



## Status and Prospects of Medical Psycho-Diagnostics in Uzbekistan

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### **Abstract**

The article is committed to the study of the state and improvement of medical psycho-diagnostics in Uzbekistan. The author has accomplished an observational study of the state of implementation of medical psycho-diagnostics within the local environment based on a devotion to the general analysis of research conducted by world psychology and local scientists. The think about looks at the attitudes of therapeutic experts towards the status and implementation of medical psycho-diagnostics.

**Keywords:** *Medicine; Psychology; Psycho-Diagnostics; Natural Psycho-Diagnostics; Methodology; Psychological Testing; Introduction*

### **Introduction**

The issue of integration of medical and psychological sciences in ensuring human health is getting to be more far-reaching. Nowadays, a number of areas of psychology, such as medicine, in particular, medical psychology, clinical psychology, psychotherapy, neuropsychology, have a special put within the diagnosis, treatment, and care of patients. New stages in the development of science are proving in practice that the role of medical psycho-diagnostics in diagnosing the understanding, identifying the causes of the illness, and measures to avoid them in the service of health care is high. This is why comments on the content and essence of medical psycho-diagnostics allow us to give a clear explanation. Medical psycho-diagnostics is a specialized branch of psychological diagnostics and is an integral part of the science and practice of psychology. The application of medical psycho-diagnostic methods used in medical psychology and its practical issues in the leading countries of the world (USA, Russia, Great Britain, France, etc.) is aimed at conducting research in this field in Uzbekistan.

### **The Purpose of the Study**

The purpose of the study is to study the current state and prospects of medical psycho-diagnostics in Uzbekistan. It also focuses on the empirical study of the state of medical psycho-diagnostics and the attitudes of specialists on its implementation. Empirical indicators are devoted to the analysis of the views of experts working in the field of medicine on the prospects for the introduction of medical psycho-diagnostics.

## **Methodology**

Medical-psychological diagnostics represents the orderly activity of medical psychologists in the practice of diagnosing the condition, characteristics, and capabilities of the “single” person in various socially vital areas of science and hone, education and upbringing, prevention and treatment of the individual [1, p.55]. The psycho-diagnostic activity of medical psychologists, like any goal-oriented professional activity, is of a holistic, integrative nature, manifested within the interaction and interdependency of all joins of the diagnostic handle. It is the nature of medical psycho-diagnostics that permits for an intentional and detailed study of the person in the differences of his mental manifestations.

Today, due to the improvement of medical psychology, the significance of medical psycho-diagnostic research in giving its practical capabilities is developing. In such circumstances, medical psycho-diagnostic works as a system of clinical diagnostics, helpful and rehabilitation, rehabilitation processes, different examinations, targeted practical exercises of analysts in clinical and preventive medicine, and related areas as a necessary component of primary and auxiliary psycho-prophylactic systems.

In the world of psychological practice, we are witnessing significant research in the field of medical psycho-diagnostics. In these studies it is observed that the methodological issues of medical psycho-diagnostics [1, p. 39; 2, pp. 125-144; 4, p. 642; 5, pp. 284-294; 12, p. 420; 13, p. 686; 17, pp. 80-93; 19, p. 303; 20, pp. 5-11; 21, p. 736; 25, p. 494; 32, pp. 22-38; 43, p. 31; 45, p. 383; 47, pp. 347-348; 50, pp. 29-37; 56, pp. 97-99], the application of medical psycho-diagnostics in the field of medicine [3, pp. 844-854; 4, p. 642; 6, pp. 648-654; 7, p. 443; 9, pp. 229-257; 10, pp. 225-241; 16, pp. 170-176; 18, p. 176; 23; 27, pp. 16-25; 33, pp. 54-74; 36, p. 25; 40, p. 21; 44, pp. 321-334; 48, p. 23; 49, p. 624; 54, p. 29; 57, p. 211], the focus of medical psycho-diagnostic methods on the study of individual diseases [11; 24, p. 22; 28, p. 49; 35, p. 23; 37, p. 35; 41, p. 48; 42, p. 29; 48, p. 23; 52, p. 229; 53, pp. 89-97; 54, p. 29; 55, pp. 97-99] and research in specific areas of medical psychology by local scientists [14, p. 49; 22, p. 50; 25, p. 494; 26, p. 22; 29, p. 81; 30, p. 18; 31, p. 94; 38, p. 51; 46, p. 45]. The application of psycho-diagnostics in these studies and scientific sources is evaluated as some and specific aspects.

The introduction of the priorities and directions of experiments in medical psycho-diagnostics in the world psychological practice will serve as a basis for other regions to be established. With the development of psychology in Uzbekistan, the need for the development of medical psycho-diagnostics has grown significantly.

