

FACTORS AFFECTING ACTIVITY OF HEALTH CARE SEEKING BEHAVIOR IN PATIENTS SUFFERING FROM AFFECTIVE AND NEUROTIC, STRESS-RELATED AND SOMATOFORM DISORDERS

Y. Malygin, B. Tsygankov, V. Malygin

Moscow State University of Medicine and Dentistry named after A.I. Evdokimov, Moscow, Russia

Introduction: Patients suffering from psychic disorders are characterized with postponed health-seeking. The aim of this study was to find out factors affecting the activity of health care seeking behavior (HCSB).

Material: 44 inpatients took part the study. Most of them were male (81%). Mean age was $39,0 \pm 12,3$. Among patients 32% suffered from affective disorders, 68% - from neurotic, stress-related and somatoform disorders. Patients were divided into 2 groups with active - aHCSB (n=32) and passive - pHCSB (n=12).

Methods: Semi-structured were used to find out the anamnestic information. Coping-strategies (Lazarus) test, personality test and attitude towards disease test were used.

Results: In aHCSB group the rate of married patients or patients having non-official relations was higher than in pHCSB group. Contact with psychiatrist prior to current episode of disease predicted aHCSB. Anxiety towards symptoms of disease resulted aHCSB. In aHCSB group neurotic, stress-related and somatoform disorders were more common and affective disorders, apathy and asthenia were less common than in pHCSB group. Prevalence of symptoms of anxiety was higher in aHCSB, while presence of agoraphobia resulted pHCSB. Higher degree of coping strategies (seeking of social support and planning of problem-solving) was present in aHCSB compared with pHCSB group. Patients from aHCSB group had higher exalted personality traits. Sensitive type of attitude towards disease was more common in pHCSB than aHCSB group.

Conclusions: Health care seeking behavior is affected with complex of factors. Knowledge of these factors can be used in prevention of passive health care seeking behavior.