E-ISSN : 2181-4341
https://wordlyknowledge.uz
IMPACT FACTOR(SJIF) : 3,934

AN INDIVIDUAL APPROACH TO THE CHOICE OF GOALS AND OBJECTIVES OF PSYCHOTHERAPY IN NEUROTIC DISEASES

Kubayev Rustam Murodullayevich
Assistant of the department of psychiatry, medical psychology and narcology
Samarkand State Medical University, Samarkand, Republic of Uzbekistan
Ochilova Nigina Ulug'bek qizi
Student of group 228 of the medical faculty of Samarkand State Medical University, Samarkand, Republic of Uzbekistan

Abstract: Psychotherapy is the most important and recognized remedy for neuroses and neurotic disorders, as it is aimed at resolving internal conflicts that are the basis of neurotic mental disorders. Our previous works described the psychological mechanisms of neurogenesis, differential approaches to the diagnosis of neurotic diseases, as well as the most optimal approaches to their treatment.
Key words: Psychotherapy, neuroses, neurotic disorders, mental disorders.

Introduction. The importance of a personalized approach at the present stage of medical development is determined by the general direction of research development, which ranges from general theories to differential treatment of various diseases based on evidence-based models that take into account different mechanisms [1-12]. Currently, the existing International Classification of diseases is mainly of a syndromic nature and is not enough to determine the goals and objectives of pathogenetic treatment of this group of patients within the framework of an individual approach [13-21].

Myasishchev V.N. from the point of view of the classical understanding of the pathogenetic mechanisms of neurotic diseases formulated by neurotic diseases, neurotic diseases are considered to be psychogenic diseases that arise as a result of a failed and inefficiently resolved confrontation between a person and the facets of reality that are relevant to him, which leads to painful experiences [24-38]. According to the content of contradictions, three types of neurotic conflicts have been identified that underlie the formation of neurotic disorders: neurasthenic, hysterical and obsessive-compulsive disorder, represented in practice by obsessive-phobic and obsessive-compulsive variants [39-51].

In addition, due to the inability to find a rational and effective way out, psychological disorganization in patients with neurotic disorders occurs at the symptomatic, intrapersonal and interpersonal level, which also requires consideration in a personal approach [52-59]. In this regard, the purpose of the study was to identify specific clinical and psychological characteristics at different levels of personality disorganization in hysterical, neurasthenic and obsessive-phobic (the most common variant of obsessive-compulsive disorder) types of neurotic disorders. an individual approach in psychotherapy [60-73].

Materials and methods. We examined 173 patients with neurotic disorders (18 to 55 years old, without cognitive disorders, accompanying somatic pathology, mental disorders) who were admitted to the Department of treatment and psychotherapy for borderline mental disorders. The topics are divided into 3 groups based on the etiopathogenetic mechanisms of the formation of the disorder. The first group included patients of the hysterical type of neurotic diseases (n=97; 56.1%). The clinical picture was mainly characterized by dissociative, conversion disorders, specific phobic and asthenic manifestations (F44, F40, F41). The second group included patients of the neurasthenic type (n=46; 26.6%) (F48,0). The third group is indicated as an obsessive-phobic option, patients with an obsessive type (compulsive disorder) of neurotic disorders with a certain degree of exacerbation, in the form of obsessive experiences of fear with a clear plot (n=30; 17.3%). situations in which there is sufficient criticism (F40 , F41.0) and obsessive-compulsive, in their clinical form obsessive thoughts, memories, doubts, actions and actions prevail (F42). Selected groups were homogeneous in socio-demographic indicators. The average

age of the overall group was 35.77±0.92, with women (72.8%) dominating the competition. Clinical-Psychological and experimental-psychological (psychometric) methods were used for the study. The following methods were used for examination: E. Symptomatic survey of Alexandrovich (1981); test A to determine the degree of conflict within a person.I. Shipilova (1999); survey for the study of interpersonal relationships (Horowitz L.M. and others, 1988); method of psychosemantic diagnosis of latent motivation I.L. Solomina (2001); method of diagnosing polymotivating tendencies in the "i-concept" of the individual S.M. Petrova (1995); questionnaire "Lifestyle Index" (Plutchik R., Kellerman H., Conte H.R.; 1979), adapted version (Wasserman L.I. and others, 1999).; T.Adapted by L. Kryukova (2001) version of the technique" overcoming behavior in stressful situations " (Norman S. Endler, James D. A. Parker; 1990); overcoming strategies test E. Heim (1988); Tomsk persistence questionnaire (Zalevsky G.V., 1987). The statistical method includes: comparative analysis using the non-parametric Mann-Whitney U - test and conversion, the differences were considered significant at $p<0.05$.

