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# АКТУАЛЬНЫЕ ВОПРОСЫ СОВРЕМЕННОЙ МЕДИЦИНЫ

МЕЖДУНАРОДНАЯ КОНФЕРЕНЦИЯ МОЛОДЫХ УЧЕНЫХ

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## ACTUAL PROBLEMS OF MODERN MEDICINE

INTERNATIONAL CONFERENCE OF YOUNG SCIENTISTS



ACTUAL PROBLEMS  
OF MODERN MEDICINE

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## THE SIGNIFICANCE OF THE APPLICATION OF PSYCHO-CORRECTION METHODS IN THE TREATMENT OF ANXIETY-PHOBIC SYNDROME

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**Introduction.** Despite the many scientific studies on phobic anxiety syndrome, the issues of effective psychodiagnostics and psychocorrection require further research. Clinical symptoms in patients with functional somatic disorders range from confusion to diffuse anxiety disorders. Anxiety-phobic syndrome worsens not only the prognosis of a somatic disease, but also increases the risk of a fatal outcome. Today, modern clinical psychology recommends studying patients from clinical-social and clinical-psychological perspectives, and focusing on each mental disorder.

**Aim:** The study of levels of anxiety in anxiety-phobic syndrome and the improvement of their psychological correction.

**Materials and methods.** The materials were collected from the neurological departments of the Tashkent medical academy. The main group consisted of 40 patients diagnosed with a psychosomatic syndrome with a predominance of anxiety. The age of the patients varied from 25 to 40 years, the mean age was  $32.5 \pm 2.3$  years.

The medical and psychological state of patients and the diagnosis of mental disorders, objective and neurological status were checked using the medical and psychological questionnaire Ibodullaeva Z.R. (patent No. 001031) and the HADS questionnaire. Patients were divided into two groups to determine the effectiveness of treatment.

Group 1: Rational psychotherapy and psychopharmacotherapy in patients of this group tetramethyltetraazobicyclooctanedione (adaptol): n-18.

Group 2: Cognitive behavioral therapy and psychopharmacotherapy in patients of this group Tetramethyltetraazobicyclooctanedione (adaptol): n-22.

**Results.** When determining the level of anxiety on the HADS scale: in the 1st group - mild anxiety ( $29.5 \pm 1.2$ ), moderate anxiety ( $39 \pm 2.3$ ) in 6 patients, high anxiety ( $48.5 \pm 2.1$ ) in 8 patients; In group 2, 6 patients had a mild ( $28.5 \pm 1.2$ ), 8 had an average ( $38.5 \pm 1.2$ ) and 8 had a high ( $49.5 \pm 1.2$ ) level of anxiety. ( $p < 0.05$ ). Anxiety levels were re-examined on an outpatient basis after patients had completed a full course of treatment for 1 month. In group 1, 10 patients had mild anxiety ( $29.5 \pm 1.2$ ), 4 patients had moderate anxiety ( $39 \pm 2.3$ ), and 4 patients had high anxiety ( $48.5 \pm 2.1$ ); In the 2nd group, 10 patients had mild ( $28.5 \pm 1.2$ ), 2 had moderate ( $38.5 \pm 1.2$ ) ( $R > 0.05$ ), i.e. in the 2nd group expressed anxiety was completely absent, in 10 patients anxiety was not detected.

**Conclusions.** The use of cognitive-behavioral psychotherapy in combination with pharmacotherapeutic treatment in the correction of anxiety in neuroses of anxiety-phobic syndrome facilitates the course of the disease and prolongs the remission period.

## XOBLNING OLDINI OLISH VA DAVOLASHDA DORIVOR O'SIMLIKLARDAN FOYDALANISH SAMARADORLIGI

Kitayeva.N.X., Ergashev.A.U.

*Farg'ona jamoat salomatligi tibbiyot instituti*

Bronxopulmoner tizimning surunkali kasalliklari O'zbekiston Respublikasida ham, butun dunyoda ham tarqalishi bo'yicha yetakchi o'rinlardan birini egallaydi. Va ularning soni mehnatga layoqatli aholi orasida muttasil ortib bormoqda. JSST ma'lumotlariga ko'ra, har yili dunyo bo'ylab 1 millionga yaqin odam dori vositalarini qo'llash bilan bog'liq asoratlar tufayli vafot etadi. JSST ma'lumotlariga ko'ra, dunyo aholisining deyarli 80%

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