

Special Article

**Social and transcultural characteristics of
mental health in population in Siberia**Valentin Ya. Semke[†]

Abstract. *In Russia, major part of chronic pathological states appears under influence of mental tensions, properties of the environment, and genetic maladjustment to sub-acute and protracted stressful effects (sociogenic factors). Depopulation is one manifestation of crisis that can lead to reduction of populations of ethnoses of eastern region, decrease of their ability to work, weakening of spiritual potential of nation and many other negative consequences of social-economic development of today's society. Under conditions of quick socioeconomic and political development, evaluation of transcultural situation is complicated by its forthcoming negative consequences. For Siberian researchers, many years working in the field of psychological, psychiatric, addictological and psychotherapeutic assistance, have brought new spirit into development of ideas, ways, approaches and methods of examination of various groups of population, management of therapy and prevention of mental disorders under very specific conditions of Siberia. Material about development of successful trials has been accumulated. Close interaction of science and practice has provided for academic science of eastern region of Russia leading position and priority which is given to preventive technologies and integral programs of early diagnosis and prevention of chronic non-infectious diseases, being the most relevant subdivision of regional healthcare and medical science. Under modern social-economic conditions of Siberia, idea of deep analysis of epidemiological situation is underlined (leading to conclusion of necessity of reforms of psychiatric, addictological and psychological services) with account for "local" conditions described in Atlases of mental health of the population of some districts and republics, including detailed evaluation of clinical-dynamic and rehabilitative characteristics of separate ethnoses. Disclosing the nearest and more remote horizons of coming-to-be of a psychiatrist in Russia, it should be said that this should be study of not only trans-cultural psychology and psychiatry (already many generations of clinicians), but also of the novel data from the field of basic neurosciences (immunological, genetic, neurophysiologic, biochemical, experimental-psychological investigations).*

Keywords: transcultural psychiatry, Russia, Siberia.

**WCPRR June 2015: 59-67. © 2015 WACP
ISSN: 1932-6270**

Today Russian psychiatric science is on the threshold of serious reforms, worldwide knowledge is updated and reflects updated patterns as a new vision of the phenomenon. Humanitarian pattern as a concept of "integrity" of cognition promotes comparison of natural-scientific data of traits of personality and cognition of its basic properties (such as attitude, ideals, personal senses, spiritual values, and needs, moral and esthetic consciousness). Unfortunately, state policy of public mental health care is directed not at maintenance and strengthening of public mental health, but at medical assistance rendered in case of loss of health. Mental and behavioral disorders constitute 12% of global burden of illnesses. Simultaneously, budgets for treatment of mental diseases in most countries constitute less than 1% from total amount of expenses for healthcare.

In recent decades, the state of psychological health of the country's population has acquired negative dynamic at the expense of an increase of non-psychotic (borderline) forms of mental pathology (neurotic, somatoform, personality disorders), which is immediately associated with unpredictable social-economic events and hardly predictable shifts in spiritual life of multiple groups of the

[†] Prof. Valentin Ya. Semke. Academician of RAMSci, Honored Scientist of Russian Federation. Mental Health Research Institute, Tomsk, Russia

population. Pressing everyday misery, an abundance of intrapersonal and international conflicts, and distortion of interpersonal relations are causing spiritual tension, while anxiety regarding existence and well-being, and care about destiny of relatives and friends are deepening social maladjustment of the individual. The basis of catastrophic decrease of level of mental health of scanty aboriginal ethnoses of the Eastern region of Russia is formed by biopsychosocial conflict: isolation from relatives and friends, not defined system of upbringing, forgotten traditional customs, professions and trades, increase of substance use disorders.

Great role in resolution of challenges of modern medicine is assigned to new technologies in psychosomatics as the most important priority projects of psychiatry. Indices of public health in Russia are depressing: mortality from “external causes” (home violence, suicides, traumata) exceeds indices of European countries as 5 times as much. All this is confirmed by systemic crisis of domestic healthcare within world social-economic crisis. Prognosis is also unfavorable – by 2020 the population of Russia is expected to be reduced by 10,000,000 persons; life expectancy would drop below world indices; average life expectancy would be as less as one year than average index in “less developed” countries of the world, life expectancy of men will be as less as 5 years than in countries of the “third world”. This is why spiritual and mental health of Russians, without which improvement of demographic situation is not possible, should become a major priority in XXI century.