Results and discussions. A comparative analysis of various types of neurotic diseases made it possible to determine the most specific clinical and psychological indicators: the severity of a number of neurotic symptoms, the content of interpersonal and interpersonal conflicts, the need-the level of internal consistency of the motivational sphere. , adaptation potential. Thus, in patients with a hysterical type of neurotic disorder, the following were found: a high degree of variability and polymorphism of neurotic symptoms, the severity of persistent fear resulting from acute and unpleasant impressions, the severity of desire. according to the results of a symptomatic survey, the use of their symptoms for manipulative purposes, emphasizing the severity and unusualness of suffering. Complaints are in the motivational field, desires and their A.I. combined with obvious personal conflicts between the impossibility according to his style. Shipilov. The most obvious contradictions in the motivational field were the differences between hedonistic motivational trends and the desire for social approval. The expectation of understanding, sympathy and support from others was reconciled with the pursuit of individuality, independence and independence, which was largely declarative. As a result, the individual's desires and expectations often moved away from the objective conditions of the environment, leading to a state of despair. Self-attitude is characterized by high levels of claims and conflicting self-esteem, since its conditionality was mainly due to external signs, in particular, the assessments of others. Manifestation of care and obedience in interpersonal relationships L.M.ga According is manifested in combination with a clear expression. Horowitz testifies rather than proclaiming the priority of the interests and needs of others in order to gain approval.

To eliminate internal contradictions and reduce the level of anxiety and negative experiences as a result of the manifestation of helplessness and the search for an "important elder" (regression is a mechanism of psychological protection) or the collapse of needs caused by changes in thoughts, feelings. impulses to opposite trends (reactive formations).

Since behavior is mainly manifested in avoiding problem solving and, in part, suppressing real emotions, the flexibility of coping strategies has decreased.

Patients with a neurasthenic type of neurotic disorder have been reported to have relatively low intensity compared to other types of complaints; asthenic and depressive condition symptoms, general malaise, internal tension, sleep disorders, headaches, and complaints of difficulties in social interaction predominated. At the same time, the main content of experiments was associated with contradictions between the desire for active personal participation, activity and Recreation, peace and the need to limit external stimuli. Compared to other types of conflict within an individual, the desire to fulfill incompatible obligations is more pronounced. The focus on the active application of efforts has been combined with the fear of failure.

Patients with a neurasthenic type of neurotic disorders in interpersonal relationships were sensitive to the demands of others and sensitive to situations - failures. The manifestation of attention, sympathy, desire to help, obedience, altruism prevailed over others.

Among the mechanisms of psychological defense, the suppression of self-impulses that are unacceptable for the mind prevails, as a result of which they do not decide on behavior, maintaining emotional and psycho-vegetative components. Among the various coping strategies in the emotional sphere, suppression has also been noted.

In patients with an obsessive-phobic type of neurotic disorders, the clinical picture was dominated by obsessive, uncontrolled thoughts, words, complaints of ideas, and there was a fear of certain phenomena. In general, neurotic symptoms are more intense than in other groups, and conflicts in self-esteem (between desire and duty) are combined with spiritual inner conflict. In the motivational sphere, the need for security prevailed. Difficulties in interpersonal relationships were manifested in the avoidance of social relationships, in the perception of the interests of others in contrast to their own interests.

A high voltage of psychological protection was noted. Anxious emotions, thoughts, impulses were rejected and localized outside and adapted to external objects. Due to giving additional meaning to situations that activate experiences associated with opposites within an individual, the weakest and weakest strategies were those in the cognitive domain.

Also, non-specific features were identified that are specific to all types of neurotic disorders, which can be taken into account in Mile therapy to create general conditions for patients with neurotic disorders. As noted: high level of anxiety, neuropsychic stress, disorders of the autonomic nervous system; clearly flexible conflict between intrapersonal trends and reality conditions; need-situational conditioning of the motivational sphere; seriousness of socially attractive forms of interaction with others, manifestation of uncertainty, coherence, avoidance in interpersonal relationships; affective and reactive mental rigidity. These indicators had high values and did not differ in the studied groups.

