

## ADOLESCENT DRUG USE, RELATIONAL VARIABLES AND PERSONALITY FACTORS

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**Objective:** An ongoing issue in the study of adolescent drug use is the impact of family and the peer group on the problem of adolescent substance use. The present study has examined relative effects of these contexts as well as personality variables on drug use outcomes.

**Method:** A test battery measuring various psychological variables was administered to a representative sample of 1652 secondary school students (grades 9 and 11), 876 male (mean age=17.61, SD=0.99) and 789 female (mean age=16.73, SD=1.31). Data about relationship to parents and association with deviant peers were collected, personality dimensions such as Neuroticism and Sensation Seeking were measured. Regression and discriminant analyses were conducted, then a decision tree model was created.

**Results:** Sensation seeking arose as the most significant predictor of substance use. Father-adolescent relationship had the highest predictive value primarily in male sensation seekers. Peer effects were stronger in comparison to parental influences. In adolescent boys, contact with deviant friends and sensation seeking constituted two independent pathways to drug use.

**Conclusions:** Our study highlights the necessity to give consideration to sensation seeking in prevention initiatives during adolescence, as well as the need for education of parents about parenting techniques recommended during adolescence.

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## AWARENESS OF RARE DISEASES IN CHILDREN WITH NEURODEVELOPMENTAL DISORDERS: REVIEW OF PRESENT GUIDELINES AND OPPORTUNITIES FOR IMPROVEMENT

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**Introduction:** Pediatric rare diseases (RD) have received increased attention in recent years due to greater public awareness, significantly improved understanding and new opportunities for treatment for some of them. According to international research rare diseases can be identified in 30 - 60% of children with neurodevelopmental disorders (ND): autism spectrum disorders (ASD) and disorders of intellectual development (ID). In this paper we discuss the gaps in clinical guidelines for the identification, evaluation and management of children with ND associated with RD.

**Methods:** Review of the Russian federal guidelines for ASD (2015; 2020) and ID (2019). Review of the Russian federal guidelines for 22q11.2 deletion syndrome (2015), 17p11.2 deletion syndrome (2015) and Smith-Lemli-Opitz syndrome (2015) that were randomly selected from RD with clinical features of ND.

**Results:** There are no references to RD for the management of ASD in both guidelines (2015; 2020) and only few mentions of some RD in guideline for ID. On the other side, descriptions of ND as RD manifestation are very poor and incomplete in guidelines for RD management. There are no appropriate recommendations for ND cure in these guides. The problem is that guidelines were developed by monodisciplinary working groups (ASD or ID by psychiatrists, del(22q11.2) by hematologists, del(17p11.2) by geneticists). As a result, in some cases patients with complex needs cannot receive appropriate health care.

**Conclusions:** Diagnosis of ND should be accepted as red flag indicator for searching of underlying RD that can be cured or treated in some cases. Awareness of health care professionals about association of ND and RD is important for early identification and appropriate health care. Multidisciplinary working groups could overcome the gap in guidelines for the management of ND and RD.

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## THE GOOD COMPLIANCE IS AN OPPORTUNITY TO AVOID PATHOLOGICAL BRAIN AGING

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Preservation of health, increase in life expectancy determine the need to improve the effectiveness of medical recommendations, which, despite the success of pharmacology, are insufficient for reasons related to the low level of compliance with these recommendations by patients. The authors of the article believe that compliance is a kind of quantifiable and behaviorally realized reflection of therapeutic interaction, refracted through the prism of the patient's individual personality characteristics. Participants of the study-148 employees of medical institutions: 12 men, 136 women, their age ranged from 27 to 74 years. The research tool was the neuropsychological rapid method. 3 research subgroups were formed: 27-40 years (37 people), 41-50 years (60 people), 51 years and older (51 people). Comparison of the results of subtests of neuropsychological Express technique showed heterogeneous results in subgroups of the study. In addition, the dynamic characteristics of psychological processes were evaluated: depletion, inertia, impulsivity. A significant difference in the performance of the graphomotor test between the subjects of the age subgroup of 27-40 years and the subgroup of 41-50 years was statistically confirmed. For the qualitative performance of this simple test requires a sufficient level of development of all structural and functional components of brain functions and, in particular, the "front" function of programming and management and consistent organization of movements. In older people revealed a much greater number of errors, interruptions of the test than the representatives of the more "young" subgroup. Similar results were obtained when comparing the "young" and "old" subgroups. Despite the absence of signs of decompensation of concomitant pathology, representatives of the subgroups took a different amount of concomitant therapy. Using the scale of assessment of drug compliance, it was found that compliance is most reduced in the subgroup of 41-50 years. In this subgroup, a comprehensive decrease in compliance across the "behavioral", "emotional", and "cognitive" domains was detected in 87.8% of cases, while in the younger subgroup partial non-compliance was 32.4%, in the older subgroup - 74.5% An analysis of the states of cognitive functions in 52 representatives of the middle age subgroup with low compliance rates showed that, unlike other representatives of the same subgroup, their indices for a number of neuropsychological tests are close to the results of more adult participants in the study. Individuals demonstrating low compliance with quite favorable CNS resources are at risk for the formation of pathological aging.

**Key words:** compliance - aging - cognitive aging

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## GENDER FEATURES OF THE COGNITIVE RESERVE

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Relevance: the high risk of cognitive impairment in people of older age groups determines the relevance of the study of factors contributing to the preservation of cognitive potential at a young age, which is necessary to develop a cognitive reserve model aimed at preventing the transformation of physiological aging into pathological. Purpose: to identify the importance of the "gender" factor for the formation of a cognitive reserve. Methodology and research methods: the research material was scientific publications on the topic of work. The general scientific method was applied: analysis of modern scientific literature on the research problem, generalization, comparison, systematization of theoretical data regarding the "gender" factor, which helps preserve the normative parameters of cognitive functions in the late period of life. The research material was scientific publications on the topic of the work. The General scientific method is applied: analysis of modern scientific literature on the problem of research, generalization, comparison, systematization of theoretical data in relation to factors that contribute to the preservation of normative parameters of cognitive functions in the later period of life. Results: the "gender" factor is one of the factors determining the parameters of the cognitive reserve at a late age. Scientific novelty: for the first time, a systematic review of scientific literary sources was conducted, devoted to the analysis of the contribution of the "gender" factor to the formation of an individual's cognitive reserve. the concept of cognitive reserve is usually used in relation to old age, but there is no doubt that it is the total result of various activities that a