Interest in integral personality, in basic stages of its formation is determined by complex reforms in social-political and cultural-economic life of the contemporary society. Based on modern technologies of psychiatric and addictological service we can observe formation of principally new methods of prevention of mental pathology with account for concept of heterogeneity of the human population and broadening in it of the examined ones, according to sex-age, ethnic, ecological signs, personal traits and character of course of neurophysiologic processes.

Today we may make prognoses that favorable position of Siberia at the border of Europe and Asia allows it becoming a model of advancement of young staff, talents and new technologies to East. Positive model of development of Siberia will provide future to the entire Russia. Scientists are needed by Siberia, by mining business, manufactures, maintenance of the people, architecture, and justice, correction of morals and manners, merchant class, unity of pure belief. In Siberia, huge natural resources, business, technology and science resources have been accumulated. This is why, Siberian region will play significant role in recovery and renewal of the country, in creation of economic capacities compatible in scale with rapidly developing economics of China and South-East Asia.

Among factors of personality disintegration, quick stratification of public groups, complicated interpersonal (including ethnic) conflicts, ecological adversity, and everyday misery are significant. From characteristics of social environment, influencing on revitalizing parameters of life of the modern individual, determining role is played by work and family stresses, demographic pressing, geographical and social mobility, socio-cultural differences. Public mental health depends mainly on structure and content of micro-social and macro-social environment: every societal group has its own social and ethnic standards, which determine mechanisms of personal reactivity and promote prevention of mental maladjustment, that, in turn, directly reflects level of individual and societal well-being (Semke *et al.*, 2001). In this association, analysis of “internal” and “external” spaces of the individual through prism of national traditions and customs and universal values is interesting. “Field” of internal world characterizes feelings, thoughts, spiritual strives, i.e. everything that allows for subject considering him/herself as a personality; here complex processes of “psychological ecology” are developing. Human behavior is evaluated also with account for social space (crowd, micro-group, the nearest ones etc.), serving as a source of rise of “illnesses of communication” as biological, social, cultural and emotional factors exerting influence on attitude of the individual toward this environment.

According to M.A. Bulgakov in *Heart of a Dog*, «...devastation is not in closets but in heads». This is why, even under conditions of macro-economic crisis having covered all spheres of economics and business, and medicine is not exclusion, we should avoid states of mass panic by means of building of effective international networks (intellectual, social) of coping and alternative (healthy) life style.

Currently, huge amount of data has been accumulated testifying the extremely negative influence of loss of job and forced unemployment on mental health of the individual. Our scientific team (A.V.

Gychev, I.A. Artemyev and colleagues, 2010) has revealed high correlations between level of unemployment and number of suicides, offenses, neurotic and psychotic disorders. Specific peculiarity of unemployment and Russian mentality (Polezhayev, 2005) is their latent character, high specific weight of unemployed persons with high education and high qualification having major social expectations and political activity. Multi-national composition of Russian society also is determined by regional character of unemployment. Here we shall highlight universal understanding of the problem «Employment is nature's physician, and is essential to human happiness» (Galen).