Conclusion. Thus, specific characteristics were identified and the content of psychological adaptation was determined at three levels of activity characteristic of patients with various neurotic diseases, which makes it possible not only to use a personal approach to the choice of tasks and goals of psychotherapy. taking into account the observed symptoms, but also the specific content of psychological conflicts, motivational characteristics and adaptive potential.

References:

1. Allambergenov A. J. et al. Postcovid syndrome and its neuropsychiatric consequences after covid-19 in patients with alcoholism //European Journal of Interdisciplinary Research and Development. – 2023. – T. 11. – C. 42-46.
2. Farkhod og'li, Shernazarov Farrukh. "Congenital heart disease-causes, classification, diagnosis, treatment, complications, consequences. Eurasian journal of medical and natural sciences, 2 (3), 84-89." (2022).
3. Farrukh S. Treatment of myocardial infarction and first aid." science and Innovation" International Scientific Journal. ISSN: 2181-3337, 1 (3), 317–320. – 2022.
4. Farrux S. Eurasian Scientific Herald penaccess //peerreviewedjournal https://geniusjournals. org/index. php/esh. – T. 8.
5. Jalalova D., Normatova N., Shernazarov F. Genetic markers for the development of diabetic retinopathy //Science and Innovation. – 2022. – T. 1. – №. 8. – C. 919-923.
6. Jalalova D., Raxmonov X., Shernazarov F. Significance of endothelial dysfunction in the development of retinopathy in patients with ah and ways of its correction //Science and Innovation. – 2022. – T. 1. – №. 8. – C. 101-113.
7. Jalalova D., Raxmonov X., Shernazarov F. The role of c-reactive protein in the pathogenesis of visual vascular diseases in patients with arterial hypertension //Science and Innovation. – 2022. – T. 1. – №. 8. – C. 114-121.
8. Madaminov M., Shernazarov F. Breast cancer detection methods, symptoms, causes, treatment //Science and innovation. – 2022. – T. 1. – №. D8. – C. 530-535.
9. Madaminov M., Shernazarov F. Causes, consequences, diagnosis and treatment of long-short legs //Science and innovation. – 2022. – T. 1. – №. D8. – C. 526-529.

