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ESTIMATION OF EMOTIONALLY-STRONG-WILLED SPHERE AT PATIENTS WITH ESSENTIAL HYPERTENSION

V. Onishchenko¹, O. Panchenko¹, E. Pugach²

¹Donetsk National Medical University by M.Gorky, ²Rehabilitation and Diagnostic Center Ministry of Health of Ukraine, Donetsk, Ukraine

Aims: An establishment of psychological characteristics of patients hypertensive illness (HI) with presence of psychological semiology, the past a course group psychocorrection therapies.

Methods: MMPI, Color test by Lusher, Technique of diagnostics of interpersonal relations by Leary, statistical methods. Patients received complex therapy. The psychotherapy was applied individual, group and associative. 90 patients with essential hypertension have been surveyed. The age of examinees at the moment of research has made 32-48 years.

Results: 73 persons (81,1%) the internal conflict caused incompatible of type interpersonal relations "Authoritarianism-submission", constant struggle against accruing is hostile-aggressive feeling has been revealed, at the same time there are difficulties of self-affirmation. In 48 cases (53,3%) prevalence I octant in personal pattern positively correlates with characteristics of sthenic type of reaction according to MMPI (type 469 profiles, -/0) and color test (preference of bright color standards on the first positions, the importance of positions of 4, 2 and 3 colors). 90 persons (100%) from a surveyed contingent high points on VIII octant (11-16) have been revealed, that speaks about hyperresponsibility presence ($p \leq 0,05$).

Conclusions: During group psychocorrection patients have seized methods of removal of an emotional pressure, intrapersonal conflicts have been resolved, at them the relation to success and failure situations has changed. Carrying out of group trainings at patients essential hypertension with use of methods of the therapy focused on the decision of problems and psychorelaxation therapy, is an effective complex of methods in correction and preventive maintenance of infringements in emotionally-strong-willed sphere.