

**«Психологические науки»: 3. Клиническая психология**

**WHETHER WRITTEN STORIES AS SELF-WAY  
OF THE PATIENTS WITH ANOREXIA NERVOSA**

**Shebanova V. I.**

*doctoral student, the department of psycho-diagnostics and clinical psychology Taras Shevchenko National University of Kyiv, Ph.D., Assistant Professor*

**Shebanova S. G.**

*Ph.D. in Psychology, Associate Professor of Applied Psychology Kherson State University, Kherson*

*E-mail: vitaliap@mail.ru*

Anorexia – a «fashion» is now a disease that generally imposed by society standards of beauty. Studies show that 90% of women feel like too much weigh and want to lose weight, 53 % of girls under 13 are unhappy with their bodies, 45 % of women with inadequate weight for medical reasons consider themselves too fat. Today – a disease spread throughout the world and among all segments of the population. However, anorexia has the highest among mental disorders mortality.

The purpose of sex - to describe the results of a psychological analysis of written stories and other forms of self-presentation on thematic anoreksyiv online forum. We have chosen as a research perspective is an alternative way of assistance that can get patients with anorexia nervosa (and their relatives ) through Internet communication. This is a new , highly relevant, but had developed a problem of psychology. In our work, we relied on research and development I. Shevchenko, I.Shabshyna, A. Zhychkinoyi, N. Naritsyna and numerous observations of users worldwide web.

Self- identity in terms of Internet communication, is in terms of a specific (virtual) interaction between man and man. Socio-cultural environment, formed in cyberspace, as well as the technical possibilities of communication mediated network, create conditions variability self [1]. Analysis of the literature showed problems on that basis for the disease is a distorted perception of themselves and the erroneous attitude of others. Among the specific psychological traits anoreksyiv

common are feelings of isolation and their own «abnormal» contradictory feelings of dissociation and self-concept, the activity of primitive psychological defense mechanisms, movement and somatization internal conflicts and violations of social adaptation. Pay particular attention to the importance of alexsytymiyi in the overall picture of the disease, which can lead to «no words to express feelings». Therefore, the study features self anoreksyiv is extremely important both in terms of studying the causes of the disorder and psychotherapeutic work with him.

The basis for empirical research addressed Internet portal Anorex.Ru. This website serves not just a source of information, but a place for people to communicate with family problems, «Nobody understands anoreksyka as other anoreksyk. You can stop hiding all that torments you. Here, there are those who will support and be sure to tell because we all came here with one problem - the inability to accept himself in the form in which we have. This project was created for those who recognize themselves in for problems with self-image and wants get rid of them ...» [2].

In November 2013 - February 2014, we monitored the activity of portal users Anorex.Ru. and studied the archives of the site. A total by about 1,400 messages 53 forum topics in «Anorexia». For the interpretation of the data, we used quantitative and qualitative content analysis. In the analysis of stories written in part using the methods of conducting clinical interviews in disorders of eating behavior O.O.Skuharevskoho Methods and free of self A.V. Vizgina [3; 5].

We found that the self-presentation of patients with anorexia internet network has two mechanisms are different in nature and function. Self-evident as samopred'yavlennya conscious informed choice of network alias and its graphical representation (nickname and avatar). This process reflects a person's ability to manage the impression is created of it in the other forum members. At this stage, the patient has the ability to create virtual items I own to compensate for the shortcomings and problems. Self-presentation as self-disclosure occurs in text messages forum. The main feature of this process is the message to other personal information: sufficiently deep and detailed description of the disease and their own

attitude towards it. During the writing of the text is self-reflection and awareness of eating behavior attitude. Thus anonymity communication and interested audience to avoid the usual defensive tendencies to support the positive and avoid samootnosheniya same changes. As studies have shown that using a self-description at the Forum anoreksyktiv , it is possible to confirm the presence of disease or refute it in accordance with generally accepted diagnostic criteria. The main syndrome of eating behavior quite well recognized to cause complications such as anorexia and determine the stage of its occurrence.

Qualitative content analysis in meaningful units of written history provides information on various aspects of the disease and internal experiences related: features self-awareness and attitudes toward their bodies; existing psychological problems, feelings about physical appearance. Enable capture of self denial of illness or disease awareness, marking the response to disease - disappointment znevirenist treatment, fear and confusion, faith in their own strength, hope for the best. On the other hand, the leading motive of self recorded patient: a desire to restore health, the desire to gain (keep typed) weight or reset (hold reset) weight.

The analysis showed that in most cases the development in a typical scenario occurs: decided to lose weight - failed to stop. Then, even in the knowledge of the disease, to return to normal eating behavior man alone can not - there are constant «failures». Correspondents clearly states «starting point» - the situation, after which they decided to lose weight. Depth the reasons that push people to self-destruction, aware only individuals who have a long experience of medical and psychotherapeutic treatment.

A typical situation where the onset of the disease accounts for that period of life when she leaves his father's family and begins to live independently ( often - moving to training). You can place material and the emergence of a new social environment, certain standards of behavior and appearance, and the disruption of adaptation and stress factors, and the absence of usual external controls and caring parents. We believe that should also be more fully investigate such factors as the willingness of girls to independent farming, their ability to feed themselves (the

prospect of further research). Youths who begin an independent life from successful families are both psychologically and level of skills to be prepared for this.

After successfully losing unwanted weight, it is possible to identify a number of factors that will not stop a person on our laurels and continue to make its restrictive behavior and to cross border health: loneliness or lack of support and understanding from family, propaganda slim and emaciated body in social networks and media media, example and support anoreksychnoyi behavior, enthusiasm diets of close friends or relatives, loss of approval from others, mental and physical exhaustion, the accumulation of fatigue experienced by stress and others.

It is clearly in the text user performs no problem understanding their behavior as painful. This is manifested in different ways: - People perceive themselves fat, thick, even when the actual weight is much lower than normal - the objective symptoms are ignored or not noticed; - The objective symptoms noticed, but deemed irrelevant; - The person is aware of the disease, but emphasizes its nepodolannist, justifies the loss of control over them.

From the posts, we realized that there is a «watershed» moment in the course of the disease when a person ceases to ignore symptoms and dysfunctional vyrishaye turn somewhere for help. This fact is very important for the treatment of ON. It is important that at this point anoreksyk found adequate and effective support, not moved to a new stage of the disease.

Community Forum referred to the various circumstances that led to their awareness of the disease - some change in consciousness that allows the patient to another (really) to accept the current situation: stop menstruation, fear of infertility insistence of relatives or friends, fearful Received information about anorexia nervosa and its consequences. There are a number of objective organic changes that signal the lack of food - weakness, loss of hair, teeth, memory problems, and so on. However, patients prefer to ignore these symptoms. Often, the real point that scares women is to stop menstruation. Topic «How to get monthly» stable leader is visiting the forum and continues replenished comments within five years (has 424 messages, 114 thousand views as of November 2013).

Conclusions and recommendations for further research. Ways to overcome the highlighted us as a result of semantic content analysis can be divided into two groups. The vast amount of information relates to the specific methods and techniques of feeding behavior. In fact, much of the content of the forum is a collection of specific advice on weight control, use of medications, treatments, and more. Another equally important aspect of overcoming illness - addressing underlying psychological issues that led to it. The practical significance of this research is to open opportunities and psychological support anoreksykam the Internet: the possibility of early diagnosis of nutritional disorders therapist to establish contact with the patient, taking into account features of communication and communicative effects for psychological treatment and prevention, and more.

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