FROM SYMPTOM TO FUNCTIONALITY: MODERN SOLUTIONS FOR THE ANXIOUS PATIENT

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Anxiety disorders represent one of the most prevalent mental health conditions worldwide, often leading to significant impairment in social and occupational functioning. Modern management strategies focus not only on symptom reduction but also on restoring functional capacity and improving quality of life. A synthesis of recent clinical-scientific studies (2018–2024) was conducted, focusing on pharmacological interventions with anxiolytic action and favorable tolerability profiles. Anxiety disorders exert a profound global burden, affecting up to 20% of the population over a lifetime and ranking among the leading contributors to years lived with disability. Beyond emotional suffering, chronic anxiety is associated with significant somatic symptoms, cardiovascular disturbances, cognitive decline, and increased utilization of medical services. These factors impair social functioning and diminish overall quality of life. Pharmacological management remains a cornerstone of treatment, particularly in moderate to severe cases. Short- to medium-acting benzodiazepine derivatives demonstrate rapid anxiolytic effects through potentiation of GABAergic neurotransmission, leading to improved emotional regulation, normalization of sleep, and restoration of daily functioning. Contemporary agents with reduced hepatic accumulation and lower dependence potential provide a safer clinical profile, especially when administered for limited periods under strict medical supervision. Comparative studies highlight that combining pharmacotherapy with cognitive-behavioral therapy results in greater functional recovery and lower relapse rates than either modality administered alone. Furthermore, modern clinical guidelines emphasize early intervention and an individualized approach to balance efficacy and safety. The integrative approach that links neurochemical stabilization with psychotherapeutic adaptation promotes durable recovery, enhances patient autonomy, and aligns with the modern paradigm of functionality-centered psychiatric care.

PROTECTION OF COGNITIVE FUNCTIONS AND BRAIN NEUROPLASTICITY

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In neuropsychological terms, neuroplasticity is the brain's ability to modify its structure and functions throughout life, following learning, new experiences and environmental stimuli. This process involves the formation of new connections (synapses) between neurons, ensuring the consolidation and/or recovery of lost functions or the improvement of cognitive, affective, adaptive abilities, etc. depending on the needs. Many mental health disorders due to cerebral neurochemical changes, but also the long-term action of psychoactive remedies can negatively influence neuroplasticity, and in these clinical situations resistance to therapy can develop. The aim of the study was to search the specialized scientific literature for information regarding the possibilities of stimulating cerebral neuroplasticity in patients with mental health disorders. Scientific sources published in the last decade from Medscape, Google Scholar, PubMed, were analyzed. Meta-analyses, clinical studies, and relevant review articles were included. There are several clinical studies that demonstrate that augmenting liposomal phospholipids to basic treatment (antipsychotic, antidepressant, etc.) increases its effectiveness. The main arguments in this regard would be - liposomal phospholipids due to the action of specific nanoparticles (phosphatidylserine, phosphatidylcholine, phosphatidylethanolamine, sphingomyelin, phosphatidylinositol) increase the synthesis of neurotransmitters (serotonin, acetylcholine), reduce cortisol concentration, prevent the reduction of dendritic spine density, thus maintaining cerebral neuroplasticity. Augmenting liposomal phospholipids to treatment with antidepressants, antipsychotics: a) potentiates their effect, by stimulating cerebral neurotransmission; b) maintains neuroplasticity; c) increases the quality of life of patients with mental health disorder.