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COMPLEX OF PSYCHOHYGIENIC CORRECTION OF PERSONAL TRAIT OF HIV-INFECTED PERSONS: PERSPECTIVES OF USE

Serheta Ihor V.¹, Dudarenko Oksana B.²

1. Doctor of Medical Sciences, Professor,
Head of the Department of General Hygiene and Ecology
National Pirogov Memorial Medical University, Vinnitsya, UKRAINE

2. Candidate of Medical Sciences, Associate Professor
Associate professor of the Department of General Hygiene and Ecology
National Pirogov Memorial Medical University, Vinnitsya, UKRAINE

The global spread of HIV infection, which is extremely characteristic of the last decade, is one of the most serious problems of the XXI century, posing a serious threat to the social and economic development of many countries. The disease affects, first of all, people in the reproductive and most productive age, has a chronic course and leads to permanent loss of working capacity. It is necessary to emphasize the fact that the spread of HIV infection depends on a number of factors, among which one of the leading places is occupied by the peculiarities of the behavioral reactions of HIV-infected people, the characteristics of their social and psychological adaptation. Indeed, the diagnosis of "HIV infection" leads a person to psychosocial stress with the development of corresponding psychological reactions and self-stigmatization. In turn, self-stigmatization has a huge psychological impact on the self-awareness of people with HIV/AIDS and contributes to the formation of a high level of anxiety, asthenia, and depression [1, 2, 4, 5].

Thus, modern preventive programs must necessarily be focused on changing the behavioral reactions of patients, provide for the study of psychological characteristics of representatives of risk groups, use the simplest and most rational methods of correction of existing disorders, which include measures of psychohygienic correction.

The aim of the scientific research was to evaluate the effectiveness and determine the prospects for use in medical practice of the developed complex of psychohygienic measures for the correction of personality traits of HIV-infected persons.

Spielberger's personality questionnaire was used to study the level of anxiety, Malkova's personality questionnaire was used to diagnose the asthenic state, Zung psychometric scale was used to study the features of depressive state. The survey was conducted taking into account the requirements of bioethics on the basis of the informed consent of each of the HIV-infected men under study. Statistical processing of the obtained results was carried out using the standard package of multidimensional statistical analysis programs "Statistica 6.1" (license number BXXR901E245722FA).

In the course of the conducted research, a set of measures for psychohygienic correction and improvement of the psycho-emotional state of HIV-infected persons was developed, which includes the following stages in its structure: the psychodiagnostic stage, which provides for the assessment of the peculiarities of the formation and level of development of the leading personality traits of HIV-infected men based on the use of personality questionnaires and tests methodology, the stage of individualized correction of daily activities, which determines the need to inform the examined persons about the basic provisions of a healthy lifestyle, about the strategy of living with HIV infection, about the principles of changing maladaptive and pseudoadaptive models of risky behavior and, on the basis of this, providing for the correction of the main regime elements, ensuring rational alternation of various types of activity and rest, balancing of mental and physical loads, optimization of motor activity, as well as the stage of psychohygienic correction, the distinguishing feature of which should have been the use of psychophysical training exercises, exercises aimed at weakening stressful incidents, overcoming anxiety and acute pathological stress.

To evaluate the effectiveness of the developed set of measures for psychohygienic correction and improvement of the psycho-emotional state of HIV-infected persons, 2 comparison groups were formed: the intervention group and the control group. 30 HIV-infected men who used the developed complex in their daily activities were included in the intervention group, and 30 men who did not use it were included in the control group.

The obtained data indicate that the use of the developed set of measures for psychohygienic correction and improvement of the psycho-emotional state of HIV-infected men ensured the appearance of favorable changes in such personal characteristics as indicators of situational anxiety ($p < 0.001$), the degree of asthenic expression ($p < 0.01$) and depressive ($p < 0.01$) states and, thus, determined its significant prospects for wide application in the future with the aim of preventing the development of a number of personal deformations manifested by stigmatization and self-stigmatization, correction of behavioral reactions and manifest social psychological maladjustment of HIV-infected persons.

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