10. Ochilov U. U., Turaev B. T., Zhumageldiev N. N. Peculiarities of the formation and course of alcoholism in persons with character accentuations and personality disorders //Bulletin of Science and Education. – 2020. – №. 10-4. – С. 88.
11. Qizi T. J. I., Farrukh S. Treatment of myocardial infarction and first aid //Science and innovation. – 2022. – Т. 1. – №. D3. – С. 317-320.
12. qizi Tohirova J. I., og‘li Ibragimov B. I., og‘li Shernazarov F. F. Congenital heart disease-causes, classification, diagnosis, treatment, complications, consequences //Eurasian Journal of Medical and Natural Sciences. – 2022. – Т. 2. – №. 3. – С. 84-89.
13. Shernazarov F. et al. Causes, symptoms, appearance, treatment of varicose veins //Science and innovation. – 2022. – Т. 1. – №. D7. – С. 416-422.
14. Shernazarov F. et al. Symptoms, appearance, treatment of varicose veins. – 2022.
15. Shernazarov F. Genetic markers for the development of diabetic retinopathy //Science and Innovation. – 2022. – Т. 1. – №. 8. – С. 919-923.
16. Shernazarov F., Tohirova J., Jalalova D. Types of hemorrhagic diseases, changes in newboens, their early diagnosis //Science and innovation. – 2022. – Т. 1. – №. D5. – С. 16-22.
17. Shernazarov F., Zuhridinovna J. D. Microcirculation disorders in the vascular system of the bulbar conjunctiva in the initial manifestations of cerebral blood supply deficiency //Science and innovation. – 2022. – Т. 1. – №. Special Issue 2. – С. 515-522.
18. Shernazarov I., Shernazarov F. Problems of translation of features related to the way of life of peoples //Science and innovation. – 2023. – Т. 2. – №. B1. – С. 80-83.
19. Temirpulatovich T. B. Depressive disorders in alcohol recipients and its socio-economic consequences during the covid-19 pandemic //Web of Scientist: International Scientific Research Journal. – 2023. – Т. 4. – №. 1. – С. 162-168.
20. Temirpulatovich T. B. et al. Clinical Manifestations of Suicidal Behaviors as a Result of Depressive Disorders During Adolescence //Eurasian Medical Research Periodical. – 2022. – Т. 8. – С. 55-58.
21. Temirpulatovich T. B. Patients With Alcoholism Functional Changes in the Liver After Covid-19 Disease //The Peerian Journal. – 2023. – Т. 15. – С. 38-47.
22. Temirpulatovich T. B. Sexual behavioral disorders after the covid-19 pandemic in patients with alcoholism //World Bulletin of Public Health. – 2022. – Т. 10. – С. 207-209.
23. Temirpulatovich T. B., Hamidullayevna X. D. Neuropsychiatric disorders that develop in a complication of covid-19 to alcoholism //European Journal of Interdisciplinary Research and Development. – 2023. – Т. 11. – С. 47-51.
24. Temirpulatovich T. B., Murodullayevich K. R., Uzokboyevich T. A. The Interrelationship of The Covid-19 Pandemic with Alcohol Abuse //Eurasian Medical Research Periodical. – 2022. – Т. 8. – С. 137-139.
25. Temirpulatovich T. B., Sabrievna V. A. Effects of the Covid-19 Pandemic on the Frequency of Alcohol Abuse and Clinical and Psychopathological Features //Eurasian Medical Research Periodical. – 2022. – Т. 8. – С. 68-71.
26. Temirpulatovich T. B., Uzokboyevich T. A. Biochemical Changes in the Liver After Covid-19 Disease in Alcohol-Dependent Patients and Their Effects on the Course of Alcoholism //The Peerian Journal. – 2023. – Т. 15. – С. 28-37.
27. Temirpulatovich T. B., Uzokboyevich T. A. Effects of exogenous psychological effects on alcohol consumption during the covid-19 pandemic //Web of Scientist: International Scientific Research Journal. – 2023. – Т. 4. – №. 1. – С. 157-161.
28. Temirpulotovich T. B. et al. The Impact Of Medical And Social Factors On Alcohol Abuse In Patients With Alcoholism During The Covid-19 Pandemic //Journal of Pharmaceutical Negative Results. – 2022. – С. 8195-8200.

