PSYCHOMETRIC SCREENING OF THE "NON-EXISTENT ANIMAL" PROJECT METHOD RESULTS

Sergiy T. Omelchuk, Tetiana I. Anistratenko, Tetiana V. Filonenko
BOGOMOLETS NATIONAL MEDICAL UNIVERSITY, KYIV, UKRAINE

Introduction: The popularity of designing methodologies has being growing recently since them less disposed to falsify data from the subjects than interviewers can. Its aim is hidden so the testee cannot guess the interpretation methods of diagnostics markers and its connection with the different personality demonstration. The methodology called "The Picture of Non-existent Animal" is used very often for personality examination. The group of psychologists performed "psychological qualification of methodology" in 2004. The particular features of non-existent animal related to some psychological characteristics, were joint into eight symptom-complexes. The picture interpretation was like details rendering according to the specific catalogue. There is a problem of designing methodologies standardization. First, they are characterized by the qualitative approach of personality examination, but not the quantitative one. Some methodologies have no mathematical tool to process data results.

The aim: Creation of a computer software application to object and standardize the picture analysis and interpretation.

Materials and methods: The picture of "Non-existent Animal" methodology was represented according to the standards. The picture was estimated by the 141 indicators (the picture moved above, moved down, picture moved to the right, a big picture, full-page image, a small picture in the lower angle of the page), the position of the picture to the page were connected into 34 groups (the location of the picture in the page, the size of picture, the character of the lines, the representation of the head, eyes etc.). Each feature is converted into the particular amount of the points depending on the characteristic degree. The emotional and personal sphere was estimated integrally in points by 11 scales: anxiety, scares; aggression, auto-aggression; active defense; passive defense; asthenization, depression; hysteroid demonstrative actions; infantilism; introversion, scare of active actions; the high social adaptation; rationality; extraversion.

Results: The psychological symptoms of dominative scales need the correction first. The psychometrical screening was designed to the psychoemotional status evaluation of the mentally healthy people. It can be included into the complex examination of patients in the hospital of internal diseases alongside with "State of health, Activity, Temper" (SAT) methodology, especially when the pathology has the psychosomatic direction. The quantitative approach in psychoemotional sphere estimating gives us an opportunity to estimate the psychological status in dynamics, before and after the treatment for example. While examining a picture the psychologists avoid the psychologist's fallacy of individual data interpretation thanks to their "clinical experience". Usually there is no need to diagnose many patients and examination of their pictures. In case of patients' personal characteristics estimation, as examining dehelmintization effectiveness (especially enterobiasis) of the organized collective members, there is need to process many pictures. It is easy to perform if using a software application.

The suggested software application for results processing allows using the methodology "Picture of Non-existent Animal" by not only the psychologists, but also family doctors, pediatricians, obstetrician-gynecologists as well. Specialists noted the objectivity and easiness to use of this additional psychological tool. It is in progress of implementation into academic institutions nowadays.

Conclusions: 1.The digital approach to evaluation of the designing methodology "The Picture of Non-existent Animal" gives the opportunity to examine quantitatively the psychoemotional status of the patient, also in dynamics if needed. 2. The screening methodologies can be implemented widely in Health-Care institutions and Education and Training centers, even if there is no a salaried psychologist. 3. The timely revealation of psychoemotional abnormalities and its naturopathic correction are the preventive vectors for the psychosomatic diseases.

KEY WORDS: psychoemotional status, designing methodologies, aggression, asthenization, introversion.

THE STUDY OF AWARENESS OF SMOKING AS SOCIALLY NEGATIVE FACTOR AMONG POLTAVA CITIZENS

Tetiana V. Pluzhnikova, Oksana I. Krasnova, Maksim V. Khorosh, Oksana O. Doroshenko, Yulia B. Zaiats
UKRAINIAN MEDICAL STOMATOLOGICAL ACADEMY, POLTAVA, UKRAINE

Introduction: The topic of smoking is currently the leading place in research and discussion. Taking into account that Ukraine is the leader among the European countries in mortality from non-infectious diseases (cardiovascular, oncological, respiratory diseases, diabetes) - as much as 86% of all deaths. Tobacco is one of the leading risk factors for non-infectious diseases.

The aim: To study the awareness of the population of Poltava about the effects of smoking, with the further development of effective preventive measures depending on the age of people and the frequency of smoking.

Materials and methods: Based on the medical-statistical method of research, as well as a survey and questionnaire survey among the city's population, we analyzed 400 questionnaires.

