COMMUNICATION TECHNIQUES AS FUNDAMENTAL TOOLS FOR THE PREVENTION AND REDUCTION OF PROFESSIONAL BURNOUT

A Museț, S Spînu
Department of Philosophy and Bioethics of the State University of Medicine and Pharmacy Nicolae Testemitanu, Republic of Moldova

Professional burnout is a state of intense exhaustion caused by prolonged stress, which negatively affects both performance and personal satisfaction. To prevent this phenomenon, various strategies have been implemented, including communication techniques that help reduce conflicts and encourage cooperation. To evaluate the overall effectiveness of communication techniques in reducing the risk of professional burnout, with a focus on their applicability in organizational settings. The research involved the analysis of scientific materials sourced from databases such as Google Scholar, PubMed, Hinari, and the collections of the "Nicolae Testemițanu" Scientific Medical Library. To assess the level of burnout, the standardized Maslach Burnout Inventory questionnaire was administered to medical students. An inverse relationship was found between the use of communication techniques and the manifestations of burnout syndrome. Students who employed techniques such as active listening, open-ended questions, and empathetic communication experienced a 25% decrease in emotional exhaustion and a 30% decrease in depersonalization, compared to those who avoided conflicts or adopted a competitive attitude. These differences were significantly perceived by the students in the context of constant academic demands. The results are statistically significant ($p < 0.05$), suggesting the effectiveness of these strategies in reducing burnout. Communication techniques have proven to be effective tools in preventing professional burnout, significantly contributing to the reduction of conflicts and tensions. The research hypothesis was confirmed, highlighting the importance of integrating these skills into professional training.

MATERNAL MENTAL HEALTH – A KEY PILLAR IN THE EMOTIONAL AND COGNITIVE DEVELOPMENT OF THE CHILD

A Ciobanu, V Cernov, I Nastas
Department of Mental Health, Medical Psychology and Psychotherapy of the State University of Medicine and Pharmacy Nicolae Testemitanu, Republic of Moldova

The first months of life are essential for a child's development. The mother's mental health, from pregnancy through the postpartum period, shapes attachment and neuropsychological growth. Untreated mood disorders may affect the mother-child bond and impact emotional and cognitive development. This paper explores the connection between maternal mental health and child development, emphasizing the need for universal screening and early interventions during the perinatal period. A narrative review of scientific literature published between 2007 and 2024 was conducted using databases such as PubMed, PsycINFO, and Scopus. A total of 87 clinical studies, meta-analyses, and relevant review articles investigating the impact of maternal mental health on child cognition and emotional development were included. Studies show that mothers with depression (prevalence between 14 and 23%) or severe anxiety have a significantly higher risk of developing insecure attachment with their child, which negatively affects emotional regulation, attention, language, and behavior. Untreated affective disorders can have serious long-term negative consequences on the child's cognitive and emotional development. Early interventions, such as psychological counseling, social support, and psychoeducation programs, can reduce these risks by up to 40%, significantly improving the mother-child bond and the child's overall emotional and cognitive development. Maternal mental health is essential for the child's emotional and cognitive development. Screening and early interventions during the perinatal period are vital to prevent disorders and support a healthy mother-child relationship, ensuring balanced and optimal development.