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The incidence of mental disorders is constantly growing. In Russia ca 15-20% of population need treatment and only 5-5.5% get or apply for it. Therapeutical possibilities of the modern psychotropic drugs have achieved their limits. The use of new medicines didn't increase dramatically the therapy adherence rate. Psychosocial issues are still neglected in daily practice.

In the beginning of treatment we have to define the subjective meaning of illness for patient. Here phenomena of stigmatization and self-stigmatization play an important role. Self-stigmatization is generally defined as patients reaction to his illness and attitude to mentally ill in the society, also as a result of appliance to one's self the environmental stereotypes. Self-stigmatization brings about the change in relationship system, conception of illness.

Psychiatry itself also suffers from mythologisation, stigmatization and social and professional isolation. Conclusion of the survey made by Russian Psychiatric Association was that majority of professionals as well as mental health care consumers. Responders in both groups revealed less than average satisfaction of mental health care system. In spite of the same opinion about there are still a lot of obstacles on the way to productive cooperation.

In the Bekhterev Institute a complex treatment model was researched in a study of 312 patients. The combination of pharmacotherapy, psychotherapy psychoeducative programs and psychosocial interventions were proved to be more effective, than just use of pharmacotherapy with psychoeducative course. In our model we divide 6 stages with different ratio between methods mentioned above in accordance with the state of patient.