

quality of life among healthy population, who were not directly involved in civil war, nor were refugees.

Present study is just a pilot research. We followed and compared indicators of quality of life and psychic health during the period from 1990 (before the civil war) to 2000 year.

Data were taken from Statistical Yearbook of Yugoslavia, and some of them are the results of ten year following study and practice of psychiatrists, psychologists and social workers who are working at the Clinical Centre of Serbia, at Institute for Psychiatry.

All the results showed decreased level quality of life. That could be the consequence, not only of bad social and economic situation in the country, but also the result of decreasing and exhaustion of adaptive mechanism of people, under the circumstances of life uncertainty, politics instability, which long.

### P39.05

Chernobyl's lessons for psychiatrists

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I examined a selected group of the liquidators 213 men) who had worked at Chernobyl Atomic Electric Power Station within 1986–1987 during 7–60 days (the average index is 30 + 10,4 days). They all had a small doses of irradiation from 0,9 to 61,9 BER (0, 009 to 0,6 Grey). According to the criterion of availability or absence of the psychiatric pathology the two groups of men were determined. The first group was of 196 men with mental and behaviour disorders (92 %) and the control group was of 17 men (8 %). Different mental disorders were found in 196 patients (asthenic, dysthymic and psychovegetative conditions, psychoorganic syndrome). Various neurologic signals in the form of microsymptoms and more gross disorders (for example, reflex of Marinesku-Rodovichi) were often met. Angiopathia of the retina was discovered in examining the cases and it amounted to 61,7 %.

The latter suggested by the obtained instrumental data (REG, SPECT and EEG). Clinical and statistical analysis of dynamics of the disorders indicate to multidimensionality of their pathogenesis. The role of low Radiation Doses, the Post-Traumatic Stress Disorders, the Alcohol Abuse and etc., is discussed. Since 1992 to 2000 my investigation included three stages. I managed to prove, basing on the materials of my candidate's thesis, that the outward prolonged gamma-radiation in the doses of 60 BER (0,6 Grey) is not pathogenic for the grown-up men Health, including their Mental Health.

### P39.06

Epilepsy neurosurgery: a patient's perspective

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Contemplation of epilepsy neurosurgery for a patient with lifetime epilepsy poses difficult decisions and can be quite fearful. As neuropsychiatrists and epileptologists, we often do not appreciate the degree of our patients' concerns, especially whether quality of life (cognitive and psychosocial functioning) could be worsened by surgical complications. In this poem, a patient lyrically describes this dilemma.

### P39.07

Feminine, sexual, and reproductive problems of women with mental illness

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**Objectives:** The study of sexuality, feminine identification and reproductive matters, as perceived by women with major mental illness.

**Method:** 22 women were interviewed (15 with schizophrenia and other psychotic disorders, and 7 with affective disorders), with an open interview about feminine, sexual and maternity problems (sexuality, sexual relationships, appearance and aging, reproductive and health matters, contraception, pregnancy and psychiatric medication, fear of genetic transmission, thoughts about marriage and children).

**Results:** The consequences of mental illness in sexual relationships and marriage are devastating. Stigma and rejection affect those women who loose their partner. They feel guilt about the broken relationships; regret early prostitution, and fear disclosure of their diagnosis. Women who live alone express fear of intimacy not only in sexual, but also in social relationships. They feel unattractive, and frequently they give little attention to makeup or hair styling. They seem to avoid sexual contacts, new relationships and children, because they are afraid of the effects of medication and genetic transmission on their children's health. They also express fears that they will not be able to cope with these tasks.

**Conclusions:** Women with mental illness seem to be especially sensitive in the area of their feminine identification, particularly with regard to their appearance. They feel "invisible" as women, and avoid new relationships and children.

### P39.08

Changes in patients' attitude due to changes in the psychiatry concept

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Recent decade of Lithuanian psychiatry is marked with diagnostic and treatment changes. After decentralisation, newly organised departments in policlinics took over the psychiatric treatment. New patients, who had not been in contact with the psychiatric care organisation before, did not notice the change; their requirements and expectations in treatment are different from those of the "chronic" patients, diagnosed and treated already in soviet times by the criteria of those days. The latter look with suspicion at the psychiatrists' efforts to alter medication and diagnoses, though in some cases the change of diagnosis may be of vital importance to the patients. Aspects of doctor-patient relation in the context of radically reversed psychiatric evaluation, hyper-medication and medical dependence, psychological well-being are being discussed.

Case analysis suggests an open dialogue in society about psychiatric diagnosis, devastating effects of oppressive settings in mental health policy to patients' psychic functioning, efforts at self-exploration would be helpful. Unfortunately psychiatric cases are being mentioned predominantly in relation to criminal activity in the mass media, augmenting negative and punitive attitudes towards patients in the society.