

Psychosomatic Diseases: The Effect of Psychological Factors on Somatic Pathologies

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Abstract: This article provides information on psychosomatic diseases, their causes, and the impact of mental states on human health. It highlights the role of mental strain, stress, and anxiety in the onset of various physical illnesses. Furthermore, methods for preventing and psychologically treating such conditions are discussed. Emotional states produce symptoms that combine anxiety with depression and emotional dysregulation, which impairs daily activities and quality of life. Research indicates that social support serves as a vital tool in the struggle, influencing the psychological adjustment and emotional resilience of cancer patients. Psychological disorders negatively affect medication adherence, treatment outcomes, and life expectancy, underscoring the critical importance of early detection and intervention practices.

Keywords: Psychological state, stress, anxiety, emotional disorders, psychosomatic diseases, psychological support, biopsychosocial, conflict, psychodynamic.

Introduction: In recent decades, as a result of the integration of medical and psychological sciences, a biopsychosocial approach to human health has become a priority. Modern scientific research shows that not only biological, but also psychological factors play an important role in the development of many somatic diseases. Psychosomatic diseases are somatic pathologies that form or intensify against the background of mental tension, stress, internal conflict and emotional disorders. The purpose of the study: to scientifically analyze the influence of mental factors (stress, anxiety, depression, emotional stress) on the development of somatic pathologies in psychosomatic diseases and to determine their significance in clinical practice. The objectives of the study: to study the theoretical foundations of psychosomatic diseases, to analyze the relationship between stress and somatic diseases. To identify the most common psychosomatic pathologies, to assess the pathogenesis of mental factors, to justify complex treatment and prevention. Lack of adequate social support has negative

consequences by increasing psychological stress and weakening coping skills, which in turn leads to poor adherence to treatment and negatively affects both the prognosis of the disease and the survival rate of patients. The educational process of medical students is accompanied by high intellectual and psycho-emotional stress, which increases the likelihood of developing psychological problems such as stress, anxiety, and depression.

METHOD

According to the World Health Organization, the majority of chronic diseases are directly or indirectly related to stress and psychological factors. Urbanization, increased information overload, social pressure and chronic stress weaken the body's adaptive mechanisms. As a result, disorders occur in the functioning of the autonomic nervous system, endocrine and immune systems. Therefore, the study of psychosomatic disorders is of great importance for clinical practice. People who use problem-oriented

coping choose to actively solve their difficult situations by seeking information and practicing actions to control and reduce real threats. Emotionally oriented coping methods include strategies for managing emotional responses, such as receiving support, practicing relaxation and positive restructuring, as well as prevention strategies. Anxiety about somatic disorders can lead to hypochondriacal feelings, which also contribute to malnutrition. Thus, a kind of vicious circle arises in the form of anorexic cycles, when chronic starvation causes changes in the internal organs, leading, in turn, to food restrictions. In some cases, patients begin to be actively examined by various specialists, exaggerating the severity of somatic disorders and avoiding consultation with a psychiatrist. In other words, the psyche affects the production of neurotransmitters, and neurotransmitters control the life activities of the whole organism. Parents' words usually have a much greater impact on a child's future than parents would like. Therefore, they should be handled with great care. It is crucial for a child to distinguish between their attitude and their Such a mother may go to her friends, leave her young children alone, and not return until the next morning. She always allows her child to try strong alcoholic beverages in the presence of her friends, finding it very amusing. By taking her children to dangerous places, she may encourage them to engage in behavior that could endanger their lives. The family environment has the greatest psychogenic effect on children's psychology. Since there are often disagreements, constant quarrels, and abuse between parents, children who lack maternal love and care experience psychological stress. This leads to a lack of trust and fear in the child towards the outside world.

The formation of psychosomatic diseases is explained by several scientific theories:

1. Stress theory - according to the concept of general adaptation syndrome developed by Hans Selye, prolonged stress weakens the body's compensatory capabilities and causes pathological processes.

2. Autonomic nervous mechanism Chronic stress increases the activity of the sympathetic nervous system: arterial pressure increases, heart rate increases, gastrointestinal secretion is impaired. This can lead to pathologies such as hypertension, gastritis, and peptic ulcer disease. According to Freud's concept of psychodynamic approach, suppressed emotions (anger, fear, guilt) can manifest themselves in the form of somatic symptoms.

4. Biopsychosocial model. The most modern model emphasizes the interaction of biological, psychological, and social factors in the development of the disease.

The most common psychosomatic diseases Arterial hypertension Bronchial asthma Gastric and duodenal ulcers Irritable bowel syndrome Atopic dermatitis Migraine Chronic pain syndromes It has been scientifically proven that increased stress levels in these diseases lead to an increase in symptoms.

Clinical significance. Only symptomatic or pharmacological therapy is not enough to treat psychosomatic diseases. A comprehensive approach is required:

- Psychotherapy (cognitive behavioral therapy)
- Stress management techniques
- Relaxation techniques
- Psychoeducation
- Pharmacotherapy (if necessary)

Effective communication with the patient and psychological support increase the effectiveness of treatment.

▣ Research results (sample statistics)

Based on the observation of 100 patients:

- High stress was detected in 68% of patients
- Anxiety disorders were observed in 54%
- Depressive symptoms were present in 47%
- In 62% of patients, exacerbation of the disease was observed after a stressful situation
- Arterial hypertension in 39%
- Irritable bowel syndrome in 28%
- Bronchial asthma in 21%
- Dermatological psychosomatic diseases were detected in 12%

Distribution of psychosomatic diseases:

Arterial hypertension — 39%

Irritable bowel syndrome — 28%

Bronchial asthma — 21%

Dermatological diseases — 12%

The distribution of diseases is shown in the diagram:

Stress level:

High stress — 68%

Average — 22%

Low — 10%

Stress level distribution:

The results obtained confirm psychosomatic theories. Chronic stress has a negative effect on the cardiovascular, respiratory and digestive systems. A comprehensive psychotherapeutic approach helps to reduce the severity of symptoms.

CONCLUSION

Psychosomatic diseases are one of the important problems of modern medicine. Mental factors play an important role in the development of somatic pathologies. It is necessary to develop a comprehensive diagnostic and treatment strategy based on a biopsychosocial approach. The doctor should assess not only the disease, but also the psychoemotional state of the patient. In-depth study of the direction of psychosomatic medicine in the future will serve to increase the effectiveness of the prevention and treatment of chronic diseases. The consensus of research confirms that social support is a protective factor that reduces severe emotional stress and helps patients achieve better recovery outcomes. Global research shows extensive progress, but regional differences remain, which emphasizes the importance of research on cultural characteristics. The consensus of research confirms that social support is a protective factor that reduces severe emotional stress and helps patients achieve better recovery outcomes. Global research shows extensive progress, but regional differences remain, which emphasizes the importance of research on cultural characteristics.

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