

Abstract

Psychotrauma and Psychosomatic Disorders in Women

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Women's mental health plays a key role in their overall well-being and quality of life. During the life journey, women face various stressors and life factors that can significantly affect their psychological state. From adolescence to menopause, as well as life stages such as pregnancy, women are particularly sensitive to changes in mental health. These changes can be the result of hormonal fluctuations, emotional challenges or social pressures. It is especially important to emphasize the possible psychological changes and challenges that pregnancy itself brings, as well as its possible outcomes, such as pregnancy loss, complications during childbirth or the birth of a child with malformations, because they can have a deep and long-lasting impact on a woman's psychological state. Also, psychological problems can be present even before conception, and pregnancy itself can further worsen them. Therefore, it is important to ensure careful monitoring of high-risk pregnant women by a multidisciplinary team of health professionals. High-risk pregnant women include those with pregnancy or childbirth complications, a history of mental disorders or sexually transmitted diseases, younger or older pregnant women, and pregnant women of low socioeconomic status. The aforementioned stressors, inadequate coping with challenges or exposure to chronic stress, can result in the development of various psychological symptoms and disorders in women, during and in the postpartum period, such as feelings of guilt, anxiety, "baby blues", depression, panic disorders and even post-traumatic stress disorder. It is important to emphasize that long-term psychological stress and the development of psychological disorders can have long-term physical consequences for the woman and the child, such as the development of preeclampsia, problems with the child's birth weight and premature birth. These problems can interfere with the mother's daily functioning, damage the quality of relationships within the family, and have serious consequences for mental health. It is important that mothers receive comprehensive psychophysical support and understanding so that they can adequately cope with all the challenges that pregnancy can bring.

Keywords: pregnancy, mental illnesses of women, menopause

Sažetak

Psihotrauma i psihosomatski poremećaji u žena

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Psihičko zdravlje žena igra ključnu ulogu u njihovom cjelokupnom blagostanju i kvaliteti života. Tijekom životnog puta, žene se suočavaju s raznim stresorima i životnim čimbenicima koji mogu značajno utjecati na njihovo psihičko stanje. Od adolescencije do menopauze, kao i životne faze poput trudnoće, žene su posebno osjetljive na promjene u psihičkom zdravlju. Ove promjene mogu biti rezultat hormonalnih fluktuacija, emocionalnih izazova ili socijalnih pritisaka. Posebno važno je naglasiti moguće psihičke promjene i izazove koje nosi trudnoća sama po sebi, kao i njezini mogući ishodi, poput gubitka trudnoće, komplikacija tijekom poroda ili rođenja djeteta s malformacijama, jer mogu imati dubok i dugotrajan utjecaj na psihičko stanje žene. Također, psihički problemi mogu biti prisutni i prije začeca, a sama trudnoća ih može dodatno pogoršati. Stoga je važno osigurati pažljivo praćenje visoko rizičnih trudnica od strane multidisciplinarnog tima zdravstvenih stručnjaka. Visoko rizične trudnice obuhvaćaju one s komplikacijama trudnoće ili porođaja, povijest psihičkih poremećaja ili spolno prenosivih bolesti, trudnice mlađe ili starije životne dobi te trudnice niskog socioekonomskog statusa. Navedeni stresori, neadekvatno suočavanja s izazovima ili izloženosti kroničnom stresu, mogu rezultirati razvojem raznih psihičkih simptoma i poremećaja kod žene, tijekom i u postporođajnom razdoblju, kao što su osjećaj krivnje, anksioznost, "baby blues", depresija, panični poremećaji te čak i posttraumatski stresni poremećaj. Važno je naglasiti da dugotrajni psihički stres i razvoj psihičkih poremećaja mogu imati dugoročne tjelesne posljedice na ženu i na dijete, poput razvoja preeklampsije, problema s porođajnom težinom djeteta te prijevremenog poroda. Ovi problemi mogu ometati svakodnevno funkcioniranje majke, narušiti kvalitetu odnosa unutar obitelji te imati ozbiljne posljedice na psihičko zdravlje. Važno je da majke dobiju cjelovitu psihofizičku podršku i razumijevanje kako bi se mogle adekvatno nositi sa svim izazovima koje trudnoća može donijeti.

Ključne riječi: trudnoća, psihičke bolesti žena, menopauza