

P-1155 - INTEGRATED PSYCHOTHERAPY OF ADJUSTMENT DISORDERS IN UNIVERSITY STUDENTS

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Introduction: Intensive stress caused by academic pressure and psychosocial challenges for the freshmen leads to the high prevalence of adjustment disorders. Integrated psychotherapy for students is a part of a complex multistage programme of mental health promotion in University.

Objectives: To identify adjustment disorders and stress factors among students in one of the Moscow Universities and to provide an appropriate mental health care using an integrated psychotherapy.

Aims: To investigate the factors of mental health improvement under the psychotherapy in adjustment disorders.

Methods: 20 1st year students were examined by structured interview, Spilberger scales, J, Amirkhan test on type of coping strategies. For the rehabilitation purposes an integrated schema consisting of elements of CBT, Interpersonal psychotherapy, Gestalt therapy, psychodynamics was used.

Results: Positive dynamic in 15 cases were associated with improving skills of self regulation, activating of interpersonal interaction and with actual needs and individual purposes identifying.

Conclusions: The importance of emotional identification by patients as well as positive thinking, more differentiated attitude to the stress situations and working out the effective stress coping strategies were specified as facilitating factors. More confident behavior which was one of the most therapeutic requests has also meaning for enriching of person's resources.