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PSYCHOSOMATIC CONDITION OF CHILDREN AND ADOLESCENTS WITH A BRONCHIAL ASTHMA

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Annotation

Purpose of the study. To identify the dominant psychological defense mechanisms in adolescent patients. Studies have been conducted in patients who are hospitalized in the departments of pulmonology, allergology at the Department of Pediatric Diseases No. 1 of the Tashkent Medical Academy. In children with asthma, the structure of emotional-personal characteristics is represented by a stable internal conflict, due to the accentuation of opposing personality traits in the same child. For the adolescent, the personality structure consists in the accentuation of hysterical and (or) epileptoid traits, in the manifestation of auto destructive tendencies, which are confirmed by the tendency to alcoholism.

Key words: children, bronchial asthma, psychological defense, aggressiveness and anxiety.

In the XXI century, bronchial asthma (BA) in children continues to be an extremely urgent problem of modern pediatrics. Despite advances in diagnostics, the study of pathogenesis, the development of new drugs, and statistics from various countries of the world testifies not only to increasing morbidity, but also to an increase in lethal outcomes. In recent years, the role of psycho-emotional and psychosocial factors in the etiology and pathogenesis of this disease has significantly increased. In this regard, many researchers attribute this ailment to psychosomatic diseases, which is confirmed by data on the occurrence and provoking

attacks of asthma under emotional stress and psychological stress.

One of the central problems in the treatment of respiratory diseases is the use of methods of corrective and psychotherapeutic influence on the psycho-emotional status of sick children. The task of treating AD is currently to achieve complete control of the symptoms of the disease (GINA, 2018). However, to date, symptom complexes of psychosomatic disorders have not been identified, optimal methods for diagnosing these manifestations have not been developed, taking into account age and personality factors, which significantly reduces the effectiveness of treatment and secondary

prevention of these disorders in children and adolescents with BA. Thus, the study of the psychosomatic state in children and adolescents suffering from asthma is an actual problem of modern pediatrics.

Objective: to identify the dominant psychological defense mechanisms in adolescent patients.

Materials and research methods.

Studies have been conducted in patients who are hospitalized in the departments of pulmonology, allergology at the Department of Pediatric Diseases No. 1 of the Tashkent Medical Academy.

To solve the tasks, 82 children were examined (50 boys and 32 girls). All subjects were divided into three groups. Group I included 30 children from 8 to 13 (10.51 ± 2.01) years, Group II – 30 patients aged from 14 to 17 (14.62 ± 3.41) years, with an established diagnosis of moderate or severe bronchial asthma severe course “, of which 38 boys and 22 girls admitted for inpatient treatment during the exacerbation of the disease. Group III – the control group consisted of 22 healthy schoolchildren (12 (54.5%) boys and 10 (45.5%) girls) aged 10 to 17 (14.64 ± 3.61) years. All surveyed are high school students.

Routine examinations were performed for all patients (complete blood count, urinalysis, biochemical blood test, ECG, X-ray of the lungs according to indications). The determination of total IgE in the serum of patients was carried out, for which a method was used based on the effect of chemiluminescence using the IMMULITE Total IgE instrument. The determination of peak expiratory flow rate (PSV) was carried out using standard por-

table mini-Wright Peak Flow Meter peak-flowmeters (Clement Clark International Ltd., United Kingdom). According to the testimony conducted a consultation of a neurologist. For the diagnosis of psychosomatic disorders, the cognitive sphere, features of functional asymmetry of the brain were used: pathocharacterological diagnostic questionnaire (PDO).

The results of the study and their discussion. Analysis of the anamnestic data revealed: Hereditary complications due to allergic diseases were detected in 35 (58.3%) children, while in the majority of the examined patients, in 39 (65%) cases of asthma were observed on the maternal line. In 12 (20%) of the children surveyed, immediate relatives did not suffer from allergies.

15 (25%) patients had allergy manifestations already in the first year of life, mainly in the form of food allergies and atopic dermatitis, which in turn is one of the important risk factors for the development of asthma in young children. 27 (45%) patients had various concomitant allergic diseases, while it should be noted that the combination of asthma with year-round allergic rhinitis in 12 children (20%) and pollinosis 15 (25%) was noted most frequently. According to the anamnesis, 11 (18.3%) patients aged from 8 to 13 years with asthma showed drug intolerance that occurred at an early age with antibiotics and neurotropic drugs. In 2 (3.3%) children before the onset of asthma there was an intolerance to nonspecific anti-inflammatory drugs (paracetamol).

Concomitant diseases were present in the majority of the subjects and were represented by chronic pathology of the gastroin-

testinal tract (62%), vascular dystonia (71%), ENT pathology (49%), and posture disorders (39%).

Adverse environmental factors and unsatisfactory living conditions were detected in 27 (45%) patients, which also contributed to the early development of the disease. The level of total IgE in the blood serum in children was increased in 45 (75%) cases. When evaluating respiratory function by spirometry, the forced expiratory volume (FEV1) ranged from 65 to 85% of the due, PSV – 60–80% of the due and weekly lability of the bronchi -> 20%. Along with the above listed research methods, special attention was paid to the analysis of the personality-emotional characteristics of patients in the age group from 8 to 13 years old, which was carried out using the IDT. A high level of extraversion was observed in 21 (35%) cases, which indicates excessive sociability, direction of interests outside. Introversion manifestations were detected in 17 (28.3%) children and were often combined with pronounced extraverted features, which reflects the presence of intrapersonal conflict in these patients.

Sensitivity was determined in 10 (16.6%) patients. Such children are characterized by excessive sensitivity and sensitivity to environmental pressure. Emotional rigidity and lability were expressed in 8 (13.3%) and 29 (48.3%) patients, respectively, which is largely due to chronic hypoxia and hypoxemia inherent in these patients. Fifteen (25%) patients showed high rates on the aggressiveness scale, with aggressive tendencies directly dependent on the experience of the disease. It is well known that “asthmatics” are very ag-

grieved, but do not show it externally. Increased personal anxiety was observed in 26 (43.3%) of the subject, and in 9 (15%) cases this made adaptation difficult.

Findings. 1. In children with asthma, the structure of emotional-personal characteristics is represented by a stable internal conflict, due to the accentuation of opposing personality traits in the same child. For the adolescent, the personality structure consists in the accentuation of hysterical and (or) epileptoid traits, in the manifestation of auto destructive tendencies, which are confirmed by the tendency to alcoholism.

2. A common feature for sick children and adolescents in the structure of the emotional-personal background is the dominance of indicators on the scales: aggressiveness and anxiety.

3. In adolescents with asthma, the dominant psychological defense mechanisms are: denial of unacceptable events or their own qualities, as well as overcompensation of their shortcomings in the field of low self-esteem.

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