

those in whom hypochondriac depressive disorders were observed. There was also a group of emigrants with asthenia-depressive disorders on the foreground. In the group of the refugees, who do not suffer from attacks and violence disorders of psychological and sub-clinical registers are discovered. Disorders of the psychological level are manifested by development of psychological crisis in social relationships and a tendency to destructive behavior. Sub-clinical disorders are manifested by unstable anxiety, emotional tension, and impossibility of relaxation. In a number of cases these disorders are accompanied by asthenia manifestations with the avoidance of decision-making, lack of attempts to influence actively on the course of events ("to go with the stream").

### S40.03

#### PSYCHOLOGICAL DEFENSE AND PSYCHOPATHOLOGICAL DISORDERS IN VICTIMS OF THE ARMENIAN EARTHQUAKE OF 1988

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270 victims of the earthquake in Armenia in 1988 have been studied. Psychopathological disorders and psychological defense mechanisms were at the focus of the research. It has been found out that psychological defense in all the investigated victims came out on the basis of the following mechanisms: denial of the event, altruistic feelings, compensation and splitting of the outlook entity.

The initial response to the catastrophe was the denial of the event as well as the arising of mystical outlook in the victims along with feelings of hopelessness, inconsolable grief, and predestination. These reactions of shock spectrum were followed by common efforts to help each other, which were accompanied by feelings of unprecedented altruism. Such altruism reflected not only a consciousness' willing to help the other person but also an unconscious desire to ease the own pain and sufferings as well as the feeling of being guilty for being alive when so many people died. The compensation appeared in the form of a wide variety of national rituals, sublimation of the traumatic experience, somatization. Despite the partial compensation that took place in various forms in the psychological realm of the victims some splitting of the outlook entity has been preserved. The catastrophe became the intrinsic background in consideration of all the events, i.e. people divided their life into 2 periods that were before and after the earthquake.

### S40.04

#### REALISTIC EVALUATION OF PSYCHIATRICAL CONSEQUENCES OF CHERNOBYL ACCIDENT

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There was analysis the unfoundedness of one third of conclusions in own candidate's thesis, which was defended in 1993 on the subject "Clinico-psychopathological evaluation of neuropsychic disorders of persons, who participated in liquidation of consequences of Chernobyl accident in 1986–1987." There was the main mistake in the thesis, i.e. hypothesis, framed by our scientific tutor professor V.N. Krasnov about the major role of radiation in mental and psychosomatic illness with the participations who worked to put an end to consequences of the accident at the Chernobyl atomic power

station. The role of low radiation doses, and the post traumatic stress disorders (DSM-III-R), is discussed.

- (1) Skavysch V. Critical review of own candidate's thesis. //Independent Psych. Journ. of Russia, 1998, <sup>1</sup> 2, p. 74–77.
- (2) Skavysch V. Critical Analysis of my own Dissertation of candidate of medical sciences.// Journ. "Med. Radiology and Radiation Protection", 1999, <sup>1</sup> 1, vol. 44, p. 72–75.
- (3) Skavysch V. To scientific-methodological statement of a question about actiology of mental disorders in the remote period of the participants of liquidation of consequences Chernobyl's accident in 1986–1987, who got summarize dose of the prolonged external gamma-radiation up to 60 ber (0,6 Grey). //Independent Psychiatric Journal of Russia, 2000, <sup>1</sup> 1, p. 69–77.

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## S41. Treatment of eating disorders

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*Chairs:* H.W. Hoek (NL), J. Treasure (UK)

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### S41.01

#### A 2.5 YEAR FOLLOW-UP STUDY OF THE EFFICIENCY OF PSYCHOTHERAPEUTIC TREATMENT OF EATING DISORDERS

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There is great diversity within Europe as to the form of service organisation and the type of clinical management used for eating disorders. This therefore offers the possibly of undertaking a natural experiment comparing the type of treatment given and the outcome of eating disorders within the member states.

**Aims:** The main aim of this European collaboration COST B6 is to improve the empirical basis for the development of treatment programmes for eating disorders.

**Method:** The design was that of a trans European naturalistic longitudinal outcome study of eating disorders. This involved the development of standard instruments for measuring eating disorders symptomatology at first assessment and over time (2.5 years) and to measure the components of clinical management used. The data collection started after the first year and is being continued for five years. A common database was constructed. One year after entry into the study a postal measure is being sent to the patients. At 2.5 years follow-up the clinical state and the services received are measured by an instrument adapted by the European group (COST B6 LIFE) from a German version.

**Results:** 19 countries have joined the project. The clinical details are similar across the countries but the service utilisation differs.

**Conclusion:** The data that we have obtained have important implications in terms of theoretical advances in diagnosis, clinical problems and service management.

### S41.02

#### MOTIVATION IN EATING DISORDERS: IS IT MORE THAN A FASHION?

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Techniques which enhance motivation to change (Project Match, 1997) in eating disorders have attracted a lot of attention. The reasons for this interest are straightforward and relate to the fact