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SOME TRENDS OF CLINICAL AND SYMPTOMATIC PATHOMORPHOSIS OF DEPRESSIVE DISORDERS

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Depressive disorders are one of the most complex and topical problems of modern psychiatry [1-3]. The presence of depressive disorders is an important risk factor for suicidal behavior, as well as a factor showing disorders of social adaptation both in patients with depressions and in their microsocial environment [4, 5]. One of the most important trends in the study of depression is the study of their pathomorphosis; several studies have convincingly demonstrated the presence of gender and age-related pathomorphosis of depressive disorders [6–8]. We have described some trends in the current socio-demographic and clinical pathomorphosis of endogenous depressions [9, 10]. At the same time, a number of important issues of clinical pathomorphosis of depressive disorders remain insufficiently studied, and the data of existing studies are incomplete and contradictory; special attention should be paid to the problem of a comprehensive assessment of modern pathomorphosis of depressive disorders.

The aim of the study is to study the features of clinical pathomorphosis of depressive disorders, taking into account the age factor.

Materials and methods. We have analyzed the clinical features of depressive disorders in 236 patients (115 men and 121 women) who applied for medical care at Vinnitsa Regional Psycho-Neurological Hospital from 1971 to 1995, based on an analysis of medical records (case histories, outpatient records, epicrisis, extracts). These patients constituted group A. The average age of the patients in this group was 37.5 ± 12.2 years (men

38.3±13.1 years, women 36.8±11.2 years), the average duration of depression was 7.5±4.6 years (men 7.7±5.0 years, women 7.3±4.2 years).

Besides, with the observance of the principles of biomedical ethics, we have clinically examined 189 patients (81 men and 108 women) with depressive disorders who applied for medical assistance at Vinnitsa Regional Psycho-Neurological Hospital from 2015 to 2018. These patients constituted group B. The average age of patients in this group was 32.6±10.1 years (men 31.8±9.5 years, women 33.3±10.5 years), the average duration of depression was 7.8±5.6 years (men 7.6±5.8 years, women 7.9±5.5 years).

Groups A and B were comparable by gender and age characteristics and according to the severity of depressive disorders.

3 subgroups were allocated in each group depending on the age of patients at the time of the study: up to 30 years (A1 and B1, respectively), from 33 to 44 years (A2 and B2 groups, respectively), 45 years and older (A3 and B3 groups, respectively).

Statistical analysis of differences between groups was carried out using Fisher's exact test.

When analyzing the specific features of clinical pathomorphosis of depressive disorders, it was found that under modern conditions asthenia in the form of increased fatigue and decreased performance was found to be significantly more frequent in young patients under the age of 30 years (65.9% in group A1 versus 81.9% in group B1, $p<0.05$). The same ratio (65.9% versus 81.9%, $p<0.05$) was found for pessimism; suicidal thoughts were also significantly more frequently found in modern young patients (52.7% versus 68.7%, $p<0.05$), as well as various dissomnias (86.8% versus 96.4%, $p<0.05$). Less significant differences ($p<0.1$) were found for gastrointestinal symptoms (impaired appetite, change in body weight): 53.2% versus 64.6%.

In patients aged 30–45, the differences are less evident: the most apparent was an increase in the specific gravity of patients with manifestations of pessimism (72.2% in group A2 versus 84.6% in group B2, $p<0.1$), and a decrease in the specific gravity of patients with low self-esteem (83.5% versus 72.3%, $p<0.1$).

In the older age group (45 years and more), the main trends in clinical pathomorphosis were a statistically significant decrease in the specific gravity of patients with symptoms of anhedonia (90.9% in group A3 versus 70.7% in group B3, $p<0.01$) and with underestimated self-esteem (89.4% versus 65.9%, $p<0.01$). Less apparent ($p<0.1$) were a decrease in the specific gravity of patients with manifestations of pessimism (83.3% versus 70.7%), and an increase in the specific gravity of patients with manifestations of

guilt, feelings of worthlessness, anxiety or fear (77.3% versus 90.2%), as well as complaints of the reduced ability to concentrate and make decisions (from 63.6% to 78.0%).

In the structure of depressive symptoms, the specific gravity of vital forms of depression in the age group 30-44 years decreased (from 65.8% to 44.6%, $p<0.01$) and anesthetic depression in age groups up to 30 years (from 34.8% to 12.2%, $p<0.01$). The specific gravity of apathetic depressions in the older age group increased (from 13.6% to 29.3%, $p<0.05$); depression with vegetative-somatic (from 63.7% to 79.5%, $p<0.05$), asthenic (from 67.0% to 81.9%, $p<0.05$) and agitated symptoms (from 26, 4% to 39.8%, $p<0.05$) in the group of young patients (up to 30 years); as well as with senesto-algic symptoms in the middle (30-44 years) age group (from 6.6% to 9.6%, $p<0.05$).

It has been established that, in general, modern pathomorphosis of depressive disorders is characterized by a decrease in the specific gravity of «classical» vital forms of depression with an increase in depressions with asthenic, anxious, and somatovegetative symptomatology. At the same time, the dynamics of pathomorphosis is most evident in the age group up to 30 years; among modern young patients vital and anesthetic forms of depression were significantly less frequently detected, and more often are asthenia phenomena in the form of increased fatigue, decreased performance, pessimism, thoughts of death or suicide, as well as dysomnia, mainly in the form of postsomnic disorders. Among young patients, we have observed an increase in vegetative-somatic disorders and agitation. The trends in pathomorphosis are less evident in the age group of 45 years and older; they are manifested mainly in the reduction of anhedonia with a higher self-esteem and a decrease in the specific gravity of apathetic forms of depression. Clinical pathomorphosis is less expressed in the age group from 30 to 44 years; it manifests itself mainly in reducing the specific gravity of vital forms of depression and senesto-algic symptoms.

The results obtained allow determining the main trends of modern clinical pathomorphosis of depression in different age groups, which is important for the development of therapeutic, rehabilitation and preventive measures.

The study of the specific features of modern clinical pathomorphosis of depressive disorders revealed its main tendencies, consisting in reducing the specific gravity of vital and anesthetic forms of depression with an increase in atypical anxiety, asthenic forms and forms with somatovegetative symptomatology. Clinical pathomorphosis is most apparent in young (up to

30 years) and older (over 45 years) patients, and less apparent in the middle age group (30-44 years).

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