
MEDICAL AND PSYCHOLOGICAL REHABILITATION OF PEOPLE WHO DEMONSTRATE AVITAL ACTIVITY AFTER HAVING EXPERIENCED COMBATING STRESS

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Introduction. Social-psychological adaptation of war veterans is a practical, scientific and social issue both in CIS countries and abroad. In peaceful life veterans continue to encounter stressful situations triggering their avital activity. This certainly requires rehabilitation measures.

Objectives. To diagnose psychological constitution of avital behavior, try our rehabilitation program and estimate efficiency of rehabilitation.

Aims. To study efficiency of medical and psychological rehabilitation of people with avital activity after combating stress.

Methods. We studied 116 males aged 25 – 43 years who fought at North Caucasus. Sixteen Personality Factor Questionnaire and Hamilton Depression Rating Scale were used. To study avital activity and defence mechanisms, we used Questionnaire for Psychological Diagnostics of Lifestyle Index.

Results. Based on results of diagnostics, we divided respondents into two groups: patients with PTSD and self-injurious behavior who did not have rehabilitation, and patients with PTSD and self-injurious behavior who completed rehabilitation.

Our rehabilitation program included: personality treatment involving person-centered psychotherapy and rational therapy, symptomatic treatment involving neuromuscular relaxation, music therapy, self-regulation, behavior therapy and medication therapy, and social adaptation aimed at formation of adequate behavioral patterns.

The 1st group of patients more frequently demonstrated maximum values of somatic anxiety and depression. The 2^d group of patients showed a statistically-valid decrease of somatic anxiety (by 37%), depression (by 34 %) and guilt (by 33%).

Conclusions. The results show that our psychotherapeutic rehabilitation program allows to reduce intensity of PTSD and prevent from formation of pathological personality features typical for self-injurious behavior and avital activity.