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DANCE MOVEMENT THERAPY OF PATIENTS WITH HYPOCHONDRIASIS

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The clinical estimation of efficiency of dance movement therapy (DMT) at treatment of patients with hypochondriasis (F 45.2 in ICD-10) was a objective of this research.

Research joined 26 females, middle age was 34,6 years, patients did not receive accompanying pharmacotherapy.

For an estimation of clinical efficiency were used: Simptom Checklist-90, revised (SCL-90-R), Clinical Global Impression scale (CGI), Hamilton Depression Rating Scale (HDRS), Hamilton Anxiety Scale (HAS), Individually-typological personal questionnaire (ITQ) and questionnaire Level of the subjective control (LSC).

Results of research have shown that the reduction on a subscale of somatization in CSL-90-R has constituted 78%. On CGI scale 42,7% had considerable improvement of a condition, in 34,3% moderate improvement was marked, in 15,7% cases - minimum and 7,3% did not have any changes in a condition. The mean score reduction on HDRS was 54%, on HAS -40%. In a profile of the person (ITQ) difference in orientation and polarisation of tendencies "sensitivity-spontaneity" has essentially decreased and consequently the probability of somatization of frustration has decreased. According to the LSC test subjective control has grown both within the limits of own person, and in formation of a significant environment, that reflects depression of situational anxiety.

Thus, DMT is effective enough, is well transferred and can be used in the form of monotherapy of patients with hypochondriasis.