

PSYCHOLOGICAL CORRELATES OF INCREASED PULMONARY OBTURATION AND RESTRICTION IN PATIENTS WITH ASTHMA AND ALLERGY

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Introduction. The psychosomatic mode of research seeks psychological causes for the increase in somatic symptoms of various illnesses. Asthma and allergy are diseases of affluence and, as such, hold a significant position within the psychosomatic mode.

The aim of this paper is to present an analysis of asthma and allergy patients' examination results, focused on psychological correlates of the increase in pulmonary obturation and restriction.

Material and methods. 66 adult ambulatory patients participated in the research. The following research methods were used: Endler and Parker's Coping Inventory for Stressful Situations, Juczyński's Health Behavior Inventory, Felton et al.'s Acceptance of Illness Scale, and Diener et al.'s Satisfaction with Life Scale. Selected spirometric examination parameters were used: FEV1, FVC EX, FVC IN, PEV, MEF 75, MEF 50, MEF 25; examinations were repeated no later than after one year since the psychological examination.

Results. Among the examine psychological variables the following were statistically significant: acceptance of illness stage (for the parameters of FEV1, FVC EX, FVC IN, PEV, MEF 75, MEF 50, MEF 25) and the stress coping style focused on task-solving (for the parameters of PEV, MEF 75). Additionally, age and sex occurred to be significantly correlated with almost every spirometry parameter (excluding sex correlation with MEF 75, MEF 50, MEF 25).

Conclusion. Psychological examination of patients with asthma and allergy allows to identify those patients with aggravating pulmonary obturation and restriction caused by psychological factors. It will allow to administer an adequate therapy method offering additional psychotherapy or psychoeducation.