

about the significance that it had for them after five and more years after the psychogeny suffered (on average 9.3 ± 1.3). It was defined by a number of reasons: psychologically overwhelming influence of one and (or) both parents; fear of blaming on part of relatives (88.4%); "criticising and rejecting" mother (87.5%). The women from this group had such characteristic traits of character as lack of confidence in themselves, need for approval of their acts and decisions from outside (23-32.6%); unstable (9-8.7%) or decreased self-assessment (95-91.3%); not sufficiently flexible cognitive system of values. The suffered rape was perceived as a "catastrophe" and the personality did not see any choice and positive outcome for itself.

Thus, lack of support of a victim of violence in microsocial environment and macrosocial environment, in combination with specific traits of the personality leads to the formation of mental disorders that are more complex by structure.

* * * * *

XENON THERAPY IN THE TREATMENT OF ANXIETY DISORDERS

Boris Tsygankov, Alexander Dobrovolsky, Galina Ivanova & Irina Loginova

A.I. Evdokimov Moscow State University of Medicine and Dentistry, Moscow, Russia

Background and aims: Anxiety disorders, accompanied by somatic discomfort due to autonomic instability, are most vividly represented by panic disorder. For this disease are characteristic frequent attacks of severe anxiety (panic) in combination with a set of vegetative disorders (palpitation, choking, nausea, chest pain, sweating, tremor, heat). Based on the pharmacokinetic effects of xenon, such as anti-stress, neuroprotective, adaptation and vegetative stabilization, its action on the glutamatergic system and its impact on lowering levels of "stress hormones" (adrenaline and cortisol).

A method for the therapy of anxiety disorders, including the use of xenon inhalations for the purpose of arresting vegetative disorders, has been developed. Xenon therapy quickly acts on the autonomic link of panic attacks, thereby severing subjectively unpleasant or intolerable sensations, which are the basis of the "vicious circle" of panic attacks. Psychotherapy is represented by a cognitive-behavioral therapy (CBT). It is aimed at the treatment of agoraphobia, correction of cognitive representations that trigger a chain of negative perception and catastrophization of "bodily rattlers", as well as secondary behavioral disorders.

The aim of the study is to examine the efficacy and feasibility of using xenon inhalations in the complex treatment of panic disorder.

Subjects and methods: The application of the method was investigated on the example of 200 patients of the clinic of the Institute's of Mental Health and Addiction Clinic (according to ICD-10 criteria). Two groups of patients were compared. Analyzed groups of patients were statistically reliably comparable in terms of socio-demographic, clinical and psychopathological characteristics and psychometric indicators, by the nature of the disease.

In the first group, patients received standard psychopharmacotherapy in combination with CBT. Patients of the second group received a course of inhalation with xenon in addition to psychopharmacotherapy and CBT. To assess the severity of anxiety disorders, the frequency and intensity of panic attacks, and the significance of their reduction, psychometric scales were used. Efficiency was assessed using Sheehan Patient-Rated Anxiety Scale, SPRAS, brief Neuropsychiatric scales Inventory (MINI), Hospital Anxiety and Depression Scale (HADS), Patient Health Questionnaire Panic Screening Questions (Wayne J. Katon). Assessment of mental state was carried out before the initiation of therapy, during therapy, and also 60 days after treatment.

Results: In patients of the second group, in comparison with the results of the first group, the intensity of autonomic disorders decreased more markedly, a significant reduction in the duration of panic attacks was observed, and the intensity of fear during a panic attack decrease, anxious anticipation of panic attacks decreased.

Conclusions: The system of complex therapy of anxiety disorders proposed by the authors, including xenon therapy, psychopharmacotherapy and psychotherapy, is an effective method of treatment of panic disorder.