Results: 88% of the respondents are persistent smokers, among them 48% of men and 40% of women, 12% - do not smoke at all. 47% of the respondents first tried to smoke at the age of 10-20 years, 13% - 20-30 years, 18% - 30-40%, 15% - 40-50%, 5% - 50-60%, and 3% over the age of 60 years. In addition, the reason for trying to smoke at 36% was the desire to appear to adults, 28% - personal drama, 26% - simple curiosity, 10% - an example of smoking parents. In the first place among the effects of smoking, which people have indicated is lung cancer - 100% of the respondents, among other responses were also: breathing problems, yellowing of the skin, dizziness, insomnia.

Conclusions: The main emphasis in preventive work is to be done on the age group of 10-20 years. It is important to use the various format of work with the audience, including the work of psychologists, in the sanitary-educational work. Also, during thematic events to focus attention and increase awareness of people about the possible other consequences of tobacco smoking: chronic bronchitis, COPD, and others.

KEY WORDS: Smoking, chronic bronchitis, COPD, preventive measures.

CHARACTERISTIC OF THE BIOLOGICAL VALUE OF FATTY ACIDS IN GOAT CHEESES

Tetiana M. Bilko, Sergiy T. Omelchuk, Vlas M. Samchuk
BOHOMOLETS MEDICAL UNIVERSITY, KYIV, UKRAINE

Introduction: There are trends in the consumption of healthy and healthy foods, in particular, to sour milk goat cheese in Ukraine

The aim: To carry out the comparison of goat cheeses chemical composition and substantiate biological value based on its fat content, to perform experimental tests of the fatty acid composition in soft goat cheeses, to describe beneficial microflora of goat cheeses, to draw a conclusions on the effect of tested products quantitative fat content on nutritional and biological value, to prove purposefulness of goat cheese consumption as a preferred choice in human diet.

Materials and methods: Soft goat cheeses: homemade goat cheese with 20% fat content (Ukraine) and goat cheeses with 13% fat content – Chavroux (France) and Doobryi Syr (Ukraine).

We evaluated the chemical composition (proteins, fats, carbohydrates) and the content of amino acids, minerals, and vitamins (according to the chemical composition tables). We performed the analysis of goat cheese microflora (Medical academy, Paris). We studied the fatty-acid composition of lipids for three kinds of cheese (5 samples for each kind) at the NMU laboratory using chromatography.

Results: The measurement of essential amino acids content in the mentioned cheeses showed both high proteins content in goat cheeses among dairy products, and high essential amino acids content, which pointed out its high nutritional and biological value.

Determination of the soft goat cheeses fatty-acid profile demonstrated that saturated fatty acids content (SFAs) is higher in the lipids of cheese having fat content at a level of 20% and makes up to 49,0±2,0 g/100 g of lipids, meanwhile for 13% (France) – 40,3±0,8, 13% (Ukraine) – 39,2±1,0, respectively. Monounsaturated fatty acids content (MUFAs) is higher in the lipids of cheese with 13% fat content, respectively: France – by 17% (20,3±1,4 g/100 g of lipids), Ukraine – by 7% (22,8±1,6 g/100 g of lipids), versus the cheese with 20% fat content (24,9±1,8 g/100 g of lipids).

The level of essential polyunsaturated fatty acids (PUFAs) is also higher in the lipids of cheeses with 13% fat content and for cheese with a fat content of 13% (France) is 39,4±1,4 g/100 g of lipids, at 13% (Ukraine) – 38,0±1,3, in comparison with 20% fat (26,6±1, 9).

In terms of biological value the ω-3/ω-6 ratio offers more optimal rates for cheeses with 13% fat content.

The proportions among SFAs, MUFAs and PUFAs in cheese with 20% fat content showed representative results for fatty dairy products, namely 1:0.5:0.5.

The proportions among SFAs, MUFAs and PUFAs in goat cheeses with 13% fat content may be equal to ideal fat, namely 0.96 and 0.97.

Conclusions: 1. Goat cheeses contain high biological value protein. 2. Fats in goat cheeses with 13% fat content have higher biological value due to essential PUFAs content. 3. Goat cheese is a source of Ca, K, Mg, Fe and Zn, as well as D, A, E, C, B vitamins. 4. Goat cheeses (13%) have a particular composition of healthy microflora, high bioavailability of Ca due to low F content and high vitamin D content.

Therefore, soft goat cheeses (13%) may be recommended as a part of human nutrition; diversifying goat cheese range and improving the culture of its consumption may be considered as an area for development.

KEY WORDS: goat cheeses, biological value, fatty acid, essential PUFAs, healthy microflora.