



## Borderline mental disorders in adolescent students: Prevalence, risk factors, basics of psychogigiena

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### ABSTRACT

**Background and aims** In modern conditions, the problem of mental distress of children in educational organizations has increased. The aim of the study is to study the prevalence of border mental disorders in adolescents studying in schools and secondary vocational education institutions (colleges) and to justify recommendations for the improvement of psychogigiena and psychoprophylaxis

**Methods** 1100 adolescents aged 15–17 were examined in the 2002 -2018 with the assistance of psychiatrist on the basis of informed consent; educational conditions and students' life style were considered. The dynamics of the epidemiological indicators of various forms of mental maladaptation in the interval of 16 years is analyzed. Studied the conditions and organization of their training, lifestyle. An analysis of the dynamics of epidemiological indicators of various forms of mental disadaptation in the range of 16 years was carried out. The conditions and organization of their training, way of life have been studied.

**Results** In the historical interval of 16 years there is a marked increase in border mental disorders, which need to be consulted by a specialist doctor - from 11% to 28%. Negative dynamics are due to the increase in neurosis (adaptation disorders), which are significantly associated with a critical increase in the information burden in adolescent students. According to a 2018 study, various forms of mental disadaptation were determined in 67.5% of students. 39% of those examined showed pre-pain conditions: pathocharacterological (20%) and neurotic (16%) reactions. In 22% of cases, neurosis itself is diagnosed mainly of asthenic and depressive type and in 6.5% - personality disorders of various genesis. It has been established that in the examined colleges, potentially dangerous learning conditions are diagnosed, in which it is possible to predict the formation of morphofunctional deviations in children and adolescents. That is confirmed by the established reliable prevalence of mental disorders in college students: 82%, compared with 53% in schoolchildren, and the high prevalence of pathocharacterological reactions (behavior disorders) - 27% and 13%, respectively. Retrospective research revealed pronounced pathomorphosis of clinical manifestations of mental disorders and change of their diagnostic significance, as well as emergence of new forms of disorders - information dependencies and risky forms of behavior. Analysis of risk factors of development of border mental disorders in adolescents makes it possible to state the expediency of using a medical model of marked psychopathological manifestations in the framework of nosological direction in psychiatry. Years of research have led to the formulation of a definition of "Psychogigiena as a science for the preservation and promotion of human mental health." The basic principles of organization of primary and secondary psychoprophylaxis in Russia were also highlighted, taking into account historical and cultural peculiarities: 1. Multidistsiplinarnost; 2. Multilevelness; 3. Age-specific continuity and 4. Full confidentiality.

### Conclusions

The formation peculiarities, structure and incidence of mental disorders in adolescents requires primary and secondary psychoprophylaxis conducted by medical and pedagogical specialists. Preventive measures should include the effective work of medical care, systematic screening surveys to identify mental and behavioral problems; compliance of the day regimen, educational and extracurricular activities, physical activity, the duration of informational, and communicational technologies use by adolescents. Secondary prevention involves work with the risk groups and including personalized preventive measures.

### Statement

Primary and secondary psychoprophylaxis are important components for providing mental well-being of students.

### BIOGRAPHY

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