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Effectiveness of psychological interventions in the elderly with mental disorders and somatic multimorbidity

Objective. Elderly with mental illness often suffer from several somatic diseases. The mutual influence of comorbid diseases changes their classical clinical picture, the nature of their course, increases the number of complications and their severity, worsens the quality of life and prognosis.

Methods. To determine the psychotherapy impact on life quality and medical care satisfaction we've conducted a randomized controlled trial, participated 325 elderly patients with mental disorders and somatic polymorbidity. The main group ($n = 218$) received the special psychotherapeutic program (psychoeducation, compliance therapy, self-medication prevention training) in addition to standard care; the comparison group ($n = 187$) received only standard medical care. Patients were assessed with SF-36, PSQ, MMAS, and MMSE scale in 8 weeks.

Results. After the treatment was noted significant improvement in patients' satisfaction with treatment (PSQ score), regardless of its volume (8.33 points; $p < 0.001$). Changes in PSQ in the main group were significantly more pronounced compared to another group (3.64 points; $p < 0.001$). A more significant quality of life improvement was demonstrated by younger elderly patients ($r = -0.149$; $p = 0.006$), in those with a lower deficit in cognitive functioning ($r = 0.282$; $p < 0.001$). Increased satisfaction with the medical care was directly correlated with number of drugs in the constant treatment scheme ($r = 0.121$; $p = 0.028$) and inversely — with additional periodic dosing ($r = -0.135$; $p = 0.015$).

Conclusion. The study showed that psychological interventions are effective in quality of life improvement and patient's treatment satisfaction for elderly