

PERSONALIZED MEDICAL AND PSYCHOLOGICAL CORRECTION OF RISK FACTORS FOR CARDIOVASCULAR DISEASES USING REMOTE TECHNOLOGIES

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Background: Cardiovascular diseases are the main cause of death, loss of function, poor quality of life, and the high cost of treatment and rehabilitation measures in the world. Large-scale studies show that up to 90% of heart attacks and strokes can be prevented by prophylactic correction of cardiovascular risk factors. The rapid growth of telecommunication and network health resources thanks to modern means of communication (video calls, SMS alerts, e-mail, etc.) allows to remotely provide personalized psychological counseling for patients with heart diseases.

Subjects and methods: The purpose of the study is a comparative investigation of changes in risk factors for cardiovascular diseases under the influence of telemedicine psychological counseling (technology of in-depth preventive and motivational counseling, the formation of coping skills with the disease). 140 patients with chronic heart diseases were examined. They were divided into two comparable groups of 70 people. In the experimental group (No. 1), medical-psychological correction was carried out using remote technologies; comparison group (No. 2) was under standard observation. All patients received supportive pharmacotherapy.

Results: The use of remote psychocorrection technologies in the experimental group for 12 months allowed us to reach the target levels of blood pressure ($p=0.002$), physical activity ($p=0.003$), increase the proportion of patients who consume 400 g of fruit and vegetables per day ($p=0.006$), reduce body mass index ($p=0.0003$), reduce waist circumference ($p=0.002$), lower cholesterol ($p=0.004$), in the smoking patient subgroup, reduce the number of cigarettes smoked per day. Between the groups after 12 months of observation, there were no statistically significant differences in the level of blood glucose and the volume of alcoholic beverages consumed.

Conclusion: Conducting a personalized remote medical and psychological correction significantly improved the profile of risk factors for chronic heart diseases.

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SPECIFIC FEATURES OF DEPRESSIVE DISORDERS IN VICTIMS OF SEXUAL VIOLENCE

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There have been examined 104 women who suffered rape. Majority of women examined (56.7%) had suffered rape at an age of 12 to 18 years. The duration of the period assessed from the moment of rape to seeing a psychiatrist varied from 1 month to 30 years (on average was 9.3 ± 1.3 years).

We applied random sampling technique whose only selection criterion was the availability of an episode of sexual violence in anamneses of female patients. We used clinical and anamnestic method, dynamic observation over the condition of those under examination. To determine overall level of subjective distress we used the impact of event scale (IES) developed by M. Horowitz (1978) and revised by Weiss (1996). There was also conducted clinical psychiatric examination.

The sample did not include women in whom psychogenic disorder developed on the backdrop of personality disorder of various geneses. Also excluded were the persons with signs of rough organic brain syndrome and patients with psychotic symptomatology, whether at the time of examination or in the past.

Depressive disorders in victims of rape were presented by the anxio-depressive reactions during acute period of post-traumatic disorders (58 - 55.8%) that subsequently transformed under adverse conditions into prolonged depressive reactions as part of adjustment disorder (19 - 41.3%); mild depressions (11 - 23.9%) and moderate depressions (16 - 34.8%). The majority of the women examined (32 - 69.6%) with depressive disorders in premorbidity had these character features: undue susceptibility and an impressibility with tendency to guardedness in external manifestation of emotions and enduring fixation