

UDC: 364.622-057.212+[616-07+616-084]159.972

DOI: 10.26697/ijes.2018.3-4.37

## Mental Health of a Personality: Diagnostics and Prevention of Mental Disorders

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### Abstract

#### Background:

In post-Soviet countries mental health problem was long beyond researchers' attention and scientific works, as it was unacceptable to speak openly about mental disorders. In 2017 the World Bank team assessed Ukrainian population mental health. According to this research data, in Ukraine there is one of the highest rates of suicides in the world (24-32 for 100 thousand of population).

*The aim of the study* – to research modern approaches to the study of a personality's mental health, to develop and test a complex of medical and psychological methods for diagnosing a personality's mental health, as well as to identify measures for prevention of psycho-adaptative and psycho-maladaptative disorders in military-man in modern conditions.

#### Methods:

For studying modern approaches to research a personality's mental health, a set of methods was used: information gathering, systematizing, analyzing and interpreting the results. Theoretical development and practical testing of a complex psychological and medical methods for diagnosing a personality's mental health allowed revealing psychological peculiarities of military-men; carrying out qualitative clinical check-up, which enabled revealing clinical groups: with psycho-adaptative and psycho-maladaptative disorders as well as with other disorders which were classified by ICD-10 (Chapter XXI). The research was conducted on the basis of National Academy of the National Guard of Ukraine in 2015-2017.

#### Results:

The complex of psychological and medical methods for diagnosing a personality's mental health is developed. This complex can be used for research of psycho-adaptative and psycho-maladaptative disorders. It consists of psychological research of motivational, cognitive, affective, behavioral personality's spheres and medical examination.

It was found that by all forms of psycho-maladaptative disorders on military-men, performing military duties is afflicted. However critics as for personal state is retained and a clear reason for it is explained by over-fatigue. After full or additional rest the state is determined to improve significantly which can become worse again before the end of the week. Physical and

mental state makes military-men quite often address a doctor for help, exaggerating symptoms and seriousness of their state (aggravation) in order to be freed from performing military duties. At the same time these military-men more often address command-officers with various problems, on purpose hiding ailments symptoms (dissimulation).

Comprehensive study of military-men allowed determining effective measures for prevention of psycho-adaptative and psycho-maladaptative disorders in military-man in modern conditions: autogenic training to support and strengthen the personal resources of psychics (prevention of fatigue, getting rid of bad habits, reducing negative influence of official activity, family relationships, information environment); increasing the efficiency of mental work and creative activity; involvement in a healthy lifestyle and development of a person's health culture; creating comfortable living conditions and some others.

#### Conclusions:

The developed complex psychological and medical methods for diagnosing a personality's mental health allowed carrying out qualitative diagnostics of military-man's mental health, studying psycho-adaptative and psycho-maladaptative disorders. On the basis of the obtained research results, the most effective measures for improving a personality's mental health and prevention of mental disorders in military activities were determined.

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