

EMOTIONAL DISORDERS IN YOUNG PERSONS WITH PSYCHOSOMATIC DISEASES: PATHOGENESIS-BASED PSYCHOTHERAPY

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Introduction: Anxiety and depressive disorders may provoke its appearance and also lead to recurrence of psychosomatic diseases (PSD).

Objectives: In 956 young people with psychosomatic diseases (bronchial asthma (BA), with peptic ulcer of the stomach and duodenum (PU) and arterial hypertension (AH)) investigated the clinical features of the structure and formation of emotional disorders in young persons with psychosomatic diseases.

Aims: Pathogenetically substantiated system of forecasting and their psychological adjustment and medical and psychological rehabilitation of these patients, based on a systematic approach to evaluating the clinical features of the structure and formation of emotional disorders in young persons with psychosomatic illnesses.

Methods: Clinical-psychopathological, psychodiagnostical.

Results: In the clinical structure of emotional disorders (ED) dominated depressive disorders ($43,4 \pm 2,2\%$) and anxiety disorders ($25,1 \pm 1,2\%$). In patients with asthma significantly more frequently met panic disorder, agoraphobia, isolated phobia in patients with hypertension in many cases found generalized anxiety disorder ($p < 0,01$). Identified pathogenetically significant clinical, biological, psychological and psychosocial factors in the development of ED in young people with PSD. Pathogenetic role of psychological characteristics in the development of EP in patients with PSD determined by a combination of psychological traits: aleksytymia, low productivity of psychological defense, low predictive ability, high levels of aggression and hostility ($p < 0,05$).

Conclusions: Developed and implemented in practice the system of psychotherapy and medical and social rehabilitation of patients with PSD, which confirmed the effectiveness of data of observation after 12 month.