Social processes in the contemporary world continue to have negative character. In vocabulary of prominent sociologists more often such notions are used as disintegration, depopulation, and degradation. It is high time for comprehended investigations in the field of industrial psychiatry and psychology. In Siberian and Far Eastern regions they acquire especially relevant character that is testified by theses of “working” direction (many of them have been defended under my scientific supervision). There is a cycle of papers on studies of mental health of workers of timber industry (Aksenov, 1995; Sudakov, 1989; Guzev, 1990; Savinykh, 1989; Shvetsov, 1991; Agapov, 1989), explosive and flammable productions (Savanin, 1992), natural gas industry (Seleznev, 2002), law enforcement (Narov, 2000), workers of chemical-pharmaceutical (Khanchenkov, 1989; Tsitko, 1991) and aluminum (Tsai, 1989) productions, agricultural workers (Kozyrev, 1995; Goldobina, 2004), fishermen (Ulyanov, 1996; Belokobylsky, 1993), teachers (Pavlova, 1999), combatants (Epanchintseva, 2001; Smirnova, 2003), unemployed persons (Gychev, 1997; Botsmanovskaya, 2006), as well as investigations of preventive direction (Potapkin, 2001; Zapuskalova, 1998).

At the modern stage of advancement of medical scientific thought, cognition of basic regularities of interaction of clinical dynamic of mental pathology with neurobiological (immunological, biochemical, electrophysiological, genetic) mechanisms of its formation is carried out: risk factors are systematized, pathogenetic and sanogenetic processes of the course are identified, clinical-neurophysiologic parameters of prognosis and outcome are specified, preventive and re-socialization activities are developed. Historic experience of world medicine and natural science testifies to mutual conditioning of somatic and mental spheres with these relationships being variable, non-linear and for their disclosure integration of scientific knowledge in the field of neurosciences, social disciplines and practical healthcare is needed. At the crossroads of knowledge perspective directions and viewpoints regarding essence of human health, possibilities of all-sided development are born.

Past two years have shown heavy burden of variable crises – from purely local to global world crisis having affected mental life of literally every individual of the world. During National Congress in Moscow in November 2008, academician T.B. Dmitriyeva has declared that «poverty and inaccessibility of medical assistance results in worsening of health including the mental one. According to prognoses, to the end of the year 2008 number of unemployed persons in Russia has constituted 5.9% of able-bodied population, and in the end of 2009 it will increase up to 6.6 %. In light of the crisis every governor taking care about his/her region has to think about creation of crisis rooms and services».

Realized regional program “Mental health of population of Siberia and Far East” is founded on methodological bases and clinical data developed at Mental Health Research Institute for a number of last years. Picture of prevalence of mental diseases according to separate republics, Krai, districts of Siberia and Far East in association with migration of the population and changing demographic situation has been presented. On model objects, interrelationship of migration of the population with level of prevalence of mental diseases at various stages of formation of urban populations has been shown.

In association with consequences of social-economic crisis in the country manifesting itself in accumulation of social tension and social and legal vulnerability among population the expectations are as follows: increase of number of patients with mental disorders, pathomorphosis and trend to chronicity of the former, increase of number of persons with pre-nosological forms of borderline neuro-mental pathology; rise of new social deviations associated with accumulation of addictive pathology (families of persons suffering from substance use disorders); increase of cohort of patients

with social phobia (unemployed, homeless people, one-parent families); continuation of increase and pathomorphosis of disorders associated with ecological phobias and consequences of ecological catastrophes and military conflicts; rise of borderline neuro-mental disturbances associated with change of quality of life (bankruptcy, violence, social and legal vulnerability); increase and deepening of deviant behavior in children and adolescents with subsequent accumulation in population of persons with personality disorders including sociopathy; increase in elder people of affective disorders of sub-psychotic and psychotic levels; growth of number of patients with presence of sexual dysfunctions in structure of borderline neuro-mental disorders.

Modern social-cultural situation, creating high level of emotional tension, is conditioning increased role of psychosocial factors in origin of illnesses. In general health care, group of patients with functional disorders of cardiovascular system arising against the background of psychosocial stress is represented: they include transient cardio-respiratory disturbances as cardialgias, changes of heart rhythm and frequency of respiration that often rise without morphological changes of respective organs, in persons of able-bodied age (20-45 years). Similar disorders without threat for life are nevertheless hard for patients; often result in considerable changes of life stereotype, decrease of ability to work and falling of quality of life. Timely assistance to patients with functional cardiovascular disturbances due to their high comorbidity with mental disorders (in 25-70% of cases) can be operatively and differentially rendered only in conditions of collaboration between psychiatrist, psychotherapist and cardiologist. Priority is necessity of advancement of therapeutic-rehabilitative tactics in various psychopathological states with cardiovascular disorders, that should included not only work of a psychiatrist within “counseling – interaction”, but also relevant for state psychotherapeutic intervention.

