

Mi van a depresszió mögött? Egy abortusz utóélete

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Abstract: The majority of women have ambivalent feelings in connection with unplanned pregnancy. Abortion can be the result of a forced decision and frequently followed by the feeling of loss. On terminating the pregnancy, women lose not only their embryo but they often lose their partners, their relations to their family and friends, their effective strategy for struggle and their positive self-image too. We can even say that they live through a series of losses. In spite of that an explicit sign of mourning is rarely seen after the intervention. Nevertheless this missed and inhibited mourning can be discovered in the background of agitated depression coloured with such behaviour forms as self-destructive and self-blaming behaviours. This condition can be characterised by the permanent loss of social interaction patterns, the lack of motivation and inability to make a decision and by pathological depression. Unfortunately this inhibited grief-work, accompanied by depression and distress, can be revived during a pregnancy taken deliberately after the abortion. The negative psychological consequences of abortion influence the whole family in this way. These negative effects can be prevented if the series of losses can be soothed by therapy. After the analysis of the causes and the possible negative psychological consequences the article introduces the application of crisis intervention method through an individual case.

Keywords: abortion, depression, crisis intervention, cognitive behaviour therapy