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COMPLEX PSYCHOHYGIENIC ASSESSMENT OF THE DEGREE OF RISK OF ADVERSE CHANGES IN MENTAL HEALTH HIV-INFECTED PERSONS

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Among the leading criteria for adequate diagnosis of the consequences of the impact of incurable diseases on the mental health of patients, a disease such as HIV/AIDS is no exception, should include the use of clear, specific and adequate approaches to determining its leading correlates. as a result of the use of simple and informative psychodiagnostic methods with subsequent development based on their generalization and analysis of complex scales for assessing the severity of adverse changes in various organs and systems [1, 2, 3, 6]. At the same time, it must be noted that at present there are practically no opportunities for adequate operational prediction of the degree of risk of adverse changes in the mental health of people infected with HIV, and the question of developing a unified methodological approach is raised. a content-unified determination of the degree of prevalence of various deviations from the leading correlates of mental health.

The aim of the scientific work was to develop a methodology for a complex psychohygienic assessment of the degree of risk of adverse changes in the mental health of HIV-infected individuals.

During the research, the personal traits of 130 HIV-infected men with a confirmed diagnosis of HIV infection were studied. To achieve goals, based on the use of Rusalov personality questionnaire, the degree of development of such personal characteristics as the degree of expression of extraversion, rigidity of nervous processes, emotional excitability, speed of reactions and activity, situational and personal anxiety was determined – using the Spielberger questionnaire,



SECTION 30.

MEDICAL SCIENCES AND PUBLIC HEALTH

asthenic state – using the Malkov questionnaire, depressive state – using the Zung psychometric scale for self-assessment of depression, aggression – using the Bass-Darki questionnaire.

Statistical analysis of the obtained results included the use of descriptive statistics, correlation analysis, and Friedman ANOVA & Kendall matching procedures in the standard statistical analysis application package “Statistica 6.0 for Windows” (license number BXXR901E245722FA).

Taking into account the obtained data, a mathematical model that allows us to determine the degree of risk of adverse changes in the mental health status of HIV-infected persons has the following form:

$$\text{IIDRACMH} = 0.064 \times E + 0.078 \times \text{PNPr} + 0.069 \times \text{EmE} + 0.071 \times \text{SA} + 0.048 \times \text{TA} + 0.096 \times \text{AS} + 0.098 \times \text{DS} + 0.180 \times \text{PhA} + 0.149 \times \text{VbA} + 0.147 \times \text{InA};$$

where IIDRACMH is an integral indicator of the degree of risk of adverse changes in the mental health status of HIV-infected people (points); E – level of expression of personality extraversion indicators (points); RNPr – level of severity of indicators of rigidity of nervous processes (points); EmE – level of severity of indicators of emotional excitability (points); SA – level of severity of indicators of state anxiety (points); TA – level of severity of trait anxiety (points); AS – level of severity of asthenic state indicators (points); DS – level of severity of indicators of depressive state (points); PhA – level of severity of indicators of physical aggression (points); VA – level of severity of verbal aggression indicators (points); InA – level of severity of indirect indicators of aggression (points).

The following parameters should be considered quantitative criteria for assessing the degree of risk of adverse changes in the mental health of HIV-infected persons: (1) low risk of adverse changes in the mental health of HIV-infected people: the value of the integral indicator of the degree of risk is in the range from 1.000 to 1.800 points; (2) the degree of risk of adverse changes in the mental health of HIV-infected people is below average: the value of the integral indicator of the degree of risk is in the range from 1.810 to 2.600 points; (3) average degree of risk of adverse changes in the mental health of HIV-infected people: the value of the integral indicator of the degree of risk – ranging from 2.610 to 3.400 points; (4) the degree of risk of adverse changes in the mental health of HIV-infected persons is above average: the value of the integral indicator of the degree of risk is in the range from 3.410 to 4.200 points; (5) high degree of risk of adverse changes in the mental health of HIV-infected people: the value of the integral indicator of the degree of risk is in the range from 4.210 to 5.000 points.

The results obtained provide an opportunity to both determine the degree of risk of adverse changes in the mental health of HIV-infected people, and to substantiate, from a scientific and practical point of view, individualized strategies for using means of psychohygienic correction of detected deviations.

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