Social functioning and quality of life of patients (as an example, characterizing their social position) constitute integrated estimation of state of the patients at all levels of support rendering (resolution of complex clinical-social problems). Improvement of quality of life and social functioning of mentally ill people is a continuous process requiring definition of basic parameters, assessment of potential of improvement and successful introduction of planned measures into practice. Summarized, aims of programs, strengthening and maintenance of individual and public health have been formulated by Vincenzo Marcolongo (IAMAT, 2015): “In an era which is now entered by the human family, we must overcome the barriers that still divide us. The need for peace and understanding between the peoples of the world has never been as great as now. Peace can only come with understanding”.

“Expansion” of borderline and addictive states reinforced in crisis period is mainly determined by social-economic shocks in the society what results in formation of “noogenic” neuroses and personality deviations. Taking into account significance of Siberian Federal Territory for economics and safety of Russia, optimization of measures on health care of working population in Siberia is necessary. Among the tasks of medical work of special value is the study of mental health of working under dangerous conditions and with dangerous people to develop and introduction of preventive programs. Relevance of mental health care of the working population has been conditioned not only by medical but also by its social-economic value. Mental health is a factor that determines social and working adjustment, productivity and quality of work, development and safety of production.

Today dictates necessity of monitoring of public mental health including basic indices of social-economic state of population of specific territory.

In this situation, universal index may be poverty as a phenomenon of all without exclusion societies. Characterizing negative state of community, its groups and separate citizens, poverty is a factor determining growth of true sickness rate of with mental disorders during reduction of access to qualitative specialized assistance.

Interdepartmental (inter-sector) collaboration is an only effective way of creation of necessary for health of the population preconditions. At the level of regional government in order to create favorable environment we should require declaration of public health as the most important property of the society (among most important resources), formation of “healthy” social-economic policy on the territory of the region, account for consequences of laws and policy of state institutions for health of the

population, maintenance of safety of the environment and the lowest possible levels of risk, creation of conditions for social support at enterprises with guaranteed safety of jobs.

As a whole, realization of integral programs of prevention of neuro-mental pathology is oriented at all groups of our community. It allows accomplishment of global aims of public health, which has origins in the life style of the population: society has multiple reserves for “mental survival”. In this association, term of academician of D.S. Likhachev (1985) “ecology of culture” deserves approval. It is about scientific discipline investigating culture of human habitat. Realization of cultural, social-economic, medico-social programs allows eventual starting up the integral mechanism aimed to as many as possible people remain mentally healthy and physically strongly maintaining fruitful activity throughout the life.

Mental health of a person, a personality and society as a whole is affected by complex social processes of our time: pressing of economic misery, increase of international conflicts, and distortion of interpersonal relations. These factors provoke inner tension, anxiety for one’s existence and well-being, care about one’s relatives and friends. This is worsened by manipulation with societal consciousness of the individual, implicit and explicit physical and mental violence toward the personality and as a result places one beyond the family, society, and state causing deep social maladjustment. On this basis, the number of substance use disorders, borderline neuro-mental disorders, and affective pathology are growing, and the numbers of suicides increase. Social maladjustment makes some subjects offend. Occultism, sectarianism, pseudo-beliefs are increasing. Of great anxiety is destiny of scanty peoples of the Eastern region of Russia in which biopsychosocial conflict is responsible for catastrophic decrease of level of mental health: isolation from the nearest, uncertain system of education, forgotten previous professions, increase of alcoholism.