Measures to further stimulate the development of private medical organizations in ensuring the health of the population in the process of radical reforms in Uzbekistan. In general, the necessary conditions have been created in our country for the private sector to operate. The Law of the Republic of Uzbekistan “On Public Health” provides for the development of the private sector in the field of health care in the country, normative documents on additional measures for further development of oncology services and improvement of medical and psychological care for patients experiencing late stages of oncological diseases set new tasks for specialists in the field of medicine and psychology. In line with these requirements, directing the achievements of psychology to medical diagnostics and treatment processes is becoming one of the most pressing issues.

It can be said that research in medical psychology in Uzbekistan has reached a new stage. They have socio-psychological features of health [31, p. 94], basic concepts of medical psychology [25, p. 494], organization of psychological services [14, p. 49; 38, p. 51], issues of health psychology, psychophysiology, psycho-hygiene, medical psychology, psychological services in various fields [29, p. 81; 30, p. 18], age-sex characteristics of disease relationships in cardiovascular disease [26, p. 22], psychological mechanisms of influence on the personal emotional sphere of women with cancer [46, p. 45], problems of clinical-psychological features of personality rehabilitation (on the example of addictive

behavior) [22, p. 50] were studied. The current research situation is not sufficient to establish medical psycho-diagnostic experiments in Uzbekistan.

### Methods

In this study, the questionnaire “Current state and prospects of medical psycho-diagnostics in Uzbekistan” was used. The questionnaire has ten-point evaluation criteria, which was attended by medical professionals from various fields working at the Tashkent Medical Academy and clinic. Evaluation scales used the Kraskel-Wallis (N) criterion for unrelated selection of results.

The assessment criteria include awareness of specialists in medical psycho-diagnostics, the use of industry-related methods in their practice, the state of application of medical psycho-diagnostic methods in the field of medicine, the application of medical psycho-diagnostic assessment tools by specialists in their work, awareness of what assessment tools and medical psycho-diagnostics are taught in the professional training phase and the introduction of medical psycho-diagnostics in clinics.

### Participant

The research program includes a study of the problem and details of its research methods and techniques. In the process of studying the attitude of specialists to the status and implementation of medical psycho-diagnostics, 64 medical professionals with different professional experience were involved. Of them 1 biochemist, 1 hygienist, 3 hematologists, 1 infectious disease specialist, 6 cardiologists, 2 clinical pharmacologists, 2 laboratory specialists, 7 neurologists, 1 neuropathologist, 2 nephrologists, 1 pulmonologist, 1 rehabiologist 1 person, rheumatologist 5 people, dentist 1 person, dermatologist 1 person, medical psychologist 5 people, traumatologist 1 person, transfusologist 1 person, physiologist 2 people, folk medicine 1 person. The researchers' work experiences ranged from 1 to 40 years: 1 year-1 person, 4 years-2 people, 5 years-6 people, 6 years-1 person, 7 years -2 people, 10 years-7 people, 11 years -2 people, 12 years-4 people, 13 years -2 people, 14 years-2 people, 15 years-12 people, 16 years -2 people, 17 years-1 person, 18 years-5 people, 19 years-1 person, 20 years-2 people, 21 years -1 people, 25 years 3 people, 27 people-1 person, 28 people-1 person, 30 years -1 person, 31 years-1 person, 32-1 people, 35-2 people, 40 years-1 person.

### Data Analysis

An empirical study has been conducted to study the state of medical psycho-diagnostics in Uzbekistan and the prospects for its introduction. The survey examined the attitudes of medical professionals based on the ten evaluation criteria used in the questionnaire. First, the relationship between the integration of medicine and the science of psychology and their interrelationships was identified (Table 1).

**Table 1**  
**The need for the integration of the science of psychology in the activities of medical staff**

Criteria	Quantity and percentage of medical staff (N = 64)							
	Interrelated		Partially related		Absolutely not related		Not answered	
Interrelation of medicine and psychology	53	82,81	7	10,93	2	3,12	1	1,56
The need for branches of psychology in solving medical problems	<b>There is a need</b>		<b>Partly</b>		<b>There is no need</b>		<b>not answered</b>	
	51	79,68	11	17,18	1	1,56	1	1,56

Empirical indicators were presented in terms of the number and percentage of medical staff (respondents) involved in the study. According to the respondents, the following indicators were obtained when studying the relationship between medicine and psychology. According to the respondents, 56 (82.81%) science and psychology are interrelated, 7 (10.93%) are partially related, 2 (3.12%) are not related at all, and 1 (1.56%) did not answer. Empirical indicators show that the majority of respondents have an interaction between medicine and psychology, and that professionals working in the field of medicine can achieve the effectiveness of their activities through knowledge related to psychology. In turn, they express the need for areas of psychology in solving medical problems: 51 (79.68%) had a need, 11 (17.18%) had a partial need, 1 (1.56%) had no need and 1 did not respond. According to the respondents, there is a need for medical professionals to use the branches of psychology in their professional activities.

