

Álomminőség, trauma és öngyilkosság alkalmazkodási zavarban

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Abstarct

In adjustment disorder (ICD: F43.2) the danger of suicide is greater, and specific dream quality may be characteristic of this state, too. Moreover adjustment disorder, suicide and quality of dream can be related to different types of trauma the patient had during life. Considering these aspects we examined with questionnaires 41 patients with adjustment disorder and 41 control persons with no diagnosed psychiatric disorder. Our results suggest that in adjustment disorder the danger of suicide is significant, nightmare and dreams with negative affect often occur. If these patients went through physical aggression, it proved to be more serious than with members of the control panel. Besides, suicide attempt, dream quality, recurring dreams and different traumas also are in relation with each other. From the point of view of clinical practice the result is very important that the risk of suicide and the occurrence of nightmares – in accordance with results of other researches – go together strongly. Our study's conclusion is – agreeing with hypothesis of Tanansken et al. (2001) – this correlation can occur with the trauma the patient went through.

Keywords

dream quality, nightmare, trauma, attempt suicide, adjustment disorder