We should pay attention to problems of physical and mental health care of the individual, one’s environment and society as a whole. All kinds of manifestation of aggression (ugly scenes of violence, beating up of children and women, military actions etc.) are indices of decrease of level of mental health. Only by efforts of medical professionals this problem is not resolvable. It is necessary to join activity of societal, political, medical, preventive, insurance organizations on creation of specific, accessible system of highly specialized assistance for all needing treatment and moral support. For achievement of aim of formation of healthy bases of a harmonious personality, improvement of interpersonal relations, normalization of psychological climate in working collectives and in the society it is purposeful to introduce a complex of scientific-organizing measures into creation of Interdepartmental Mental-Health Centers with accompanying social, legal and financial support; direct physicians of primary care units and dispensaries at revealing and prediction of various neuro-mental disorders with account for adverse social, ecological, psychological and individual factors; steady development of the person is mainly determined by macro- and micro-ecological factors; broader informing of population via mass media about possible risk factors, first manifestations of psychosocial maladjustment, adverse effects of the environmental affecting of personality, family, school, production team, society; regarding as necessary creation of expert-counseling group of policy makers, physicians, lawyers, psychologists, representatives of various religious confessions for uniting efforts on mental health care and strengthening, prevention of negative effect produced by subjects doing mental terror in the form of various sects, extrasensory manipulations, coding, “zombie”, pseudo-shamanism.

Descriptive pathopsychology of Karl Jaspers (1997) has opened the way to new phenomenological approach in psychiatry; it supposes maximum possible understanding of experiences of mentally ill individual, without meaning any concept of illness but basing on images of authenticity of the existence (death, guilt, anxiety etc.). Suffering is assessed as high value moving the person to the level of genuine existence. Suffering (or work of “grief”) is assessed as useful for development of personality. Biological psychiatry, in its turn, regards crisis as a stress and a neurotic reaction to it – as a state requiring medication. Psychotherapy develops in the channel of theory of illness and its correction in which parallel directed disclosure and development of the personality is made. Psychotherapy, which is

applied in everyday practice of the physician of every specialty, is powerful treatment and preventive agent.

According to statement of S. I. Konstorum (1959), “Without a solid clinical base, psychotherapy inevitably is doomed to amateurism and pseudoscientific character”. Author warns against blind copying of “western examples” because in his/her practical activity therapist deals with patients of another mentality, requiring orientation at his/her own psychological technologies.

Doctrine of personality and its mental health can develop itself only under conditions, providing health of the entire society, and individual life style should be directed at reinforcement of revitalizing factors, removal of pathogenic circumstances.

Social-psychological understanding of conflict and crisis states facilitates avoidance of ‘reefs’ of dangerous situation, promotes the broadening of creative possibilities of personality, smoothens and even prevents psychotraumatic situations, possible during confrontation with unexpected interpersonal circumstances, heightening thereby production potential and quality of intellectual activity. Direct entry of man into space, according to testifying of academician M. V. Keldysh, has exerted huge influence on attitude and psychology of modern people, getting the chance to look at the Earth as though from the side and principal possibility of reaching other planets, other worlds, mankind will be able to broaden qualitatively sphere of its thinking what will affect deeply evolution of earthly civilization.

Clinical-pathogenetic assessment and outcome of crisis states depend on cross-interaction of three moments: 1) broad spectrum of psychogenia (in-depth and superficial); 2) personality predisposition (harmonious, accentuated, neurotic, pathocharacterological, post-psychotic); 3) influence of macro- and micro-community (revitalizing and destructing).

Types of states	Provoking factors
Psychosocial	Micro-sociogenic factors
Ecological	In-depth and superficial psychogenias
Psychogenic	Experiences of loss and acute grief
Ontogenetic	Crises associated with age changes of personality
Gender	Predominantly sex-age shifts
Existential	Experience of loneliness, abandonment, isolation
Transcultural	Impact of ethnologic, biopsychosocial reformations
Pre-suicidal	Suicide as a human drama
Addictive	Formation of variants of mental dependence

Profession of a doctor possesses social importance because medical specialists are responsible not only for physical health of patients but also for mental health, social-psychological adjustment. Specific conditions of work of the doctor correlate with indices of low quality of life, mental and addictive disorders. Negative conditions of work associate often with experiencing of physical discomfort, dissatisfaction with sleep and rest, deficit of positive and excess of negative emotions. High level of prevalence of substance consumption among professionals (alcohol, tobacco, caffeine) exceeding the analogous index in general population has been noticed.