The relationship expressed in both paragraphs is the science of psychology in the field of medicine; in particular, there is a need to use medical psycho-diagnostics.

The next assessment item is given in Table 2, in which respondents are aware of the need for medical psycho-diagnostics in their work experience, awareness of the use of medical psycho-diagnostics in the activities of foreign colleagues, the status of the use of medical psycho-diagnostics in the activities of local specialists and the issue of establishing the teaching of medical psycho-diagnostics in the field of medical education.

**Table 2**  
**Features of the use of medical psycho-diagnostics in the activities of medical personnel**

Evaluation criterias	Quantity and percentage of medical staff (N = 64)			
	Encountered		Not encountered	
The need for medical psychodiagnostics in personal experience	48	75	16	25
Knowledge of the use of medical psychodiagnostics in foreign medical practice	<b>I know it is being used</b>		<b>I don't know if is being used</b>	
	58	90,62	6	9,37
Uzbek medical workers use medical psychodiagnostics in their work	<b>Being used</b>		<b>Not being used</b>	
	23	35,93	41	64,07
Establishing the teaching of medical psychodiagnostics in the field of medical education	<b>It should be introduced</b>		<b>It does not need to be introduced</b>	
	62	96,87	2	3,23

Respondents reported that 48 (75%) reported encountering the need for medical psycho-diagnostics in their personal experience. It is clear that medical professionals have their own labor efficiency; in particular, they are willing to use the necessary methods and technologies in the effective treatment of patients. This is due to the fact that they use the opportunities of medical psycho-diagnostics in their work.

58 (90.62%) respondents were aware of the use of their colleagues abroad. Their colleagues acknowledged that they were making effective use of medical psycho-diagnostics in their work. The general situation with the use of medical psycho-diagnostics in Uzbekistan is not positive; that is, 23 people (35.93%) say they are using it. This suggests that these empirical indicators suggest that more than 35% of medical professionals in Uzbekistan are focusing on its use, and that about 65% need measures to use it.

If one of the first steps to find a solution to this problem today is to establish the teaching of the science of medical psycho-diagnostics in the field of medical education. Of the respondents, 62 (96.87%)

were positive about the introduction of medical psycho-diagnostics in the field of medical education, and concluded that the introduction of medical psycho-diagnostics in the activities of medical staff is important. This review provides preliminary experience in the use of medical psycho-diagnostics in Uzbekistan, but expresses the need for concrete measures to ensure its full implementation in practice.

The next criterion of empirical studies was to assess in which areas of medicine the state of application of medical psycho-diagnostics is present (Table 3). According to the respondents, the application of medical psycho-diagnostics in the following areas of medicine was identified:

**Table 3**  
**Status of areas of medical psycho-diagnostics applied by medical staff (N = 64)**

No	Fields of medicine	Number of medical staff	Proportion of selected applications of medical psychodiagnostics (%)
1.	Psychiatry	36	56,26
2.	Psychosomatics	37	57,81
3.	Psychotherapy	42	65,62
4.	Psychosomatics	18	28,12
5.	Neurosurgery	7	10,93
6.	Neurology	42	65,62
7.	Drug addiction	17	26,56
8.	Nervous diseases	35	54,68
9.	Medical pedagogy	8	12,5
10.	Plastic surgery	5	7,81
11.	Rheumatology	2	3,12
12.	Cardiology	3	4,68
13.	Therapy	1	1,56

According to the respondents in Uzbekistan, medical psycho-diagnostics is used in 13 areas. Indicators of the state of application of medical psycho-diagnostics in the medical field have shown that they are the most important in psychotherapy and neurology, that is, 42 (65.62%) respondents thought it was more commonly used in these areas. In addition, 37 people (57.81%), psychiatrists (36.26%) and neurologists (54.68%) reported that the use of medical psycho-diagnostics was well established. 1 person (1.56%) in therapy, 2 people in rheumatology (3.12%) and 3 people in cardiology (4.68%) responded positively to the introduction of medical psycho-diagnostics as the least focused areas. Empirical indicators in Uzbekistan, there are an uneven development in the implementation of medical psycho-diagnostics. More attention is being paid to the areas of psychology that deal with patients' psychiatric disorders. In fact, it is no secret that the health of all categories of patients is based on factors related to their psyche.

