



## **EXCESSIVE USE OF BENZODIAZEPINES: BETWEEN SELF-MEDICATION, ABUSE, AND LIMITED ACCESS TO PSYCHOTHERAPEUTIC INTERVENTIONS**

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Benzodiazepines are commonly prescribed for anxiety, insomnia, and psychosomatic complaints. In the Republic of Moldova, chronic use is rising due to high accessibility, self-medication, and prescriptions by various specialists, often without adequate psychiatric supervision or awareness of long-term risks. Analysis of factors contributing to excessive BZD use among adults in the Republic of Moldova: self-medication, inappropriate prescribing and limited access to psychotherapeutic interventions. A cross-sectional descriptive study was conducted including 152 adult patients from urban and rural areas. The methodology involved a semi-structured questionnaire on BZD use history, assessment of withdrawal symptoms and dependence, identification of psychiatric comorbidities, and analysis of prescriptions from outpatient cards. 61% of participants reported daily benzodiazepine use for more than 12 weeks, with self-medication identified in 38% of cases, underscoring a significant problem related to the unsupervised use of these substances. The primary indications were anxiety disorders 74% and chronic insomnia 58%. Despite this high prevalence, only 22% of participants received adjunctive psychotherapy. Withdrawal symptoms and tolerance were reported in 35% of cases, indicating the presence of physical dependence. Benzodiazepine use significantly impaired cognitive and social functioning, resulting in a negative impact on patients' quality of life and social adaptation. Excessive benzodiazepine use highlights gaps in the healthcare system and prescribing policies. Implementation of strict prescribing protocols, expanded access to psychotherapeutic interventions, and ongoing professional training are needed to prevent misuse and associated adverse effects.

## **NEUROBIOETHICS AND THE PRINCIPLE OF CONFIDENTIALITY IN NEURODEGENERATIVE PROCESSES**

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Neurodegenerative processes are being intensively studied from a multidisciplinary perspective. The importance of neurobioethics is increasingly acknowledged. Confidentiality in the treatment of neurodegenerative disorders remains a current and insufficiently explored ethical issue. To outline the role of neurobioethics in maintaining confidentiality in both medical care and the non-medical context for patients with neurodegenerative conditions. A synthesis of scientific literature published in the last 10 years (about 43 sources) was performed using PubMed, Journal of Medical Ethics, Web of Science, and Elsevier databases, focusing on bioethics and medical care in neurological, especially neurodegenerative diseases. Sociological, bioethical, and structuralist methods were used. Neurobioethics is emerging as a branch of bioethics involved in the examination of multiple neurodegenerative manifestations. Aspects are identified that emerge both in the therapeutic process, administered to the contingent of patients suffering from various and complex effects of neurological degeneration, and in the entire social habitat environment of the patient. A separate topic is the wide spectrum of effects of the involvement of information technologies, medical management, health policies, etc. All of these influence the existential environment of neurodegeneration, also involving consequences regarding confidentiality. 1. Neurobioethics offers perspectives in the application of effective medical tactics to the contingent with neurodegenerative diseases, as well as in the advancement of neuroscience and neuroethologies. 2. Bioethical principles involved: confidentiality, vulnerability, non-maleficence, beneficence.