



Psychosomatic reactions and hypertension In Stress Conditions- Marija Lazarevic- Medical school University of Belgrade - Serbia

Marija Lazarevic

Medical school University of Belgrade, Serbia.

Abstract:

Introduction: Psychosomatic diseases are diseases of the organ in which they arise. Psychic and somatic reactions to prolonged stress are involved. It is considered that for the emergence of psychosomatic diseases plays a crucial role in the emotional factor. The Aim of the paper : Determine if there is a difference in behavior and expressing psychosomatic stress responses between healthy and diseased of hypertension, and to prove or reject the hypothesis that HTA is associated with psychosomatic diseases.

Method: The study was performed with patients who were given the original Questionnaire with closed-ended questions about how to respond to stressful situations. Of emotions, fear - withdrawal is mostly involved. The Results: The statistical survey was conducted on a sample of 100 respondents, which are divided into two groups: the group of patients in whom registered hypertension and control group. Research hypotheses have also been formulated: H0 : HTA is not associated with psychosomatic disease; H1 : HTA is associated with psychosomatic diseases. As the realized value of $\chi^2 = 44.72$ is greater than the boundary table values of $\chi^2 = 24.996$ for degree of freedom 15 and significance threshold $p = 0.05$, we reject the null and accept the alternative hypothesis for the error level $p > 0.05$, and we conclude that HTA is associated with psychosomatic disease. The following hypothesis was also tested: H0 : there is no correlation between HTA and withdrawal reaction; H1 : There is an association between HTA and the withdrawal reaction. As the realized value of $\chi^2 = 29.99$ is greater than the boundary table values of $\chi^2 = 3.841$ for degree of freedom 1 and significance threshold $p = 0.05$, we reject zero and accept the alternative hypothesis with error $p < 0.05$ and a $P > 95\%$ safety, and we conclude that there is an association between HTA and withdrawal reactions.

Conclusion : Modern psychosomatics suggests one of the integrative models for explaining the psychophysiological mechanisms of arterial formation hypertension. This model contains all the knowledge so far and classic and psychosomatic medicine in an attempt to explain the chain of change they bring about to the end result - elevated blood pressure.

Biography:

PROFESSIONAL PRACTICE -February 2017-Present: Health Center "Dr. Milenko Marin" Loznica; Head of the Lešnica health station, -October 2006- February 2017: Zvornik Health Center;



Chief of the General Emergency Medicine and Home Care Service -September 2004- July 2006: Health Center: "Milivoje Stojkovic" Grocka, Beograd; -April 2003- April 2004: Health Center Novi Beograd; internship EDUCATION: -University of Belgrade, School of Medicine, 2003 -University of Belgrade Specialisation: GENERAL MEDICINE; 2013 -University of Kragujevac, Kragujevac School of Medicine, Doctoral studies in neuroscience (final year) -T.A. Center - Association of transactional analysts of Serbia, psychotherapy education. HONORS AND AWARDS PROFESSIONAL SOCIETIES - Assessor of Serbian health institutions within the Agency for Accreditation of Health Institutions of Serbia at the Ministry of Health (AZUS) since 2017. - Certificate of completed training in Abdominal Ultrasonography, KCS 2012 (as well as daily practice in the same from 2013 to the present.) -Psychotherapist in Supervision, T.A. Center-Association of transactional analyst of Serbia MEMBERSHIPS (Mensa) - Member of MENSA Serbia (International Association of Above-average Intelligent Persons) since 2012 - organizer of testing for Mensa in Loznica in 2014 and 2015 - Member of the Presidency of the Branch Office of Loznica of the Serbian Medical Society from 2015 to 2017 -Author of the project "Psychosocial support for talented children" sponsored by Mensa Serbia 2017. - Associate of the magazine "MozaIQ" which is the official publication of Mensa Serbia, with several published texts since 2016. -Author of the project "Writing, Research, Publishing" sponsored by Mensa Serbia, 2018.

Recent Publications:

1. Is essential hypertension sometimes a psychosomatic disorder?
2. Psychosomatic aspects of hypertension
3. Psychosomatic aspects of hypertension