

## Social Dysfunction in Patients with Congenital Heart Disease and the Principles of Their Psychological Adjustment

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Health problem in students with congenital heart disease named as one of the priorities of the WHO in the XXI<sup>st</sup> century.

The project involved 78 patients with congenital heart disease (CHD) and 75 patients with somatoform autonomic dysfunction of the cardiovascular system (SAD CVS) with the system approach.

The aim of the study was the increase of Merchant life and optimization of the level of social functioning in patients with CHD based on a study of medical and psychological factors of social dysfunction and the development of models of their psychocorrection.

The findings of the factor analysis were formed by two types of social dysfunction in patients with CHD: "reactive-the sensitive" and "reactive-self-centered" types; and one common for individuals with SAD CVS - "Rigid-fixation".

Basic psychocorrectional program consisted of 4 blocks: I - "psych educational program", II - "Stabilization of the emotional state", III - "Training of personal growth," which had a «light» Course on "Reactive-sensitive" type of social dysfunction and «complete» course on "Reactive-self-centered" type of social dysfunction, IV - "Testing of socio-adapted life skills" for people undergoing «complete» Rates.

Held psych correctional program has proven its effectiveness in 82.97% in patients with congenital heart disease and 82.22% of those with SAD CVS. The main indicators assessing effectiveness was obtained: reduction of reactive anxiety; increase in the index scale "adaptive"; increase in quality of life: mental health in 87.23% of congenital heart disease and 84.44% with SAD CVS and physical health in 76.59% and 77.78%, respectively.