

**Anxiety and Phobic Disorders: Clinical Features, Diagnosis, Treatment Principles.**

**B. Mykhaylov<sup>1</sup>, T. Chorna<sup>2</sup>**

<sup>1</sup>Psychotherapy, Kharkov medical academy of postgraduate education, Kharkov, Ukraine ; <sup>2</sup>Psychotherapy, A.I.Yuschenko Vinnytsia Regional Psychoneurological Hospital, Vinnytsia, Ukraine

---

The group of 186 anxiety disorders patients were observed. In all them anxiety and phobic disorders were non-psychotic level, associated with acute hard emotional stress, or long term psycho-emotional stress. They include phobic disorders – 31 patients, panic disorder- 69 patients, generalized anxiety disorder-29 patients, mixed anxiety disorder-38 patients, obsessive compulsive disorder-19 patients. By the anamnesis observation was shown contributing factors to the performing anxiety and phobic disorders include mental illnesses (primarily neurotic and depressive disorders); heredity; presence of organic predisposition as perinatal, prenatal (birth asphyxia) and postnatal (cerebrocranial injury, neurological infection, acute and chronic intoxication) kinds of brain damage; personality features: anxious-hypochondriac, anancastic features; a history of neurotic and depressive disorders; psycho-emotional stress in the period preceding the disease.

Clinical characteristics of various disorders are the most common for them; however, they are often shown in varying degrees of severity and may occur simultaneously (combined) or at different stages of the disease, acquiring clinical or subsyndromal forms. In clinical cases, a combination of various symptomatic complexes in the stage of independent disorders means comorbidity disorders.

The main directions in the treatment of programed are the combination of pharmacotherapy and psychotherapy. Pharmacotherapy included the benzodiazepines and SSRI's. Psychotherapy based on integrative model and included CBT and hypno-suggestive therapy. This therapy model aprobaton analysis shown the high efficacy in 69% patients, middle range – in 16%, low – in 15% patients.