

CLINICAL EFFECTIVENESS OF PSYCHOTHERAPY IN TREATMENT OF ASTHMA AND CHRONIC OBSTRUCTIVE BRONCHITIS

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Summary

The efficacy of complex therapy, including individual (rational psychotherapy, auto-training) and group (auto-training and hypnosuggestion) psychocorrection, have been studied in patients with asthma and chronic obstructive bronchitis (COB). It have been proved that application of psychotherapy in complex treatment of patients improved pulmonary ventilation, normalized parasympathic nervous system and psychological state of the patients, decreased the frequency of exacerbations, prolonged the remissions and improved the quality of life. Generally, psychotherapy was more effective in COB patients.