

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ
КАФЕДРА ФІЗИЧНОЇ РЕАБІЛІТАЦІЇ І ЗДОРОВ'Я**



**VII науково-практична конференція
студентів та молодих вчених з міжнародною участю**

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ДО ДОСЯГНЕНЬ СУЧASНОЇ МЕДИЦИНІ І ФАРМАЦІЇ»**

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EFFECTIVENESS OF COGNITIVE-BEHAVIORAL THERAPY AS A MODERN MODEL OF HEALTH-IMPROVING AND REHABILITATION TECHNOLOGIES

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Introduction. Mental illnesses and mental disorders occupy a significant place among the causes of inefficiency, disability and mortality of the population in all countries of the world. There is a clear trend towards an increase in mental disorders and morbidity among people of working age, which determines the great medical and social significance of this problem in modern clinical medicine. In economically developed countries, there is a stable rate of the spread of mental disorders and pathological conditions. In particular, in the European region, the number of mental disorders in different countries ranges from 2% to 7-8%. The most common mental disorders include: acute stress disorders, post-traumatic stress disorders and depressive states. Unfortunately, a protracted war is raging in Ukraine. By definition - "endless February". Therefore, almost all of the listed states of mental disorders and psychological trauma in civilians and the military arise as a result of the development of persistent crisis situations associated with war and hostilities. In addition, despite the use of modern methods of treatment, it is practically impossible to prevent clinical complications in the development of acute psychoses. Taking into account this, as well as a significant increase in morbidity and mental disorders in recent years, this problem is of great medical and social importance in Ukraine. Also, in modern conditions, the requirements for effectiveness and safety in the use of therapeutic methods are constantly increasing, which helps to improve the directions of effective treatment and prevents negative manifestations of complications.

Aim. Substantiation and evaluation of data on the effectiveness of the use of cognitive-behavioral therapy as one of the modern methods of psychotherapy in conducting a medical and clinical study of the therapy of mental disorders in patients with manifestations of acute and post-traumatic stress disorders.

Materials and methods. Application and conduct of a sample study, clinical meta-analysis and clinical and statistical processing of questionnaire data of patients with manifestations of acute and post-traumatic stress disorders of various etiologies, different age groups, fixation of parameters of clinical symptomatology.

Results and their discussion. The results and evaluation of the results of this clinical meta-analysis using cognitive-behavioral therapy, as one of the modern methods of psychotherapy, in the treatment of mental disorders in patients with manifestations of acute and post-traumatic stress disorders indicate that the main clinical aspect in psychotherapy is the optimization of effective and safe use of health and rehabilitation treatment methods. Based on the data obtained, the main aspects of the effective and safe use of cognitive behavioral therapy as a scientifically based method of psychotherapy for the treatment of acute and post-traumatic stress disorders were identified.

In general, cognitive-behavioral therapy belongs to the class of psychotherapeutic techniques that have the basic premise that mental disorders and psychological distress are supported by cognitive factors. The basic premise of this therapeutic approach is that maladaptive cognitions contribute to the maintenance of emotional distress and behavioral problems. That is, these maladaptive cognitions include general beliefs, or schemas, about the world, oneself and the future, which generate specific and automatic thoughts in certain situations. The basic model postulates that therapeutic strategies to alter these maladaptive cognitions lead to changes in emotional distress and problematic behaviors.

Applying the modern method of cognitive-behavioral therapy, according to the medical model of psychiatry, the general goal of treatment is determined, that is, the reduction of symptoms, the improvement of functioning and the remission of the disorder. To achieve this goal, the patient becomes an active participant in a collaborative problem-solving process to test and challenge the validity of maladaptive cognitions and modify maladaptive behavior patterns. Thus, modern cognitive-behavioral therapy belongs to a family of interventions that combine a variety of cognitive, behavioral and emotionally oriented techniques, differing in a wider spectrum of action.

Based on the results of the study, the dynamics of the main symptoms and the improvement of clinical indicators of mental disorders in patients with acute and post-traumatic stress disorders under the influence of cognitive behavioral therapy were assessed. It was determined that the effectiveness of the positive impact on the dynamics of pathological indicators in patients with manifestations of acute and post-traumatic stress disorders was determined at the level of 93% in relation to the total number of pathology. Based on a meta-analysis of the positive dynamics of clinical manifestations of mental disorders under the influence of cognitive-behavioral therapy, it is noted to achieve a significantly faster result in comparison with other psychotherapeutic methods. Comparative ratios of significant results were achieved within 8-10 weeks compared to 6-18 months with the use of other methods.

Conclusions. Evaluating the data of the study, a modern algorithm for the effective use of cognitive-behavioral therapy for the treatment of mental disorders in patients with acute and post-traumatic stress disorders was substantiated. The use of cognitive-behavioral therapy shows significant effectiveness in the treatment of a large number of mental disorders and conditions caused by negative thoughts, ideas about the world, a tendency to apathy and mood swings. The results of this study contribute to the improvement of modern criteria for the effectiveness of the use of scientifically based health and rehabilitation methods of treatment, which makes it possible to increase the effectiveness of treatment in clinical psychiatric practice.

Keywords: mental disorders, stress, treatment methods, cognitive-behavioral therapy, effectiveness.