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PSYCHOLOGICAL AND STRESS CHARACTERISTICS OF PATIENTS WITH CORONARY HEART DISEASE AS PREREQUISITE FOR INDIVIDUAL PSYCHOTHERAPY

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Abstract

Background: Stress and ischemia play a leading role in the occurrence and progression of coronary heart disease (CHD).

The aim of the study was to determine psychological characteristics and stress sensitivity in the patients with CHD as prerequisite to improving of diagnosis and treatment.

Objects and methods: The study involved 22 patients with CHD. Psychological research was conducted by the method of “constructive human pattern of geometric figures”, stressful sensitivity - by the psycho-emotional Stroop test. Statistical analysis included parametric and nonparametric correlation analysis.

Results: The predominance of triangles in figures of psycho-graphics test in patients with coronary heart disease leads to higher levels of pulse arterial pressure, heart rate in compare with diastolic arterial pressure during the psycho-emotional Stroop test. The predominance of the squares is characterized by an increasing ratio of diastolic arterial pressure to heart rate. The prevalence of triangles or squares in the drawings of psycho-graphics test leads to prolongation of reading time.

Conclusion: The investigation results of CHD patients by psycho-graphic, psycho-emotional tests may be a prerequisite for inclusion different methods of meditation, psychotherapy to reduce the sensitivity to stress, myocardial ischemia.

Keywords: psychographics, psycho-emotional, Stroop test, coronary heart disease, diagnosis, psychotherapy