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DETERMINATION OF THE DEGREE OF RISK OF FORMATION OF ADVERSE CHANGES IN THE MENTAL HEALTH OF CHILDREN, ADOLESCENTS AND YOUTH ON THE BASIS OF EXPERT ASSESSMENT METHODS

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Implementation of a comprehensive assessment of the state and quality of life, the features of the course of psychophysiological and mental adaptation of schoolchildren and students in the conditions of modern educational institutions, determines the urgent need to introduce a systematic approach to solving issues of categorical and conceptual content, a generalized qualitative and quantitative assessment of the state and quality of life, standardization of leading indicators of psychophysiological and mental adaptation, an in-depth assessment of changes in the leading correlates of health that are taking place, forecasting the processes of forming the health of young women and young men for the future [1, 2, 3, 4, 5].

The aim of the study was to develop modern approaches to the prognostic assessment of the degree of risk of adverse changes in the mental health of children, adolescents and young people based on the use of expert assessment methods.

Hygienic, medical-sociological, epidemiological, psychophysiological, psychodiagnostic and epidemiological methods and methods of statistical analysis

were used. The leading expert assessment methods included the group examination method with subsequent ranking and the method of pairwise comparison of the obtained data with subsequent calculation of the corresponding weight coefficients.

At the current stage of development of preventive medicine, the prognostic assessment of the degree of risk of forming adverse changes in the mental health of children, adolescents and young people, primarily based on determining the features of the course of the processes of psychophysiological and mental adaptation of pupils and students to the conditions of carrying out diverse, multi-directional and multi-vector daily activities in educational institutions of various types, consists of an in-depth assessment of the level of development of psychophysiological functions and personality traits of young women and young men, which are responsible for the processes of forming a working dynamic stereotype and the leading characteristics of the physical and psychological components of the quality of life.

Therefore, the first stage of our research consisted of performing correlation and cluster analysis procedures and identifying the functional interdependence of the studied indicators by assessing the degree of their proximity in the multidimensional space of the characteristics being determined, as well as structuring the main accounting features (a certain range of numerous psychophysiological functions and personality traits and characteristics of the quality of life) (a set of obtained indicators of medical and social, psychophysiological, psychodiagnostic and psychohygienic content) in the multidimensional space of the studied factors, as well as highlighting clearly defined qualitative and quantitative characteristics of the processes being analyzed, in the conditions of intergroup diversity of indicators that are at the center of the research being conducted.

At the second stage of the conducted research, based on the use of generally accepted psychodiagnostic test and instrumental and computerized psychophysiological methods, the level of formation of the leading characteristics of the quality of life, psychophysiological functions and personality traits was studied.

During the implementation of the third stage of research in accordance with the proposed scales for the assessment of the level of psychophysiological functions and, therefore, psychophysiological adaptation, and personality traits and, therefore, mental adaptation of pupils and students, created on the basis of currently existing approaches to the qualitative assessment of their quantitative measurement data, the results obtained in the process of performing test and instrumental measurements were evaluated in standardized scores, the

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values of which were used for further calculation of the corresponding integral indicators.

At the fourth stage, an expert assessment of the level of significance and weight of the selected characteristics of quality of life, psychophysiological functions and personality traits was carried out to create optimal conditions for the course of adaptive processes, and group expertise methods were used with subsequent ranking and pairwise comparison of the studied indicators of quality of life, psychophysiological functions and personality traits of young women and young men.

The fifth stage was devoted to the justification of individualized strategies for the use of psychophysiological influence and psychohygienic correction of existing deviations, according to the content and direction.

In the course of the research, methods were developed, scientifically substantiated and implemented for a comprehensive assessment of the level of expression of academic stress in students of higher medical education institutions during the period of study and in the pre-examination and examination periods, a comprehensive point assessment of the features of the course of professional adaptation and the formation of high professional suitability of students who are studying dentistry in medical education institutions, a comprehensive point assessment of the features of the course of psychophysiological and mental adaptation of students to the conditions of intense daily activities, a comprehensive assessment of the features of the course of psychophysiological and mental adaptation of students of modern educational institutions of various types.

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