

PSYCHOTHERAPY IN ADOLESCENTS WITH PARANOID SCHIZOPHRENIA

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Introduction

The relevance of the problem of studying eating disorders in the adolescent population with paranoid schizophrenia is one of the most important tasks of practical health care. In the literature, there are very few scientific works on digestive disorders in the adolescent population, and they mainly investigate the clinical manifestations of this phenomenon, without focusing on gender differences and the peculiarity of clinical differences in the syndromological aspect. The effectiveness of psychotherapeutic intervention in the adolescent population with paranoid schizophrenia comorbid with eating disorders remains a debatable issue in practical psychiatry to this day. In pubertal patients, the presence of depressive symptoms provokes the formation of suicidal tendencies.

The purpose of the study was to examine the effectiveness of art therapy in the adolescent population with digestive disorders occurring in the clinical picture of paranoid schizophrenia to improve medical and psychological care for this group of patients.

Materials and methods

37 adolescents with paranoid schizophrenia who were hospitalized in a psychiatric hospital were included in the study. All examined patients underwent psycho-correctional work in the form of group sessions of art therapy (coloring with watercolor stencils, applications with grains of rice, buckwheat, mung bean, beans, lentils) in combination with rational psychotherapy and music therapy.

Results

37 adolescents were examined, 65% were diagnosed with paranoid schizophrenia with a continuous type of course F-20.00, 35% of the examined patients had paranoid schizophrenia with an episodic type of course F-20.01. We have experimented with the use of art therapy using anti-stress coloring stencils "Food". Before art therapy, all the examined patients had a level of severity of depressive symptoms. Art therapy sessions were conducted by clinical and medical psychologists in closed departments of the city clinical hospital in Tashkent with a frequency of three times a week, lasting 45-60 minutes, during three months of observation of patients. Most of the male patients were happy to complete the tasks of the psychotherapist, mostly using bright, warm colors during art therapy. Male patients, in most cases, preferred to paint stencils of meat

products, fast food, and the use of natural shades of the watercolor and gouache paint palette was observed. Unlike female patients, men rarely used mosaics, appliqué, and decoration of pattern stencils with beads in an art therapy session. These studies allow optimizing a comprehensive approach to the treatment of digestive disorders in patients with paranoid schizophrenia, reducing the number of hospitalizations, prolonging remission periods, and preventing possible somatic complications.

Conclusions

The use of integrative methods of psychotherapy for patients with paranoid schizophrenia, taking into account gender differences in psychiatric hospitals, will help to optimize the rehabilitation of patients with eating disorders, reduce the number of hospitalizations, and maximize the remission period.

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