

Article: 0532

Topic: EPW14 - "the dreamers": changes in european psychiatry over the last 10 years

Anxiety and Somatoform Disorders in Head Care System

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On the basis of complex study 811 patients of city polyclinic and hospital are conducted determination of structure and prevalence of anxiety and somatoform disorders in ambulatory-polyclinic practice.

The 118 patients were examined panic disorder (F41.0), generalized anxiety disorder (F41.1), mixed anxiety-depressive disorder (F41.2) as well as 693 patients: somatization disorder, somatoform vegetative disorder.

The organ and system predomination of somatovegetative symptoms of the groups patients were: the cardiorespiratory functional violations make 45,8%, the functional violations of the gastrointestinal system - 25,7%, the functional violations of the urinal system - 11,8%.

We studied and systematized predisposition factors of social and psychological problems that caused special formation features of anxiety and somatoform disorders. The research also showed some pathopsychological features.

We have found that a wide range of psychotherapeutic interventions, carefully picked to treat anxiety disorders according to the severity and duration of clinical symptoms, and psychological characteristics, contributes to a more rapid and sustained reduction of symptoms, as well as the reconstruction of the social and psychological adaptation of the patients' personalities.

On that ground has been developed differentiated system of medical- psychological and psychotherapy correction of anxiety and somatoform disorders with the 75,2% high efficacy.