

NEUROSIS AND NEUROTIC DISORDERS

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ABSTRACT:

Nowadays, people are facing numerous challenges in their professional, social, and personal lives due to rapidly changing circumstances and high expectations. Persistent stress, pressure, and lack of time have become primary factors contributing to the development of neurotic disorders. During the COVID-19 pandemic, many individuals experienced insecurity, concerns about the health of their loved ones, or economic uncertainties. These factors led to an increase in conditions such as neurosis and anxiety. Many people struggle to balance their work and personal lives, resulting in mental fatigue and neurosis. This condition is especially prevalent among individuals in high-responsibility jobs. Neurosis has become increasingly relevant in modern times due to various factors, and its early diagnosis, treatment, and prevention are crucial for maintaining mental health.

KEYWORDS: Neurosis, Neurotic Disorders, Stress, Depression, Psychotherapy, Somatic Symptoms, Differential Diagnosis, DSM-5 or ICD-10 Criteria.

Neurosis:

Neurosis refers to the functional impairment of the nervous system, primarily caused by external psychological and social factors. This condition is accompanied by mental health issues, disrupting daily activities and reducing the quality of life. Neurotic disorders manifest in various forms and are often associated with anxiety, depression, phobias, and other nervous conditions.[\[1\]](#).

Causes of Neurosis:

The development of neurosis and neurotic disorders is attributed to several factors, including:

1. **Stress:** Persistent stressful conditions, conflicts in relationships (family or work-related), time constraints, and the need to make significant decisions can lead to neurosis.
2. **Genetic Predisposition:** Certain individuals are genetically predisposed to nervous and mental illnesses, affecting their ability to regulate emotions.
3. **Childhood Psychological Trauma:** Serious mental shocks or stressful situations during childhood may later result in neurotic disorders, leaving long-term negative effects on mental health.
4. **Physiological Changes in the Body:** Hormonal fluctuations, lack of sleep, fatigue, and other physiological factors may also trigger neurosis [\[1\]](#).

Symptoms of Neurosis:

The primary symptoms of neurosis include:

Anxiety and Fear: People often experience baseless concerns, fear, or anxiety.

Sleep Disorders: Chronic insomnia or frequent awakenings are commonly associated with neurosis.

Physical Symptoms: Symptoms such as palpitations, headaches, muscle tension, and nausea are observed.

Emotional Instability: Frequent mood swings, irritability, anger, or crying tendencies are typical [1].

Statistics:

Anxiety disorders (the most common type of neurosis) affect approximately 284 million people worldwide, making it the leading mental health condition globally. Mental illnesses account for about 10% of the global disease burden, with neurotic disorders representing a significant proportion.

The COVID-19 pandemic led to an increase in mental health disorders, including neurotic conditions. The World Health Organization (WHO) reported a 25% rise in anxiety and depression cases following the pandemic [1].

Diagnosis:

The diagnosis of neurosis requires detailed analysis and consultation with a psychologist or psychiatrist. It involves psychological tests, interviews, and assessment of physiological indicators. To rule out other severe illnesses, a complete medical examination may also be necessary.

History Taking: Evaluation of symptoms, mental state, stress factors, and family history.

Psychological Tests: Tools like the Beck Anxiety Inventory, Hamilton Depression Scale, MMPI, or GHQ are employed.

Physical Examination: Neurological tests, EKG, and blood analyses to exclude somatic causes.

Diagnostic Criteria: Clinical diagnosis is based on DSM-5 or ICD-10 criteria.

Differential Diagnosis: Additional assessments to differentiate neurosis from other mental disorders [1].

Treatment Methods:

Treatment of neurosis involves multiple approaches:

1. **Psychotherapy:** Cognitive Behavioral Therapy (CBT) is recognized as an effective treatment for neurosis.
2. **Pharmacotherapy:** Moderate to severe cases may require medication, including antidepressants and tranquilizers, under medical supervision.
3. **Physiotherapy and Relaxation Techniques:** Stress management through breathing exercises, yoga, massage, and other relaxation techniques.
4. **Lifestyle Changes:** Maintaining a proper sleep routine, engaging in physical activity, and adopting stress management strategies [1].

Prevention:

To prevent neurosis and neurotic disorders, the following measures are recommended:

Learning and implementing stress management techniques.

Regular physical activity.

Maintaining a healthy sleep schedule.

Engaging in activities that promote mental well-being, such as meditation and breathing exercises.

Strengthening social connections and spending quality time with loved ones[.].

Conclusion:

Neurosis and neurotic disorders are pressing issues in modern times, causing significant mental and physical health challenges. Timely diagnosis and treatment enable individuals to overcome these conditions and return to a healthy lifestyle. Preventive measures play a crucial role in reducing the future prevalence of such disorders.

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