
PECULIARITIES OF THERAPY OF ENDOGENOUS DEPRESSIVE DISORDERS WITH ANXIOUS SYMPTOMS

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In order to work out therapeutic tactics for treatment of depressive disorders with anxious symptoms 44 patients were examined. It was performed a correlation analysis between parameters of anxiety with clinical-psychopathological and pathopsychological parameters. It was found out that a general anxiety of patients was connected with a situational and personality anxiety (0.34 and 0.44 correspondingly), with its affective and somatic components (0.86 and 0.98 correspondingly), phobic and asthenia symptoms (0.35), emotional discomfort (0.34) and social defense reaction (0.33). Thus, a high anxiety level was determined by an experience of various fears and an emotional discomfort, and was connected with a high level of a situational and personality anxiety.

The therapeutic tactics should to be built taking into account above mentioned peculiarities of manifestation of anxiety in the structure of endogenous depressive disorders. From the very beginning of treatment the therapy should be integrated and should include pharmacotherapy (antidepressants and anti-anxious medications) and psychotherapy (the cognitive-behavioral psychotherapy).

We developed and approbated an integrative approach which included 3 stages of correction: sedative-maintaining (1 week), treatment-stabilizing (3-4 weeks), and adjustment-preventive (6-8 weeks). An assessment of efficacy of this treatment approach indicated that 72.72 % of the patients had got a recovery or a significant improvement and 27.28 % of the patients had got an improvement.