

RESEARCH ARTICLE

The Importance Of Psychodiagnostics, Psychocorrection And Psychoprophylaxis In Psychosomatic Diseases

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VOLUME: Vol.06 Issue02 2026

PAGE: 32-34

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Abstract

This article highlights the role of psychological factors in the origin and development of psychosomatic diseases. The interrelationship between the psyche and the somatic state is analyzed from the perspective of medical psychology. The article describes the psychodiagnostic methods used in identifying psychosomatic disorders, their practical significance, and the necessity of cooperation between physicians and psychologists. In addition, the effectiveness of psychocorrection methods in the treatment of psychosomatic disorders and the importance of psychoprophylaxis in disease prevention are comprehensively discussed. The comparative analysis based on the research findings demonstrates that a комплекс approach to the diagnosis and treatment of psychosomatic diseases plays a crucial role in medical practice.

KEY WORDS

Psychosomatic diseases, medical psychology, psychodiagnostics, psychocorrection, psychoprophylaxis, stress, psychoemotional state.

INTRODUCTION

In modern medicine, human health is considered as the result of the interaction of physical and mental factors. In recent years, the increase in the number of psychosomatic diseases has created the need for a deeper study of the influence of psychological factors on the functioning of the body. Stress, emotional tension, internal conflicts and negative mental states are manifested as important factors in the emergence and development of many somatic diseases. Psychosomatic diseases are accompanied by a disruption in the functioning of various systems in the human body, and the psyche plays a leading role in their development. These diseases cause not only physical suffering, but also a negative impact on the quality of life of a person, his work and social adaptation. Therefore, it is important to analyze psychosomatic disorders

not only on the basis of a clinical approach, but also from a medical and psychological point of view. The main purpose of this article is to highlight the importance of psychodiagnostics, psychocorrection and psychoprophylaxis in psychosomatic diseases. The article provides a scientific analysis of the psychological mechanisms of psychosomatic disorders, ways to identify and eliminate them, and the role of medical psychology in the prevention of diseases.

METHOD

Psychosomatic diseases are somatic (physical) diseases that arise or are aggravated by psychological factors. In modern medicine, the human body is considered as a single psychobiological system, in which mental state and physical health

are closely interconnected. Stress, prolonged emotional tension, internal conflicts and negative experiences have a negative impact on the functional state of the body. The mechanism of development of psychosomatic diseases is associated with the activity of the central nervous system, autonomic nervous system and endocrine system. In cases of severe or chronic stress, hormonal balance is disrupted, and pathological changes occur in the functioning of internal organs.

As a result, conditions such as arterial hypertension, bronchial asthma, gastrointestinal diseases, cardiovascular diseases, skin diseases can develop. The main causes of psychosomatic diseases include emotional instability, anxiety, depressive states, interpersonal conflicts, as well as social and professional stress. Medical psychology plays an important role in the study of these diseases, as it allows you to assess the disease not only physically, but also psychologically. Psychodiagnostics is an important stage in the identification and assessment of psychosomatic diseases. The main task of psychodiagnostics is to determine the patient's psych emotional state, personality traits, stress resistance and internal conflicts. This process helps to understand the causes of the disease more deeply. In other words, the psyche affects the production of neurotransmitters, and neurotransmitters control the life activities of the whole organism.

Clinical interviewing, observation, psychological tests and questionnaires are widely used in psychosomatic disorders. In particular, tests for identifying anxiety and depression, methods for assessing the level of stress, and tests aimed at determining personality type are of diagnostic importance. With the help of these methods, it is determined how the patient's mental state is related to somatic symptoms. Cooperation between a doctor and a psychologist is important in the process of psychodiagnosis. While the doctor assesses physical symptoms, the psychologist analyzes the mental state. An integrated approach increases the accuracy of the diagnosis and allows you to choose the right treatment strategy. Psychocorrection is one of the important therapeutic areas in the treatment of psychosomatic diseases. Its main goal is to stabilize the patient's mental state, reduce negative emotions and increase resilience to stress. Individual and group methods are used in the process of psychocorrection. While individual psychocorrection is aimed at solving the patient's personal problems and internal conflicts, group psychocorrection improves interpersonal communication and

provides emotional support. Relaxation exercises, autogenic training, cognitive-behavioral approaches are effective in reducing psychosomatic symptoms. The family environment has the greatest psychogenic influence on a child's psychology. Because parents often have disagreements, constant quarrels, and abuse, children deprived of maternal love and care experience psychological stress. This leads to the child developing a distrust and fear of the outside world. Parents' words often have a much greater impact on a child's fate than they might wish. Therefore, they must be handled with great care. It's crucial for a child to distinguish between their attitudes and their behavior.

The success of psychocorrection depends on the patient's active participation and motivation in the treatment process. Therefore, it is important for the psychologist to form a positive attitude and confidence in recovery in the patient. Psychoprophylaxis is a set of measures aimed at preventing psychosomatic diseases. Its main task is to reduce stress factors, promote healthy lifestyles, and adhere to the rules of psychohygiene. Within the framework of psychoprophylaxis, it is important to control the emotional state, properly organize the work and rest regime, and increase physical activity. Medical workers should also actively participate in the prevention of diseases by providing psychological counseling to patients. The psychoprophylactic direction of medical psychology plays an important role in forming a healthy society and helps reduce the spread of psychosomatic diseases. The educational process of medical students is accompanied by high intellectual and psycho-emotional stress, which increases the likelihood of developing psychological problems such as stress, anxiety, and depression. Such a mother might go to her friends' place, leave her young children alone, and not return until the morning. She always allows her child to try strong alcoholic drinks in the presence of her friends, finding it very amusing. By taking her children to dangerous places, she may encourage them to engage in life-threatening behavior.

CONCLUSION

Studies and analyses show that psychosomatic diseases arise as a result of the inextricable link between mental and somatic processes in the human body. Stress, emotional tension and internal conflicts cause the development of many somatic diseases, and their treatment based on a medical approach alone is not sufficiently effective. Therefore, the role of medical psychology in the diagnosis and treatment of

psychosomatic diseases is of great importance. Anxiety about somatic disorders can lead to hypochondriacal feelings, which also contribute to malnutrition. Thus, a kind of vicious circle arises in the form of anorexic cycles, when chronic starvation causes changes in the internal organs, leading, in turn, to food restrictions. In some cases, patients begin to be actively examined by various specialists, exaggerating the severity of somatic disorders and avoiding consultation with a psychiatrist.

The article substantiates that the psychodiagnostic process in psychosomatic diseases is an important stage in determining the psychoemotional state of the patient and in-depth understanding of the causes of the disease. It was noted that psychocorrection methods are effective in stabilizing the patient's mental state, increasing stress resistance and reducing somatic symptoms. It was also shown that psychoprophylactic measures can prevent psychosomatic diseases and form a healthy lifestyle. In conclusion, it is necessary to use a complex - medical and psychological - approach in the diagnosis, treatment and prevention of psychosomatic diseases. The joint work of a doctor and a psychologist helps to achieve high results in restoring the patient's health and allows for effective solutions to problems associated with psychosomatic diseases in medical practice.

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