



MODERN MENTAL DISORDERS: DEPRESSION, NEUROSES, AND ADDICTIVE CONDITIONS

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Abstract

This article presents an in-depth analysis of common mental disorders, including depression, neuroses, and addictive conditions (alcoholism and drug addiction). Their epidemiological characteristics, biopsychosocial factors of development, and impact on public health and the economy are examined. Special attention is given to the problem of undiagnosed cases, the relationship between mental and somatic diseases, and the consequences of the COVID-19 pandemic. The results indicate a high prevalence of these disorders and the need to improve the system of psychiatric care.

Keywords: Depression, neurosis, mental health, stress, alcoholism, drug addiction, epidemiology.

Introduction

Mental disorders in the 21st century have become a global medical and social problem. Their significance is determined not only by their high prevalence but also by their profound impact on quality of life, work capacity, and life expectancy. Among all mental illnesses, depressive and neurotic disorders occupy a special place. According to international studies, depression is one of the leading causes of disability and plays a significant role among mortality factors. At the same time, a considerable proportion of cases remains undiagnosed due to insufficient diagnostics and the social stigma associated with mental illness. Modern living conditions are characterized by high levels of stress, urbanization, and economic instability, which create prerequisites for the growth of psycho-emotional disorders. Global crises, including the COVID-19 pandemic, have become additional risk factors. The aim of this study is a comprehensive analysis of the prevalence, risk factors, and consequences of depression, neuroses, and addictive disorders.

2. Materials and Methods

The study is analytical in nature and is based on a systematic review of scientific literature and statistical data.

Methods used include:

- systematic analysis of scientific publications
- comparative analysis of data from different countries
- generalization of epidemiological indicators
- analytical approach

The sources of information included reports from the World Health Organization, international research data, and publications in peer-reviewed scientific journals.

3. Results

3.1. Prevalence of Mental Disorders

The analysis showed that mental disorders are widely распространены among the population. Depression occurs in 15–25% of people, while neurotic disorders affect 10–20%. At the same time, a significant proportion of patients do not receive timely medical care. The high prevalence is explained by a combination of biological, psychological, and social factors. Chronic stress and unfavorable living conditions play a particularly important role.

3.2. Clinical Features of Depression and Neuroses

Depression is characterized by persistent low mood, loss of interest in life, decreased work capacity, and cognitive impairment. Somatic symptoms are also common, including sleep disturbances, appetite changes, and chronic fatigue. Neuroses are functional psychogenic disorders that arise under the influence of stress factors. They manifest as anxiety, obsessive states, emotional instability, and autonomic disturbances. A distinguishing feature of neuroses is the preservation of the patient's critical awareness of their condition.

3.3. Addictive Disorders Alcoholism and drug addiction are significant components of mental disorders and pose a serious threat to public health. According to international studies: millions of people suffer from alcohol dependence

- a significant number of individuals abuse psychoactive substances

Of particular concern is the increase in addictive disorders among young people. The average age of initial drug use is decreasing, indicating the need to strengthen preventive measures.

3.4. Relationship Between Mental and Somatic Diseases

A close relationship between mental and somatic diseases has been established. Depression significantly increases the risk of cardiovascular diseases and worsens their course.

At the same time, chronic somatic diseases contribute to the development of mental disorders. This relationship is bidirectional and requires a comprehensive approach to treatment.

3.5. Impact of the COVID-19 Pandemic

The COVID-19 pandemic has had a significant impact on mental health. Under conditions of social isolation, uncertainty, and fear, there has been a marked increase in anxiety and depressive disorders.

These changes necessitate a revision of approaches to organizing psychiatric care.

4. Discussion

The obtained results confirm that mental disorders are multifactorial in nature.

The main risk factors include:

Biological: genetic predisposition, neurochemical imbalances, Psychological: chronic stress, traumatic experiences. Social:

- poverty
- unemployment
- family conflicts
- migration

A significant problem remains the low level of diagnosis and treatment. In many cases, patients seek help from physicians of other specialties, which complicates the timely identification of mental disorders. Stigmatization of mental illness also plays an important role, preventing individuals from seeking medical care.

5. Conclusion

Mental disorders represent a serious challenge for modern society, affecting demographic, social, and economic indicators.



To reduce their prevalence, it is necessary to:

- improve early diagnostic systems
- integrate psychiatric care into primary healthcare
- increase public awareness
- develop preventive programs

A comprehensive approach will improve treatment effectiveness and enhance the quality of life of patients.

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