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TREATMENT OF DEPRESSION, ANXIETY AND STRESS IN INTERNALLY DISPLACED PERSONS IN UKRAINE: METHOD OF BIOSUGGESTIVE THERAPY

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Purpose / materials and methods

Purpose. To study disturbances in the psycho-emotional sphere, sleep, subjective perception of the quality of life rate of internally displaced persons and the possibility of improving their functioning using the method of biosuggestive therapy.

Materials and methods. 165 people were examined, 114 agreed to undergo therapy, including 64 internally displaced persons (IDPs group) and 50 participants who remained at their permanent residence (PR group).

Research methods:

- *a general questionnaire that evaluated socio-demographic data,*
- *a scale for assessing the quality of life rate (O.S. Chaban),*
- *a scale for depression, anxiety and stress (DASS-21),*
- *the Insomnia Severity Index (ISI),*
- *methods of mathematical statistics,*
- *a method of biosuggestive therapy (O.S. Strazhny) to correct the identified symptoms.*

The results

After the communication and the survey, it was established that each of the respondents experienced subjective psycho-emotional deterioration after the beginning of the Russian invasion. These individuals were offered to undergo sessions of biosuggestive therapy to improve psychological well-being, relieve tension and stress.

In order to evaluate the effectiveness of this psychotherapeutic effect on the psychological state of the subjects, before the correction and after the seventh session (21 days after the start of the therapy), testing was carried out according to the selected methods.

We found that according to the DASS-21 scale of depression, anxiety and stress after the sessions, it was determined that the normal depression level in the IDPs group increased by 17.18%, among the PR group - by 18.00%. The normal anxiety rate in the IDPs group increased by 28.12%, among the PR group - by 30.00%. The normal perception of stress level in the IDPs group increased by 26.56%, among the PR group - by 32.00%.

It is worth noting that after seven sessions of biosuggestive therapy, severe depression, anxiety and stress were not observed in any of the respondents from the studied groups, which demonstrates a great perspective of the influence of suggestive psychotherapy on the correction of these mental symptoms.

The number of respondents whose sleep normalized increased by 39.06% in the IDPs group, and by 40.00% in the PR group.

Also, after the psychotherapeutic intervention, the number of persons of the IDPs group who considered their quality of life rate to be high increased by 7.81%, in the PR group - by 40.00%, another 10.00% of the respondents from the PR group began to evaluate this level as very high.

According to the respondents, after the sessions they perceived what was happening to them more positively and looked to the future with greater optimism, as well as reassessed the events that happened to them. In particular, positive changes were found in terms of satisfaction with one's mood, physical condition and social activity in both interviewed groups.

Conclusions. The implementation of biosuggestive psychotherapy into the rehabilitation process effectively contributes to overcome depressive and anxiety symptoms, reduces stress, normalizes sleep, and improves the subjective perception of the quality of life in internally displaced persons.