The practical status of medical psycho-diagnostics is related to its diagnostic methods. Therefore, the following empirical indicators provide information on the awareness and use of the methods used in psycho-diagnostics, in particular in medical psycho-diagnostics, by the experts involved in the study (Table 4).

**Table 4**  
**Status of application of tests used in psychological diagnostics, but related in the field of medical diagnostics (N = 64)**

Name of psychodiagnostic methods	Number of medical staff	Selective percentage of medical psychodiagnostics application (%)
G. Rorschach's "Ink Spots" test.	3	4,68
Krepelin test	7	10,93
MMPI and its forms	4	6,25
Methods of quantitative assessment of memory	20	31,25
Spilberger-Xanin test	28	43,75
Schulte table for the diagnosis of attentional disorders	9	14,06
10 word tests (A.R.Luria)	10	15,62
Cognitive pathology test (Ashafenburg test, Reichardt test, Lipman test)	7	10,93
G.Ayzenk test	25	39,06
Mini-COG test	5	7,81
Mini-Mental State Examination (MMSE)	8	12,5
Methods of quantitative assessment of memory	5	7,81
Express-methodology of assessment of mnesic-intellectual sphere in old age	6	9,37
Methods of differential diagnosis of depression" (V. Zunge),	6	9,37
"Methods of rapid diagnostics of neurosis" (K. Heck and H. Hess)	2	3,12
"Methods of diagnosis of neuropsychiatric disorders"	3	4,68
"BPAQ-24 survey"	2	3,12
Mississippi scale	12	18,75
Methodology of studying the level of claim (F. Hoppe)	2	3,12
Self-assessment "Dembo-Rubinstein method	4	6,25

Twenty of the medical psycho-diagnostic methods introduced in world psychology were presented to the respondents and their assessment of their knowledge and use of these methods was asked. They explained the state of the methods used by them for the purposes of medical psycho-diagnostics as follows. According to respondents, the Spielberger-Khanin test was reported to be used by 28 (43.75%) respondents. Among the methods, Eisenk's survey was 25 (39.06%), "Methodology for Quantitative Assessment of Memory" 20 people (31.25%), and the Mississippi scale 12 people (18.75%), 10 word tests (A.Luriya) were positively used by 10 (15.62%) respondents. The share of other methods is limited to less than 10%.

The least commonly used methods are "Neurosis Express-Diagnostic Method" (K. Huck and H. Hess) 2 (3.12%), the "BPAQ-24 survey" was positive by 2 respondents (3.12%) and the "Methodology of claim level" (F. Hoppe) by 2 respondents (3.12%). Inequality in the introduction of medical psycho-diagnostics in the medical field was also observed in the application of psycho-diagnostic methods. Based on empirical indicators, in order to ensure the prospects for the introduction of medical psycho-diagnostics in Uzbekistan, it is necessary to establish a consistent combination of areas and methods. This empirical study is the first study to determine the state of medical psycho-diagnostics in Uzbekistan and measures for its development.

## **Conclusion**

The study of causes related to the development of medical science and professional development of medical knowledge in Uzbekistan, in particular, the development of medical knowledge, in particular, medical psycho-diagnostics, shows that the following should be addressed in solving problems:

given that psycho-diagnostics is an integral part of the science and practice of psychology, its essence in the generalized plan should be to provide practical assistance to each person to diagnose, educate and train, prevent and treat the condition, characteristics and capabilities of the “single” person;

in order for psycho-diagnostics to serve to reveal the systemic mechanisms of the human psyche, the ability to reveal biological and psychosocial relationships, it is necessary to strengthen the initial experience in Uzbekistan and pay more attention to the practical application of research methods of medical psycho-diagnostics;

the importance of the science of psychology for medicine, in particular, the specificity of the importance of psycho-diagnostics, which solves problems related to the study of the etiology, pathogenesis, role of psychological factors in the treatment and prevention of diseases based on the theory and methods of psycho-diagnostics in medicine; however, it is necessary to introduce in our country training courses to provide psychological training of medical professionals;

the prevalence of neuro-psychic diseases, psychosomatic pathology and somato-psychic diseases in general medical practice, brain damage, developmental anomalies in children and adolescents; there is talk that the application of psycho-diagnostic techniques in medicine can be effective in identifying the causes of suicidal behavior and others, but to ensure a practical system for its full implementation;

the use of psychological diagnostic methods in combination with medical diagnostic methods in different medical institutions is important to identify the causes of diseases and rationally organize treatment measures.

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