

УДК 612.821.4

A. Nikolenko, A. Krivoshey

ON THE LEVEL OF ALEXITHYMIA IN PATIENTS WITH ALCOHOLIC ADDICTION

Recently the problem of deviant human behavior is very relevant and examined in the broader context of medical and psychological knowledge. Addiction is what makes a person constantly avoid unpleasant reality. Alcoholism, or alcohol dependence syndrome is characterized by WHO experts as alcoholic abuse with severe physical and mental health, interpersonal relationships, social and professional dysfunctions caused by alcohol addiction. The second stage of alcoholism is characterized by the fact that craving for alcohol becomes compulsive, comparable to the feeling of hunger or thirst. Most people, with alcoholic addiction have a high level of alexithymia. Alexithymia is a personality construct characterized by the sub-clinical inability to identify and describe emotions in the self. The core characteristics of alexithymia are marked with dysfunctions in emotional awareness, social attachment, and interpersonal relating. Given our results, we can conclude that patients suffering from alcoholic addiction often experienced high levels of alexithymia. In the daily activity of a psychiatrist, psychotherapist, and clinical psychologist it is important to achieve compliance with a patient to determine the individual and the most effective treatment strategy.

Key words: alexithymia, addiction, alcoholism.