

M. Kulygina¹

¹Informatic and system research in psychiatry, Moscow Research Institute of Psychiatry MoH RF, Moscow, Russia

Stress related problems caused by intensive academic pressure, interpersonal relations, and identity formation can seriously affect the progress in studies, as well as the mental state, physical health and quality of life of University students. More than 60 % of students experience different mental health difficulties connected with their age and psychosocial specificity, especially at the beginning of their education.

The research was conducted to investigate somatophysiological and psychological predictors of adjustment disorders in University students and to apply it into the detection and prevention programme. 1-2 years students were studied with structured clinical interview, somatic examination and psychodiagnostic tests on anxiety by Spielberg, stress coping strategy by Amirkhan, personality traits accentuation by Shmishek, life style index by Plutchik-Kellerman-Konte.

High prevalence of the sleep disturbances, meteosensitivity, weight and mood fluctuations were found in risk group in comparison with the control. Manifested affective spectrum disorders were correlated with allergy and connective tissue dysplasia in nearly 80%. Negative prognostic factors were also connected with such personality traits and affective states as emotional instability, sensitivity and affective rigidity. Support seeking as an adaptive coping strategy, lack of sociability and low self esteem have a special meaning for the early recognition of adjustment disorders.

Preventive measures being a part of integrative programme of medical and psychosocial accompaniment should include annual somatic examination, counseling, training of skills and psychoeducational course which is organized to improve adjustment process and quality of life for the freshmen as well as their health state and psychological competence.