

## 19. PSYCHOTRAUMA IN CORRELATION WITH DEPRESSION.



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**Introduction.** The XXI century is a century of dynamic events. Constant technical evolution, fast pace of life, fierce competition leads to physical and mental exhaustion, which subsequently forms psychotrauma, which in turn correlates with mental illnesses, mainly depressive and anxiety disorders.

**Aim of study.** The role of psychological trauma in patients with depressive disorder.

**Methods and materials.** Information was collected and analyzed in the electronic databases PubMed, Hinari, elsevier, e-library, cyberleninka. All sources over the past 10 years have been analyzed.

**Results.** As a result of international research over the past decade, it has been found that more than 50% of the general population has been subjected to psychological trauma, which, depending on the type of temperament and gender, led to a depressive disorder. It has been proven that the diagnosis of "depression" is established in female gender 2 times more often than in male. Analyzing temperament, studies have shown that the sanguine-choleric type is most often subjected to such trauma as the "loss of a loved one", while melancholics – to the "loss of former material stability and well-being". A correlation was also made between the genesis of depression and the threat of loss of social status for an uncertain or generally mixed type.

**Conclusion.** In each of these studies, it was found that depressive disorder is one of the most common conditions resulting from exposure to various psychotrauma. To date, there is a need for a more detailed study of traumatic events and their subsequent impact on the development of depression, depending on the age and experience of the person, the type of traumatic event, the degree of traumatic influence and individual psychological characteristics. This requires an in-depth study of the problem of psychotrauma in correlation with depression.