NEUROSE

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Abstract: *Neurosis, psychoneurosis, neurotic disorder, neurosis disease (from the ancient Greek neuron "nerve" from the new Latin neurosis) is a complex of long-lasting functional psychogenic disorders. The clinical picture of such disorders is characterized by asthenic, fixed thoughts or signs of hysteria, as well as a temporary decrease in mental and physical work capacity.*

In all cases, psychogenic factors are conflicts (internal or external), the impact of situations that cause psychological trauma, stress or long-term tension of the emotional and mental sphere of the psyche.

The concept of "neurosis" was introduced to medicine in 1776 by Scottish doctor William Cullen. The meaning of the term has been repeatedly revised, but until now there is no universally accepted definition. It should also be noted that in medicine and biology, various functional disorders of the higher nervous system are also called "neurosis".

The term "neurosis" is not currently used by the professional psychiatric community in the United States. Starting with the third edition of the American Diagnostic and Statistical Manual of Mental Disorders in 1980, the "neuroses" section was abolished. For example, dysthymic disorder instead of depressive neurosis, obsessive-compulsive disorder instead of obsessive-compulsive neurosis, and hypochondria instead of hypochondriac neurosis.

SYMPTOMS AND SIGNS OF NEUROSIS

MENTAL SYMPTOMS

Emotional depression (often without clear reasons).

Doubt.

Social communication problems.

Inadequate self-esteem: low or excessive.

Frequent anxiety, feeling of fear, "anxious anticipation of something", phobia,

panic attacks, panic disorders.

Uncertainty or contradictions of the value system, life desires and preferences, thoughts about the person himself, others and life in general. Cynicism is often noted.

Mood instability, frequent and sharp changes.

Excitability (neurasthenia).

Hypersensitivity to stress - people react to a trivial stressful event with despair or aggression.

Crying.

Weakness.

Anxiety.

Dwelling on the psychotraumatic situation.

Getting tired quickly when trying to work - memory, attention and thinking abilities decrease.

Sensitivity to loud sounds, bright lights, temperature changes.

Sleep disturbance: it is difficult for a person to fall asleep due to overexcitement; sleep will be superficial, disturbing, not refreshing; sleepiness is often observed in the morning.

PHYSICAL SYMPTOMS

Headache, heartache, abdominal pain.

Frequent fatigue, increased fatigue, general decrease in work capacity.

Worries, dizziness and blurred vision due to low blood pressure.

Disorders of the vestibular apparatus: difficulty maintaining balance, dizziness.

Appetite disorder (eating too much or too little, the presence of a feeling of hunger, but quickly getting full during meals).

Sleep disorders (insomnia): difficulty falling asleep, early awakening, night awakenings, lack of freshness after sleep, nightmares.

Experiencing physical pain psychologically (psychalgia), excessive care for one's health leading to hypochondria.

Vegetative disorders: profuse sweating, palpitations, changes in arterial pressure, disturbances in the functioning of the stomach, cough, frequent urination, liquid stool.

Sometimes - decreased libido and erection.

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