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**EFFECTIVENESS OF MODERN APPROACH TO PSYCHOHYGIENE AND PSYCHOPROPHYLAXIS
SMOKING AND TOBACCO DEPENDENCE IN STUDENTS**

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The most up-to-date is a comprehensive approach to the prevention of diseases related to tobacco smoking, given the early detection of risk factors or symptoms of these diseases, as well as the application of measures to eliminate the consumption of tobacco. In this regard, psychohygiene and psychoprophylaxis in our opinion, should be comprehensive, differentiation, consistent and work on all components of mental and psychosomatic health. Only under these conditions can be developed effective measures for the prevention, early identification and timely etiologic and pathogenetic treatment of individuals with tobacco dependence.

The purpose of psychohygiene, as well as primary psychoprophylaxis of tobacco use and tobacco dependence was the preservation, enhancement and maintenance of mental health. Secondary psychoprophylaxis was in the early detection of persons with tobacco and the elimination of tobacco dependence in order to prevent the development of non-psychotic mental disorders register, preventing them an unfavorable dynamics (decompensation, relapse, progression and worsening). The tasks included psychoprophylaxis tertiary prevention in patients newly arisen neurotic and somatoform disorders.

We have developed a complex psychoprophylactic measures was applied at 352 students with habitual smoking ($50,0 \pm 1,9\%$, the study group) and 352 students who refused to participate in the offered activities amounted to a comparison group ($50,0 \pm 1,9\%$).

The effectiveness of the proposed system of mental health and psycho-prophylaxis was evaluated at the end of the course, and at 3, 6 and 12 months. For example, in the study group immediately after completion of the course of events psychoprophylactic 253 student $71,9 \pm 2,4\%$ refused to quit, 89 young people ($25,3 \pm 2,3\%$) – reduced the number of cigarettes smoked and only 10 ($2,8 \pm 0,9\%$) continued to smoke with the

same intensity. In the comparison group independently stopped smoking 56 students ($15,9 \pm 1,9\%$), 189 young people ($53,7 \pm 2,7\%$) – reduced the number of cigarettes smoked and only 107 ($30,4 \pm 2,5\%$) continued to smoke with the same intensity.

At the re-examination within 3 months after the completion of psychoprophylactic events in the study group did not smoke 227 students ($64,5 \pm 2,6\%$), 102 students ($28,9 \pm 2,4\%$) have renewed (or continued) smoking with fewer smoked cigarettes and 23 students ($6,5 \pm 1,3\%$) returned (or continued) smoking with the same intensity (in the comparison group: 23 students ($6,5 \pm 1,3\%$); 203 students ($57,7 \pm 2,6\%$) and 126 students ($35,8 \pm 2,6\%$), respectively).

After 6 months in the intervention group continued to refrain from smoking 207 students ($58,8 \pm 2,6\%$), 130 students ($36,9 \pm 2,6\%$) renewed (or continued) smoking with a smaller number of cigarettes smoked, and 25 students ($7,1 \pm 1,3\%$) returned (or continued) smoking with the same intensity (in the comparison group: 16 students ($4,5 \pm 1,1\%$); 209 students ($59,4 \pm 2,6\%$) and 127 students ($36,0 \pm 2,6\%$), respectively).

In the study of smoking status at 12 months revealed that the main group have completely given up smoking 183 students ($51,9 \pm 2,7\%$), 137 students ($38,9 \pm 2,6\%$) renewed (or continued) smoking with less the number of cigarettes smoked, and 32 students ($9,1 \pm 1,5\%$) returned (or continued) smoking with the same intensity (in the comparison group: 4 students ($1,1 \pm 0,6\%$); 212 students ($60,2 \pm 2,6\%$) and 136 students ($38,6 \pm 2,6\%$), respectively).

Thus, we designed and implemented a system of psychohygiene and psychological prophylaxis improved the culture studied general education students, motivate them to stop smoking and commitment to a healthy lifestyle, as well as significantly reduce the prevalence of smoking among students of some universities in Ukraine