISORDER

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Background: Post-traumatic stress disorder is a mental disorder, a type anxiety disorder, that results from experiencing one or more psychotraumatic situations. The events that have taken place in Ukraine since 2014 have a great impact on mental health of civilian population and military personnel [1]. A particularly pressing issue in Ukraine is to rehabilitate victims of war in the eastern part of the country that requires new treatment and diagnostic techniques in order to increase the percentage of patients' recovery [2].

Objective: To determine the efficacy of psychotherapeutic interventions in complex treatment of patients with post-traumatic stress disorder.
Materials and methods: 27 patients with post-traumatic stress disorder, both male and female between the ages of 30 and 45 were assessed at the Military medical clinical center of the Northern region of the Ministry of Defence of Ukraine. The following psychodiagnostic techniques were used in the study: The Mississippi Scale for Combat-Related Posttraumatic Stress Disorder (Keane T.M., Caddell J.M., Taylor K.L., 1988), The Multicultural Quality of Life Index (Mezzich I., Cohen N., Ruiperez M., Lin I., and Yoon G., the modification of Maruta N. A., 1999).

Results: On the Mississippi Scale for Combat-Related Posttraumatic Stress Disorder, 17 (62.96%) patients scored more than 100 points, indicating a pronounced impact of a trauma on a person, and 10 (37.04%) patients scored less than 100 points - the effect of a traumatic event is minor. The Multicultural Quality of Life Index demonstrated very low rates on the following items: “self-care and independent functioning” – 3.4 points; “interpersonal functioning” – 3.2 points; “overall quality of life” – 3.2 points. It can indicate that patients with post-traumatic stress disorder experience difficulties in these areas of life.

After 3 weeks of psychotherapeutic interventions, along with standard therapy according to guidelines of the Ministry of Health, the following results were obtained: the Multicultural Quality of Life Index demonstrated very low score on such items: “self-care and independent functioning” – 3.7 points; “interpersonal functioning” – 4.0 points; “overall quality of life” – 3.9 points.

Conclusions: The findings indicate that conducting psychotherapy sessions significantly increases the quality of treatment, rehabilitation and the quality of life of post-traumatic stress disorder patients.

References:
