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## Alexithymia, Aggressiveness and Predictive Ability in Patients with Psychosomatic Diseases and Emotional (anxiety and Depressive) Disorders

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**Introduction.** Alexithymia is further linked with psychosomatic disorders such as migraine headaches, lower back pain, irritable bowel syndrome, asthma, nausea, allergy, and fibromyalgia, is correlated with particular illnesses, such as hypertension, inflammatory bowel disease, functional dyspepsia and some anxiety disorders.

**Objectives.** 956 young persons with psychosomatic diseases: bronchial asthma, peptic ulcer of the stomach and duodenum, arterial hypertension.

**Aims.** To investigate interconnections of clinical, psychological and psychosocial factors in the development of emotional disorders in young patients with different psychosomatic diseases.

**Methods.** Clinical-psychopathological, HARS, HADS, TAS, Buss-Durkey Inventory, Predictive ability inventory.

**Results.** Anxiety disorders were observed in  $25,1 \pm 1,2\%$  of the total number of patients, also dominated by anxiety reactions ( $10,8 \pm 2,2\%$ ). In patients with asthma significantly more frequently met panic disorder, agoraphobia, isolated phobia. In patients with hypertension in many cases found generalized anxiety disorder ( $p < 0,01$ ). The frequency of psychopathological symptoms that met ICD-10 F54 category ( $38\% \pm 3,1\%$  of patients with PSD) and their role as risk factors for emotional disorders and in the course of somatic diseases. Based on a survey of patients with different psychosomatic diseases, identified specific combination of psychological features (alexithymia, low predictive ability, high levels of aggression), which are the predisposition to the development of psychosomatic illness, and interconnected with emotional (anxiety and depressive) disorders.

**Conclusions.** Identified specific combination of psychological features (alexithymia, low predictive ability, high levels of aggression), which are the predisposition to the development of psychosomatic illness, and interconnected with emotional (anxiety and depressive) disorders.