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PSYCHONEUROIMMUNOMODULATION AT VARIOUS LEVELS OF MENTAL ADAPTATION

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We have examined 232 healthy persons (mean age 21,7±1,6 years) in a problematic situation - the first temporal period of adaptation (2-3 months) to new conditions of life.

We have distinguished three groups of probands characterizing by various level of mental adaptation:

group 1 (n=129) - healthy, characterized by absence of symptoms testifying to presence of pathological disadaptive manifestations;

group 2 (n=64) - persons with signs of psychoadaptive syndrome ((PAS) that is a relatively stable formation, during tension of adaptive mechanisms without signs of their exhaustion;

group 3 (n=39) - persons with signs of psychodisadaptive syndrome (PDAS) characterized by decrease of adaptive abilities, presence of signs of exhaustion and absence of resources for resilience.

Diagnosis of clinical manifestations of the secondary immune deficiency has shown increase of incidence rate of allergic and autoimmune syndromes in persons with signs of mental health disturbance as compared with healthy persons. Immune status of persons without disadaptive manifestations and with PAS were compatible; in group with PDAS we have identified reliable decrease of HLADR<sup>+</sup>-lymphocytes (p< 0,01), trend toward decrease of natural killers (CD16<sup>+</sup>) and factors of humoral immunity.

Study of personal traits has identified significant predominance of personal anxiety as a stable trait formed based on biopsychosocial factors, in group of PDAS as compared with PAS (p< 0,05) and by persons without signs of mental health disturbance (p< 0,01).

In result of conducted investigation we have obtained data about contribution of neuroimmune interaction and personal response into mechanisms of mental adaptation-disadaptation in continuum: "norm-pre-morbid-illness".