



## DIFFERENTIATED TREATMENT OF FOCI OF SEVERE BRAIN CONTUSION. COMPARATIVE ANALYSIS OF SEVERAL BRAIN CONTUSION TREATMENT METHODS.

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Severe contusion is a traumatic brain injury that affects brain function and is considered a reason for the early treatment. It is important to note that cerebral contusion foci can be treated both surgically and medically. It is important to determine which method is better and when to use each of them. The comparative analysis of medical and surgical treatment of contusion foci. Confirmation and argumentation of the effectiveness, advantages, and disadvantages of each treatment method. A bibliographic analysis of publications, including a systematic review of clinical-scientific studies from 2005 to 2025, was carried out. Data were collected on patients, treatment outcomes, effectiveness, complications, advantages and disadvantages of these treatment methods and results obtained after a long-term period following treatment. Treatment of severe brain contusion includes several modalities such as surgical and conservative treatment. Scientific studies and clinical cases have established that medical treatment is preferable in cases where the contusion focus does not have a mass effect and the midline structures are displaced by  $< 5\text{mm}$ , as well as for patients with contraindications to surgery. In contrast, a surgical approach is required when the brain contusion has extensive limits, pronounced cerebral edema, and displacement of structures  $> 5\text{mm}$ . However, while medical treatment may be less effective, surgical treatment can have certain complications. This study demonstrates that cerebral contusion can be treated by multiple methods, but the choice should be based on the location, extent, degree of compression, and time elapsed since the onset of the trauma. Each method is effective, but the decision should be made individually for each patient.

## THE INFLUENCE OF DIGITALIZATION ON PSYCHOLOGICAL BALANCE AND MENTAL HEALTH

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In the context of rapid technological advancement, fundamental changes are required in lifestyle, social dynamics, perception of reality, but also in a daily stress management. The study provides an analysis of the relevance of psychological balance in the context of intense use of digital technology. Researching the phenomenon of exposure to digital technologies and the influence of digitalization on mental health, through comparative analysis of stress, anxiety and sleep quality indicators. The research is a descriptive, cross-sectional study and was conducted by applying an anonymous online questionnaire. The questions concerned information about total time of daily device use, social relationships, sleep quality and emotional state of a respondents. The sample includes 170 people, from urban and rural area, aged 18-65. According to the results obtained, 39.4% of respondents indicated a daily exposure to screens of 4-6 hours, 51.2% reported the frequent need to check their phone or social networks. 69.4% believe that they spend too much time in the digital environment. The virtual environment has disrupted interpersonal relationships and reduced sleep quality. The use of devices to avoid unpleasant emotions worsens the impact. 60% apply digital breaks, and frequently used strategies include periods during the day without screens, disabling notifications and time limits for applications in contrast to 40% who do not consider it necessary to change anything. The study highlighted the negative influence of prolonged digital exposure on mental health, affecting sleep, interpersonal relationships and psycho-emotional regulation. More than half of the respondents expressed openness to change and mentioned various balancing practices.