ABSTRACTS

КРАТКИЕ СООБЩЕНИЯ

ROLE OF PSYCHOLOGICAL RESEARCH OF POSTPARTUM DEPRESSION IN WOMEN

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Relevance. According to German researchers, one in five women during her life suffered a depressive episode, and postpartum (postportal) depression in the first two months after childbirth occurs in 10–20% of women [Grechany S.V., Kagadei E.V., 2016]. Foreign researchers assign a decisive role to the constitutional and genetic characteristics, considering them as determining the further course and manifestations of the disease, note the pathoplastic effect of premorbid on the clinical picture of depression and identify certain personal traits as predictors of depression [Filonenko A.V., 2016]. In most modern sources, personality disorders are among the symptoms that complicate the picture of postpartum depression and require psychotherapeutic correction in the treatment of pregnancy and the postpartum period. In the literature, great importance is given to the phenomenon of "transitional motherhood", which consists in the acquisition of a new psychosocial status by a woman, which affects the way of life and value priorities [Fomenko A. N., Grechany S. V., 2016].

Objective. To study the role of pathopsychological examination in the diagnosis of postpartum depression in first-born women.

Materials and methods/ The study 30 women with depressive disorders of postpartum Genesis who were on inpatient treatment in the City Clinical Psychiatric Hospital in Tashkent. The criterion for the selection of patients for the study was the presence of a verified diagnosis of ICD-10 F-53.0. All were examined prior to delivery did not consist on the account at psychiatrists and neurologists, they have the pregnancy proceeded without pathology and complications, the birth was physiological. From experimental methods to assess the severity of depressive symptoms and psychosocial status used scale of anxiety and depression Hamilton(HARS, HDRS), and to determine the constitutional and personal characteristics of the test questionnaire was used Leongard-Shmishek.

Results. The study using the scale of anxiety and depression Hamilton revealed the presence of anxiety and depressive disorders of varying severity in 85% of patients, with manifestations of anxiety were observed in 80% of the study, depression of different degrees of severity — 100% of the surveyed; more than half of the patients was noted the presence of anxiety of moderate severity (55%), 5% of the surveyed subclinically expressed anxiety and 40% of patients — stated expressed anxiety. At the height of the depressive affect in 8% of the subjects there were ideas of self-abasement, there was a tendency to the emergence of suicidal thoughts and plans related to fears for the future of the child, the inability to care for him, concern for his health. In the formation of depressive pathology, such clinical manifestations as loss of interests and feelings of joy in normal activity, noticeable suffering, the expression of ideas of self-blame and hopelessness, painful experience for the inability to maintain a household and take an active part in the upbringing of your baby were revealed. In the study of personality traits with the help of the test of Leonard were identified: affective-exalted personality type in 3 patients (10%), stuck personality type in 8 patients (26.7%), affective-labile type in 40% of cases (12 examined), anxious-fearful type in 5 patients

(16.7%), in 6.6% of cases, an emotive personality type of women with depressive pathology. In the study groups, a comparative assessment of the dynamics of the severity of depression and constitutional-typological features of the personality of the first-born women was carried out. For all the examined there was a significant decrease in physical health indicators, the first-born women noted the inability to cope with normal physical activity. Patients with anxiety-fearful personality type complained of deterioration of physical health, inability to function in everyday life, even in the presence of depression of moderate severity. Patients with an emotive personality type hardly performed physical activity, they also low estimated the General feeling of well-being, but with a favorable situation in the family and maintaining the usual social contacts against the background of severe depression, these indicators remained at a sufficiently high level. Patients with anxious — fearful and stuck personality type on the background of depression, severe reduction in number of social contacts, deteriorated relationship in the family, which created additional experiences, has formed a self-destructive installation, ideas of self-accusation, appeared suicidal thoughts and tendencies, the tendency to reflect on moral topics. In women with affective-labile personality type, there was a direct correlation between the severity of depressive disorders and social relationships, with depression of moderate severity in 100% of cases arose against the background of family conflicts, depression is extremely severe and severe developed due to violations of relationships with relatives through her husband and his relatives.

Conclusion. Thus, it was found that the most common postpartum depression severe neurotic level occurred in individuals with affective-labile personality type. Moderate depressive disorders were observed in persons with stuck and anxious-fearful personality types. Mild depressive disorders were diagnosed in patients with affective-exalted and emotive personality type.