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SHORT-TERM PSYCHOTHERAPY IN COMPLEX TREATMENT OF NON-PSYCHOTIC DEPRESSIVE SPECTRUM DISORDERS

V.A. Zhebentyaev¹, S.A. Igumnov²

¹Psychiatry and Narcology, Vitebsk Medical University, Vitebsk, ²Dpt of Mental and Behavioral Disorders, Republican Research and Practical Center of Mental Health, Minsk, Belarus

The aim of this investigation was to study the effectiveness of a combination of differentiated short-term psychotherapy and pharmacotherapy with antidepressants.

Methods: The study was implemented in a clinical randomized clinical trial. Experimental group consisted of 44 patients whose treatment is differentiated short-term psychotherapy, developed on the basis of the received data, in combination with standard pharmacotherapy. Comparison group comprised 35 patients whose treatment consisted of cognitive therapy in combination with standard pharmacotherapy. In short-term depressive reactions set a techniques include:

- a) psychological relaxation sessions,
- b) exposition techniques,
- c) cognitive therapy for correction of vulnerable personality traits.

With prolonged depressive reaction applied psychotherapy aimed at correcting avoid personality traits in various modalities.

Results: As compared to the group of comparison for certain the subscales of depressed mood ($p < 0,01$) became better anymore, middle insomnia ($p < 0,001$), retardation ($p < 0,05$), anxiety psychic ($p < 0,001$) and anxiety somatic ($p < 0,001$), general somatic symptoms ($p < 0,05$), paranoid symptoms ($p < 0,01$) and depersonalization ($p < 0,05$). According to the questionnaire of SCL - 90 in the experienced group the scales of Global Severity Index GSI ($p < 0,05$), somatic symptoms ($p < 0,05$), anxiety ($p < 0,05$), depression ($p < 0,05$) and phobic anxiety ($p < 0,05$) reduced more quickly.

Conclusions: Catamnestic study has shown, that in the experienced group steadier parameters symptomatic improvement, social functioning and use of received psychotherapeutic experience in life are observed ($p < 0,05$).