

VIII CONGRESO INTERNACIONAL y XIII NACIONAL de PSICOLOGÍA CLÍNICA



**COMPILADORES:
TAMARA RAMIRO-SÁNCHEZ Y M^a TERESA RAMIRO**

ISBN: 978-84-606-6427-7



Universidad de Granada
Grupo de Investigación CTS-261

PSYCHOLOGICAL CORRECTION OF ANXIETY STATES IN WOMEN WITH THREATENED MISCARRIAGE

Anna L. Ul'yanich, Marina V. Shabalovskaya & Andrej Y. Kuzin
National Research Tomsk State University, Tomsk, Russian Federation

Experiences of anxiety, presence of stress factor arouse disorder in female reproductive system in the period of pregnancy. For many women threatened miscarriage is a stressful situation generating heightened anxiety. This can make treatment procedures, directed at maintenance of pregnancy, difficult. In this association there is a necessity of development of the program of psychological correction in system of complex medico-psychological help to women with threatened miscarriage.

Objective: to develop program of psychological correction of anxiety states for women with threatened miscarriage. Sample: 200 women with diagnosed threatened miscarriage. For study of dynamic of mental states in the process of realisation of the program of psychological correction we used the following research methods: World Assumptions Scale by Ronnie Janoff-Bulman, The Lüscher Color Test, technique "Semantic differential", "Incomplete Sentences", projective drawing "My child and me".

The basis of correction program was anthro-po-oriented system approach. From the position of this approach psychological intervention was carried out at the following levels: value-meaning, affective (emotional), cognitive, psychophysiological and behavioural. Each level presupposed resolving of specific tasks. Results: it has been established that phenomenon of psychological community "mother-child" in women in the period of pregnancy is a factor of emotional well-being; it has been proven that disturbances of its formation cause increase in anxiety; difficulties of formation of psychological community "mother-child" in women with threatened miscarriage have been revealed and it has been shown that personal factors complicating formation of psychological community "mother-child" and enforcing state of anxiety are as follows; reliable data on decrease in anxiety, improvement of psychological state and indicators of physiological process of bearing the pregnancy as a result of realisation of the program of psychological correction of difficulties of formation of psychological community "mother-child" have been obtained.