29. Temirpulatovich T. B., Hamidullayevna X. D. Clinical and labarator changes in patients with alcoholism who have undergone covid 19, with various pathologies in the liver //Open Access Repository. – 2023. – T. 4. – №. 2. – C. 278-289.
30. Tohirova J., Shernazarov F. Atherosclerosis: causes, symptoms, diagnosis, treatment and prevention //Science and innovation. – 2022. – T. 1. – №. D5. – C. 7-12.
31. Turaev B. the course of the disease during the covid-19 pandemic in patients with alcoholism //Science and innovation. – 2022. – T. 1. – №. D8. – C. 130-134.
32. Turaev B., Velilyaeva A. Formation and course of alcoholism in young women with alcoholic psychosis //Eurasian Journal of Medical and Natural Sciences. – 2022. – T. 2. – №. 6. – C. 226-232.
33. Turaev Bobir Temirpulatovich 2023. Socio-demographic, personal and clinical characteristics of relatives of alcoholism patients. Iqro jurnali. 1, 2 (Feb. 2023), 685–694.
34. Turaev Bobir Temirpulatovich 2023. Ways to prevent negative disorders in schizophrenia. Iqro jurnali. 1, 2 (Feb. 2023), 35–44.
35. Turaev Bobir Temirpulatovich. “Clinical manifestations of anxiety depressions with endogenous genesis”. Iqro jurnali, vol. 1, no. 2, Feb. 2023, pp. 45-54,
36. Turaev Bobir Temirpulatovich. “Optimization of psychopharmacotherapy of affective disorders during the covid - 19 pandemic in alcohol-dependent patients”. Iqro jurnali, vol. 2, no. 1, Mar. 2023, pp. 175-80.
37. Usmanovich O. U. et al. Detection of adrenaline and stress conditions in patients using psychoactive substances with hiv infection //CUTTING EDGESCIENCE. – 2020. – C. 42.
38. Uzokboyevich T. A. Factors Influencing the Development of Alcoholism in Women //Eurasian Medical Research Periodical. – 2022. – T. 9. – C. 87-92.
39. Xushvaktova Dilnoza Hamidullayevna ,Turaev Bobir Temirpulatovich 2023. Clinical and psychological features of alcoholism patients with suicidal behavior. iqro jurnali. 1, 2 (Feb. 2023), 711–720.
40. Xushvaktova Dilnoza Hamidullayevna ,Turaev Bobir Temirpulatovich. “Clinical and psychological features of alcoholism patients with suicidal behavior”. Iqro jurnali, vol. 1, no. 2, Feb. 2023, pp. 711-20,
41. Xushvaktova Dilnoza Hamidullayevna ,Turaev Bobir Temirpulatovich 2023. Factors of pathomorphosis of alcoholic delirium. Iqro jurnali. 1, 2 (Feb. 2023), 721–729.
42. Диабета П. У. С. То^ ирова Жайрона Иззатилло^ изи //Шерназаров Фаррух «Science and innovation. – 2022. – С. 313-316.
43. Очилов У. У. и др. Диагностические особенности у пациентов с эндогенными психическими заболеваниями //Проблемы современной науки и образования. – 2020. – №. 10 (155). – С. 50-52.
44. Очилов У. У. и др. Клинические особенности психопатического поведения у подростков с психическими расстройствами //Вестник науки и образования. – 2020. – №. 23-3 (101). – С. 71-74.
45. Очилов У. У. и др. Оптимизация профилактики когнитивных и депрессивных расстройств при алкоголизме //Вестник науки и образования. – 2022. – №. 1-1 (121). – С. 109-113.
46. Очилов У. У. и др. Проблемы современной науки и образования //проблемы современной науки и образования Учредители: Олимп. – №. 1. – С. 64-67.
47. Очилов У. У. и др. Эндогенный психоз и расстройства шизофренического спектра в позднем возрасте //Проблемы современной науки и образования. – 2022. – №. 1 (170). – С. 64-67.
48. Очилов У. У., Тураев Б. Т., Жумагелдиев Н. Н. Особенности формирования и течения алкоголизма у лиц с акцентуациями характера и личностными расстройствами //Вестник науки и образования. – 2020. – №. 10-4 (88). – С. 101-103.