Participation of psychiatric nurse as a supervisor in organization and perfection of secondary unit of treatment-rehabilitative process and care for mentally ill people is hardly to overestimate because it includes broad range of questions without which it is impossible to accomplish therapeutic approach to patients and final documentation of remission states and recovery. This is not mechanic accomplishment of doctoral administrations and recommendations but creative everyday questions resolution that include direct carrying out of treatment processes (distribution of medicines, parenteral injection of preparations, accomplishment of a number of procedures), which should be done with account and knowledge of possible side effects and complications. Finely, this is taking responsibility for carrying out of a number of urgent measures. Preparation of the patient to this or that procedure or measure requires sometime from the nurse-supervisor many forces, skills, knowledge of psychology of patient and character of psychotic disorders. Being during working time among ill people, a nurse is an example of selflessness, humanism, and altruism. Thus, role of the nurse-supervisor in general treatment process is relevant and significant.

In the world there are various cultures, which strive to correct mistakes, improve, civilize according to some example, and idealize some model. Genuine universal values can rise only in the dialogue of all earthly societies and civilizations. In the third millennium, modern perception has been maintained by words of F.M. Dostoyevsky: “May some of theorists indicate that universal ideal that should be made from every personality. The entire mankind has not made any ... And if that universal ideal which they are possessed by, has been made by only the West so should not we regard it as so perfect that absolutely all other people should refuse attempts to carry something from him/herself into the making a perfect human ideal and restraint by only passive adoption to him/herself of the ideal according to western books”.

Transcultural personology and psychotherapy represent by themselves humanistic direction in spectrum of contemporary natural sciences with integrative understanding in the course of coming-to-be of the personality of psychological bases of culture, religion, mythology, traditions and customs. Science and myths do not contradict each other but promote successful overcoming by the individual of experienced “inner apocalypse” achieving inner peace and integrity. Having polyvalent relationships with medicine and sociology, ethnopsychology and personology allow from multi-disciplinary positions assessing of contribution of social and biological factors to genesis, dynamic, prognosis and prevention of pathocharacterological deviations in dyad “normal-pathological personality” at societal and individual levels.

Comparison of transcultural methods and approaches in the field of general personology and psychotherapy leads us to identification of proximity of positions during study of healthy and ill personalities, during identification of borders of norm and pathology, in assessment of personality structure with account for specific experimental data, in approximation of interpersonal and intrapersonal aspects, perfection of communicative methods, analysis of conscious and unconscious mechanisms, use of archetypal and modernist methodology. In social-psychological plan, efforts of two modern cultures should be directed at assimilation of knowledge on formation of the man of future, basing in his/her development on baseline idea of spiritual-cosmic universality and integrity. In history of past of mankind (in Christendom, Sufism, Yoga, Buddhism etc.), experience of spiritual path of the homo sapiens, oriented at experience of essence of life has been accumulated.

Modern transculturology dictates revision of psychological and psychotherapeutic assistance rendering to native population of eastern region of Russia toward dialectic combination of principles of centralization and de-centralization. Theoretic significance and practical value of distinguishing of “risk groups” and pre-nosological states, prognostic criteria of progression of borderline and addictive personality disorders are carefully drawn. During development of preventive measures we should take into account complex of medico-social sociocultural interventions that should be flexible and not violate human rights. Development of transcultural aspects of clinical personology carries in itself important theoretic stimulus associated with crystallization of biosocial pattern and powerful sociotherapeutic, preventive impetus.

Idea of making parallels between western civilization, philosophy, psychology and respective positions in eastern ideological and therapeutic attitudes for a long time possessed best minds of mankind. Amplitude of stated viewpoints is extraordinarily broad and contradictory – from detection of unabridged gap to statement of common roots, human values. In spite of existing formal comparisons of two signified worlds we see interest in natural-scientific and psychological heritage of “alternative” culture, trend toward mutual penetration, mutual enrichment, and successful combination of western pragmatism with eastern traditions, wisdom, and life style.

