

Symposium | Local minority : [Symposium 40] Strategies for Ethnocultural Research in Siberia and the Far East

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**[Symposium 40] Strategies for Ethnocultural Research in Siberia and the Far East**

Moderator: Nikolay Bokhan (Mental Health Research Institute of Tomsk NRMС, Tomsk, Russia), Irina Kupriyanova (Mental Health Research Institute of Tomsk NRMС, Tomsk, Russia)

**[SY-40-03] Clinical and socio-psychological aspects of nonpsychotic mental disorders in Russia and Kazakhstan**

\*Valentina F. Lebedeva<sup>1</sup>, Nikolay A. Bokhan<sup>1,2</sup>, Sagat A. Altynbekov<sup>3</sup> (1. Mental Health Research Institute (Russia), 2. Siberian State University (Russia), 3. Kazakh National Medical University (Kazakhstan))

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During four years, the increase in anxiety disorders, depression, and cognitive and psychosomatic disorders in Russians and Kazakhs is immediately associated with the growth of mental disorders due to experienced coronavirus infection. The aim of the joint research was a comprehensive clinical and dynamic study of neurotic, stress-related and somatoform disorders in patients of the general health care with the development of treatment programs and an assessment of their effectiveness. The study included 3050 patients with mental disorders in the general health care. Comorbidity of mental disorders with somatic pathology was revealed in 82% of cases. Patients were divided into three groups: Group I - patients with acutely developed somatogenically caused psychotic disorders (risk group); Group II - patients requiring observation by a psychotherapist upon request; Group III - patients requiring systematic therapy and mandatory observation by a psychotherapist. In individuals of Kazakh nationality, disorders of the third group predominated – 52.1%, milder ones accounted for 39.5% (group II), 17.4% - psychotic somatogenic disorders (group I), while in Russians number of patients with disorders of group III and II was equal. The number of patients with disorders of the first group was a minimum of 4.7%. Cardiovascular diseases were a reliably more frequent ( $p < 0.05$ ) comorbid somatic pathology; they were found in 75.1% of patients with mental disorders, and those patients were classified as a risk group for mental disorders. The prevalence of anxiety and panic disorders in individuals with cardiovascular diseases, both among Russians and Kazakhs, was revealed. Patients of Kazakh nationality significantly more seldom seek outpatient somatic care for neurotic disorders and are referred to a psychiatrist later. The prevalence of neurotic disorders in Kazakhstan is almost 3 times lower than in Russia, and the medical psychiatric personnel is 2 times fewer.