49. Очилов У. У., Тураев Б. Т., Жумагелдиев Н. Н. Особенности формирования и течения алкоголизма у лиц с акцентуациями характера и личностными расстройствами //Вестник науки и образования. – 2020. – №. 10-4 (88). – С. 101-103.
50. Очилов У. У., Тураев Б. Т., Хушвактова Д. Х. Распространенность когнитивных нарушений у пациентов с алкоголизмом //Вестник науки и образования. – 2020. – №. 17-2 (95). – С. 104-106.
51. Очилов У., Тураев Б., Алкаров Р. Клинические особенности депрессивных расстройств у подростков //Журнал вестник врача. – 2022. – Т. 1. – №. 4. – С. 75-77.
52. Очилов У., Тураев Б., Алкаров Р. Ўсмирларда депрессив бузилишларнинг клиник хусусиятлари //Журнал вестник врача. – 2020. – Т. 1. – №. 4. – С. 75-77.
53. Тураев Б. и др. Алкоголизм билан касалланган беморларда депрессив бузилишларнинг клиник ва психопатологик хусусиятларини ўрганиш //Журнал вестник врача. – 2020. – Т. 1. – №. 2. – С. 92-94.
54. Тураев Б. Т. и др. Covid-19 pandemiyasi davrida ruhiy omillarning spirtli ichimliklarni iste'mol qilishga ta'siri //Журнал биомедицины и практики. – 2022. – Т. 7. – №. 3.
55. Тураев Б. Т. и др. Covid-19 pandemiyasi vaqtida spirtli ichimliklarni iste'mol qiluvchi shaxslarda depressiv buzilishlarning tarqalishi //Журнал биомедицины и практики. – 2022. – Т. 7. – №. 1.
56. Тураев Б. Т. и др. Диагностика и лечение коморбидности алкоголизма и депрессивных расстройств //Вестник науки и образования. – 2021. – №. 4-2 (107). – С. 26-30.
57. Тураев Б. Т. Личностные нозогенные реакции больных с дерматологическими заболеваниями //Актуальные проблемы нейробиологии психических и аддиктивных расстройств. Томск. – 2020. – С. 157-159.
58. Тураев Б. Т. Маиший ичкиликбозлик муаммоси бўлган шахсларга ижтимоий омилларнинг covid-19 пандемиси даврида таъсири //Журнал биомедицины и практики. – 2022. – Т. 7. – №. 4.
59. Тураев Б. Т., Жабборов Х. Х., Жумагелдиев Н. Н. Гендерные различия депрессивной симптоматики у больных параноидной шизофренией //Volgamedscience. – 2021. – С. 459-460.
60. Тураев Б. Т., Икромова П. Х., Жабборов Х. Х. Тревожно-депрессивные расстройства в период беременности //Volgamedscience. – 2021. – С. 460-461.
61. Тураев Б. Т., Очилов У. У., Алкаров Р. Б. Socio-demographic characteristics of somatized depression //Новый день в медицине. – 2020. – №. 2. – С. 231-233.
62. Тураев Б. Т., Очилов У. У., Икромова П. Х. Частота и структура неврологических нарушений у больных подросткового возраста с психическими расстройствами //Volgamedscience. – 2021. – С. 462-463.
63. Тураев Б. Т., Очилов У. У., Кубаев Р. М. Распределение тревоги и депрессии при аффективных расстройствах соматизированной депрессии //Medicus. – 2020. – №. 3. – С. 58-60.
64. Тураев Б. Т., Очилов У. У., Хаятов Р. Б. Клинические особенности премобидного течения депрессивных расстройств и алкогольной зависимости //# Эндогенные психические расстройства. – 2020. – С. 64-68.
65. Тураев Б. Т., Хаятов Р. Б. Апатия в структуре депрессии позднего возраста //Молодежь и медицинская наука в XXI веке. – 2019. – С. 293-293.
66. Тураев Б. Т., Хаятов Р. Б. Особенности электроэнцефалографических показателей у больных алкогольной зависимостью //Актуальные проблемы психиатрии и наркологии в современных условиях. – 2019. – С. 150-151.
67. Тураев Б. Т., Хаятов Р. Б. Преморбидные особенности личности и суицидальное поведение больных алкоголизмом позднего возраста //Актуальные проблемы психиатрии и наркологии в современных условиях. – 2019. – С. 151-153.

68. Тураев Б. Т., Хаятов Р. Б. Различия в поведенческих нарушениях и злоупотребления спиртными напитками в катамнестическом исследовании лиц с расстройствами зрелой личности //Антология российской психотерапии и психологии. – 2019. – С. 171-171.
69. Тураев Б., Хаятов Р. Рекуррент ҳамда биполяр типдаги депрессиялардаги аффектив бузилишлар соматизацияланишиниг клиник психопатологик хусусиятлари //Журнал вестник врача. – 2020. – Т. 1. – №. 2. – С. 95-99.
70. Тураев Б., Хаятов Р. Суицидальные намерения у лиц с синдромом алкогольной зависимости при наличии депрессивных расстройств //Журнал вестник врача. – 2019. – Т. 1. – №. 2. – С. 115-117.
71. Тургунбоев А. У., Кубаев Р. М. Оптимизация лечения субдепрессивных состояний у алкоголиков с абстинентным синдромом за счет правильного назначения антидепрессивной терапии //Вестник науки и образования. – 2020. – №. 24-2 (102). – С. 70-73.
72. Хаятов Р. Б. и др. Аффективные расстройства у больных алкогольной зависимостью как фактор риска развития суицидального поведения //Достижения науки и образования. – 2019. – №. 11 (52). – С. 96-98.
73. Шерназаров Фаррух, Шерназаров Самандар 2023. Причины, симптомы, классификация, лечение нарушений менструального цикла. Iqro jurnali. 1, 2 (Feb. 2023), 217–232.
74. Shodiyeva D., Shernazarov F. ANALYSIS OF THE COMPOUNDS PROVIDING ANTIHELMITIC EFFECTS OF CHICHORIUM INTYBUS THROUGH FRACTIONATION //Science and innovation. – 2023. – Т. 2. – №. D2. – С. 64-70.

WORDLY
KNOWLEDGE