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# ABSTRACTS

one syndrome of disorders of the psycho-emotional sphere was identified, and in 16.8% of women, astheno-neurotic syndrome was identified in combination with anxiety symptoms.

The most common syndrome was anxiety syndrome combined with phobic symptoms and it accounted for 48.9% of the total number of women. The second most frequent was asthenic-neurotic syndrome prevalence (34.4%) and anxious-depressive syndrome (18.3%). In the comparison group, astheno-neurotic syndrome was detected in 47.4%, and anxiety-phobic syndrome in 30.1%.

**Conclusions:** The results allowed to create the psychotherapeutic program for stabilization the emotional status of pregnant women and increase their adaptive mechanisms.

## REHABILITATION SERVICES FOR VICTIMS OF RUSSIAN AGGRESSION AGAINST EASTERN UKRAINE IN 2015-2019

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**Objectives:** The campaign consisting of 4 projects was aimed to establish psychosocial rehabilitation services for victims of Russian aggression (soldiers, relatives of conflict victims, displaced persons) in Luhansk, Donetsk, Poltava, Dnipropetrovsk, Zaporizhzhia and Kherson regions in the year 2015 - 2019.

**Methods:** Special training program consisting of three phases for Ukrainian mental health professionals of both mental health facilities (inpatient and outpatient setting) and veterans' hospitals was organized. During primary visits of Lithuanian experts, the situation of mental health facilities was evaluated, and tailored theoretical training programs for separate regions in Ukraine were developed (first phase). These programs were implemented as 5 days continuous training in each region (second phase). The final phase was organized as 5 days practical courses for Ukrainian health care specialists in Lithuania. Follow-up followed.

**Results:** More than 250 Ukrainian specialists were trained, and more than 80 of them (specialists and administrators) underwent practical training in Lithuania. 11 psychosocial rehabilitation services were established. More than 10.000 patients have received service since the beginning of the campaign.

**Conclusions:** The number of the established psychosocial rehabilitation services, their viability and the number of patients serviced has demonstrated the need and success of such projects. After the campaign services that were established are fully functioning and even expanding, as Ukrainian specialists are further training their peers, this time without assistance of Lithuanian colleagues.

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## ISSUP SYMPOSIUM "SUBSTANCE USE AND THE ROLE OF FAMILIES"

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Family members become closely linked with those in their family who experience substance use disorders. However, in many countries those members are not involved in addressing ways they could support or impact the treatment/recovery process. When a family member suffers from a substance use disorder, the effect on the family will differ according to individual issues and the family structure. Nevertheless, the role of families and family members is often crucial. They can create a supportive environment and play a protective role in the recovery process. Alternatively, they can trigger the worsening of the condition or even provoke a relapse. It is therefore important to address the need for families of those family members with substance use disorders.

The International Society of Substance Use Prevention and Treatment Professionals (ISSUP), that operates at a national level through its National Chapters,

conducted two online surveys referred to as “Working with Families”: one among the family members of the subject that uses or has experience of using psychoactive substances and the other with the subject. Surveys were created based on the Universal Treatment Curriculum 14, and the data collected in Ukraine, Kazakhstan and Pakistan. The results of the survey provide new data from the those countries; identify the family needs; and offer information about family/subject attitudes to the treatment and issue of substance use disorders. This will inform the development of new activities in the regions that will be focused on the importance of the family involvement in the therapeutic process.

## EFFICIENCY OF ART THERAPY IN THE COMPLEX TREATMENT OF PATIENTS WITH PARANOID SCHIZOPHRENIA

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Schizophrenia one of the most common mental disorders, characterized by polymorphism of psychopathological manifestations and led to adverse social and economic consequences.

A personalized comprehensive therapeutic program with art therapy use, for patients with paranoid schizophrenia, was developed and tested in the course of this research.

The approbation of the proposed program involved 95 patients diagnosed with paranoid schizophrenia during the stabilization period. The therapeutic program was based on the leading psychopathological syndrome and included pharmacotherapy with atypical antipsychotics; psychotherapy with cognitive behavioral therapy, family psychotherapy, personality-oriented psychotherapy, psychoeducation and art therapy with drawing techniques (“Drawing of the Disease”, “Doodles and Metamorphoses”, “Wheel of Life”, “Panorama of relationships”, mandala art therapy), fairytale therapy and imago therapy).

According to the data obtained from this study, during complex therapy with art therapy use, patients of the main group in comparison with the control group had significant clinical efficacy: reduction of productive psychotic symptoms (80.8 ± 1.8% of patients); normalization of emotional state (85.7 ± 1.8%); stabilization of behavior and increase of mental and physical activity of patients (77.2 ± 1.7%); improving self-esteem, self-respect and self-sympathy (82.2 ± 1.8%), increasing the level of social functioning (74.3 ± 1.7%).

## MAJOR DEPRESSIVE DISORDER AND ACCELERATED AGING FROM IGF-1 SIGNALING PERSPECTIVE: PERIPHERAL IGF-1 OVEREXPRESSION AS A BIOMARKER AND TREATMENT TARGET

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To date, neurosciences have accumulated epidemiological, neuropsychological, morphometric and molecular data on the relationship between major depressive disorder (MDD) and accelerated aging. IGF-1 signaling plays a paramount role among molecular abnormalities of aging. Therefore, we attempted to study the IGF-1 dependent mechanisms of aging in MDD.

After meta-analysing data of 23 studies comparing serum IGF-1 levels in patients with MDD and healthy individuals, we have demonstrated that the levels of peripheral IGF-1 increase in most patients with an active depressive episode (DE), in contrast to reduced expression in the brain according to animal studies.

Based on our research of serum IGF-1 levels in 78 patients with active MDD and 47 controls we have determined that IGF-1 has a good or excellent diagnostic value for predicting MDD in patients under 55 years of age. We have also shown that serum IGF-1 concentrations correlate with a number of clinical features of an active DE (hypothymia, anxiety, and cognitive problems).

Summing up the data obtained earlier and results of our investigations, we have proposed a hypothesis about IGF-1 dependent pathways of aging in MDD. We suggest that peripheral IGF-1 overexpression promotes the kinase-dependent mechanisms of telomere reduction, enhancing aging processes in MDD.

To test our hypothesis, we examined the ability of vortioxetine (10–20 mg / day) to reduce peripheral overexpression of IGF-1 in 48 patients with an active DE after 8 weeks of therapy. Vortioxetine significantly reduced serum IGF-1 levels along with the improvement of key psychopathological and cognitive parameters of DE.