

Conclusion: in the intention-to-treat analysis, we did not find significant differences between the study groups in functional improvement 6 months after randomization; however, 30% of the patients who were assigned to physical therapy alone underwent surgery within 6 months.

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RESEARCH OF MECHANISMS OF EFFECTIVENESS OF THEATER-THERAPY IN COMPLEX REHABILITATION OF PATIENTS WITH PSYCHIATRIC DISEASES

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Research relevance: theater-therapy is a rehabilitational method purposed for better socialization. Recent progress in the treatment of mental diseases made prolongation in complete and independent life for such patients possible, but there is still a great insufficiency in social rehabilitation.

Objectives: determination of criteria of effectiveness and place of theater-therapy among other rehabilitational measures for patients with psychiatric diseases.

Materials and methods: scientific research was carried out among 15 patients of MRD PND of Petrogradskii reg, Saint-Petersburg. 7 patients attended theater studio (main group), 8 did not (control group). The age of the test subjects was 37 ± 5 years. Research methods utilized: clinical, anamnestic, experimentally-psychological mathematic statistics.

Results: main group has demonstrated lower levels of aggression, most of parameters of situative and personal anxiety, higher level of emotional empathy. Main group has also shown better ability to adapt to their social environment. Control group have shown higher results on parameter of group conformity of Rosenzweig's test. Main group has shown better results when tasks demanded them to use more creativity to copy difficult situations.

Conclusions: revealed impact of theater-therapy on psychological condition of patients with psychiatric diseases can be described as increasing of their assertiveness. Patients which attend theater studio are more empathetic and adaptive, but also have some of their levels of anxiety increased, which must be evaluated by their attending physician and properly treated.

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