While ethical parameters are unsteady and depend on social climate, search proper and achievement of “basic” values are an everlasting and unalterable process.

Quality of life and psychological health of representatives of scanty nationalities of Russia has been affected by experienced by them throughout many decades acculturation stress that is considered as a population variant of posttraumatic stress disorder. For overcoming the negative influences of scientific-technological progress we need use of complex social-psychological technologies of rehabilitation of arctic population, maintenance and restoration of lost by aborigines customs and

traditions. Policy of leveling and removal of “defects” in the field of individual and societal health care should be built in aspect of prediction of social-economic reforms, strengthening and renaissance of sociocultural traits of specific ethnos, overcoming the threat of “population and ethnos fatigue syndrome” (Kaznachev, 1980), effective transition from empty rhetoric to efficacious measures on restoration of personality rights and thereafter of a separate ethnos as a whole.

As a productive viewpoint on approximation of positions, integration of ideas and knowledge in the field of healing, perfection of societal and individual health of people, we develop Eurasian Project of approximation of ethnopsychological and ethnopsychotherapeutic positions of West and East. This approximation is based on search for pathways of synthesis of all considered cultures’ methods of removal of human illnesses, psychological dependences, overcoming interpersonal and intrapersonal conflicts, and personality deviations. Exchange by knowledge, concepts, scientific and cultural achievements of West and East is facilitated by considerable leveling of “purity” of religious, culturological and natural-scientific attitudes.

REFERENCES

- Agapov YuK. *Clinical dynamic and psychoprevention of asthenic states of exogenous-organic genesis* [Russian]. PhD thesis. Tomsk, 1989
- Axenov MM. *Clinical-dynamic analysis of borderline neuropsychiatric disorders (regional aspect)* [Russian]. MD thesis. Tomsk, 1995
- Belokobylsky ND. *Psychotherapy, psychoprevention of neurotic disturbances in fishermen under conditions of inter-voyage dispensary* [Russian]. PhD thesis. Vladivostok, 1993
- Botsmanovskaya MB. *Anxiety-depressive disorders in unemployed people in an industrial city of Kuzbass* [Russian]. PhD thesis. Tomsk, 2006
- Bulgakov MA. *Heart of a dog* [Russian]. Moscow, Eksmo, 2012
- Dmitrieva TB, Polozhy BS. *Mental health of citizens of Russia. Chelovek [Individual]* [Russian]. 2002; 6.
Available on the Internet at: <http://vivovoco.astronet.ru/VV/PAPERS/MEN/PSYRUS.HTM>
Retrieved on June 23, 2015
- Dostoyevsky FM. *Political journalism of 1860th* [Russian].
Available on the Internet: <http://predanie.ru/dostoevskiy-fedor-mihaylovich/book/68751-publicistika-1860-h-godov/>
Retrieved on June 23, 2015
- Epanchintseva EM. *Post-traumatic stress disorders in combatants (clinical-dynamic and rehabilitative aspects)* [Russian]. Abstract of PhD thesis. Tomsk, 2001
- Galen Quote. Title of a treatise; cited from Judith Perkins *The Suffering Self*. London, Routledge, 1995, p. 154
Available on the Internet: <http://izquotes.com/quote/297032>
Retrieved on June 22, 2015.
- Goldobina OA. *System of mental health care and heightening of efficacy of psychiatric service at regional level* [Russian]. MD thesis. Tomsk-Barnaul, 2004
- Guzev AN. *Structural-dynamic analysis and principles of pathogenetic therapy of borderline neuropsychiatric disorders in oncological practice* [Russian]. Abstract of PhD thesis. Tomsk, 1990
- Gychev A.V. *Mental health of unemployed people (clinical-social, psychopreventive aspects)* [Russian]. Abstract of PhD thesis. Tomsk, 1997
- Gychev AV, Artemyev IA, Semke VYa. *Unemployment in Russia and mental health* [Russian]. Tomsk, Publishing House “Ivan Fedorov”, 2010
- IAMAT. *Message from the founder (Dr. Vincenzo Marcolongo)*. 2015
Available on the Internet at: <https://www.iamat.org/our-story>
Retrieved on June 1, 2015.
- Jaspers K. *General Psychopathology* [Translated from German into Russian]. Moscow, 1997
- Kaznachev VP. *Mechanisms of adaptation of the individual under conditions of high altitudes* [Russian]. In: Kaznachev VP. *Medicine*. Leningrad, 1980
- Khanchenkov NS. *Social-organizing aspects of psychopreventive help for workers under conditions of modern chemical-pharmaceutical production* [Russian]. PhD thesis. Tomsk-Kemerovo, 1989

