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Aim of the work: To follow the significance of some psychological risk factors in patients with anxiety and depression symptoms with cardio-vascular diseases.

Materials and methods: During the research we included 30 patients with anxiety and depression symptoms diagnosed with cardio-surgical diseases after cardio-surgical intervention. They were chosen randomly, hospitalized and treated in the Specialized cardio-surgical clinic Filip II, Skopje. The patients were of both sexes, aged 30-70. They were evaluated by HAMD and HAMA and non-standardized questionnaire.

The patients were tested once two weeks after the cardio-surgical intervention.

Results: In 25 patients there was a score increase in HAMD and HAMA in correlation with the psychological risk factors (stressful events: losing the job, losing someone you love, hostility, high professional plans and ambition)

Conclusion: Psychologically unfavourable situations are risk factors which lead to anxiety and depression symptoms in cardio-vascular diseases.

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Treatment in obsessive – compulsive disorder with high dosage of sertraline (asentra) and low dosage of olanzepine(zalasta)

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Aim of the work: To follow the efficiency in treating the obsessive-compulsive disorders in higher dosages of Asentra and low dosages of Olanzapine as an augment of the pharmacological treatment in the obsessive-compulsive symptoms in these patients.

Materials and methods: During the research we included 30 patients with long-term obsessive-compulsive symptoms. They were chosen randomly, treated in an out-patient clinic as well as in the Psychiatric clinic. The patients were of both sexes, aged 25-45. In all patients serious somatic diseases were excluded. They were observed by HAMD, HAS, 18 PF(18 Personality Factor-Katel), Scale for measuring the obsession, compulsion and schizophrenia and it was done twice: in the beginning and after three months constant treatment with Asentra tablets in dosages of 100-300mg and Zalasta tablets in dosages of 2,5-5mg per day.

Results: In 12 patients there was an improvement which resulted in score decline of the HAS, HAMD, and 18 PF (18 Personality Factor-Katel). In 8 patients there was a slight improvement. And in 10 patients there was no significant improvement.

Conclusion: High dosages of Asentra given in combination with Olanzapine for anxiety treatment and as an augment of the anti-depressive are efficient and safe in treating patients with obsessive-compulsive disorders.

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Medical students' attitudes towards mental illness

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Negative attitudes towards person with mental illness can be marked as stigma. These attitudes are commonly negative, rejected and fearful.

Objective: The goal of this survey is to explore medical students' attitudes towards mental illness and to estimate how their knowledge of mental disease can impact their attitudes.

Method: In this survey is used questionnaire to estimate students' attitudes towards mental illnesses. Sixty- nine medical students of third year took part in this survey without any previous experience with mental patients, and forty-seven medical students who finished fourth year and had experience with mental patients through lectures and practice.

Conclusion: Medical students' attitudes are significant improved by taking part in theoretical and practical lecture about mental health. Their attitudes are less negative. It seems that knowledgement arises tolerance of mental diseases.

Key words: medical students, mental illness, stigma

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Needs of persons with different psychiatric disorders, satisfaction with services, social functioning and quality of life

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Background: The evaluation of needs, satisfaction with services, social functioning and quality of life has been recognized as domains important for care planning and outcome assessment in care of persons with psychiatric disorders.

Aim: The aim of the study was to assess what are demographic, social and clinical variables associated with higher needs for care and to find out what are correlates among needs, satisfaction with services, social functioning, and quality of life.

Method: The sample included 170 out-patients from psychiatric clinics with diagnosis F 2- 6 according to ICD-10. Demographic, social and clinical data were collected with special questionnaire. Several instrument were used: the Brief Psychiatric Rating Scale (BPRS), the Camberwell Assessment of Need Short Appraisal Schedule (CANSAS), the Client's Scale for Assessment of Treatment (CAT) – to assess satisfaction with services, the Groningen Social Disability Schedule (GSDS-II) and the Manchester Short Assessment of Quality of Life (MANSA).

Results and conclusion: Needs were positively related to patient age, being male, single, unemployed and to intensity of psychopathological symptoms. Unmet needs were negatively associated with satisfaction with services. Quality of life and social functioning were strongly related to number of met, unmet and total needs (quality of life and social functioning decreased as needs increased). The results showed that different variables as well as their satisfaction with services, social functioning and subjective quality of life are associated with patients needs.

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Psychiatry in the community: one year experience

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Psychiatric intervention in the Community has been one of the most relevant activities developed by our Department.