

Comparison of Coping Strategies with Anxiety and Anxiety-depressive Disorders in Elderly and Senile Age

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Introduction:

Research of coping strategies, during development of anxiety and anxiety-depressive disorders in elderly and senile age, is a prerequisite for understanding of their genesis and of differentiated psychosocial therapy.

Objective:

Determine coping strategies of the elderly and senile patients with anxiety and anxiety-depressive disorders.

Aims:

Compare frequency of use of different coping strategies in elderly and senile age, in the group: with high anxiety level, with an average anxiety level, with low anxiety level.

Methods:

This is a cross-sectional study of 214 individuals with anxiety and anxiety-depressive disorders, without mental disorders (elderly (60-74 years) - 113 (52.8%), senile (75-89 years) - 101 (47.2%)). Clinical-psychopathological method and psychometric methods (Manifest Anxiety Scale, the questionnaire E. Heim about ways of coping) were used.

Results:

Significant ($p < 0.05$) influence of the age factor was revealed with respect to usage of non-constructive cognitive coping strategy "humility" in the group with high anxiety level; behavioural constructive coping strategy "recourse" in the group with low anxiety level; behavioural relatively constructive coping strategy "distraction" in the group with an average anxiety level, behavioural non-constructive coping strategy "active avoidance" in the group with high anxiety level.

Conclusions:

Use of coping strategies with anxiety and anxiety-depressive disorders in elderly and senile age has its own peculiarities. It is implemented as a function of its level (cognitive, emotional, behavioural) and of the anxiety degree. Compensation insufficiency of cognitive coping strategies in senile age is implemented at the expense of intact behavioural skills of coping with anxiety states.