- Konstorom SI. *Experience of practical psychotherapy* [Russian]. Moscow, Ministry of Health, 1959
- Kozyrev SN. *Clinical-dynamic and scientific-organising bases of narcological help for rural population* [Russian]. PhD thesis. Tomsk, 1995
- Likhachev DS. *Ecology of culture. In; Past to Future.* [Russian]. Nauka, Moscow, 1985
- Narov MYu. *Nicotine addiction in patients with schizophrenia* [Russian]. PhD thesis. Novosibirsk, 2000
- Pavlova OA. *Borderline neuropsychiatric disorders in workers of educational system (clinical-dynamic and rehabilitative aspects)* [Russian]. PhD thesis. Tomsk, 1999
- Polezhayev DV. *Russian mentality: social-philosophical aspect of research. Philosophy and future of civilization: Abstracts of the IV Russian Philosophical Congress (24-28 May. 2005)* [Russian]. Sovremennye tetradi, Moscow, 2005; 118.
- Potapkin IA. *Clinical-dynamic characteristic of borderline neuropsychiatric disorders (preventive aspect)* [Russian]. MD thesis. Tomsk, 2001
- Savanin DV. *Mental adaptation and disadaptation in clinic of borderline neuropsychiatric disorders in workers of chemical industry* [Russian]. PhD thesis. Tomsk, 1992
- Savinykh AB. *Structure, dynamic and prevention of states of mental maldaptation* [Russian]. PhD thesis. Tomsk, 1989
- Seleznev SB. *Mental health of workers of natural gas industry (epidemiological, clinical-dynamic and rehabilitative aspects)* [Russian]. MD thesis. Astrakhan, 2002
- Semke VYa, Kupriyanova IE, Kazennykh TV. Personological level of quality of life [Russian]. *Siberian Herald of Psychiatry & Addiction Psychiatry*, 2: 29-30, 2001
- Shvetsov IP. *Clinical-epidemiological and clinical-dynamic characteristic of protracted forms of borderline neuropsychiatric disorders* [Russian]. Abstract of PhD thesis. Tomsk, 1991
- Smirnova LV. *Posttraumatic stress disorders in military men (clinic, comorbid states, risk factors, therapy)* [Russian]. PhD thesis. Kursk, 2003
- Sudakov VN. *Early diagnosis, clinical dynamic and psychoprevention of pathological development of the personality in long-term period of craniocerebral injury* [Russian]. MD thesis. Leningrad, 1989
- Tsitko EA. *Social-preventive aspects of borderline states in workers of chemical industry* [Russian]. PhD thesis. Kemerovo, 1991
- Tsai LV. *Study of borderline neuropsychiatric disorders in workers of aluminum industry (epidemiological, clinical-dynamic and rehabilitative aspects)* [Russian]. PhD thesis. Tomsk, 1989
- Ulyanov IG. *Clinic, typology, psychotherapy of borderline neuropsychiatric disorders in fishermen in the marine environment* [Russian]. MD thesis. Vladivostok, 1996
- Zapuskalova EG. *Clinical and reflexotherapeutic aspects of cephalgic syndrome in clinic of borderline states* [Russian]. PhD thesis. Tomsk, 1998