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NERVOUS AND MENTAL DISEASES: MODERN MEDICAL-PSYCHOLOGICAL APPROACHES

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Annotation: This article examines neurological and mental disorders as complex medical and psychological conditions that significantly affect human health and quality of life. The study highlights the biological, psychological, and social factors contributing to the development of nervous and mental illnesses. Particular attention is given to the most common disorders, including depression, anxiety disorders, schizophrenia, epilepsy, and neurodegenerative diseases. Modern diagnostic approaches and treatment methods, such as pharmacotherapy, psychotherapy, and rehabilitation, are discussed. The article also emphasizes the importance of early diagnosis, preventive strategies, and the reduction of social stigma associated with mental health conditions. Strengthening mental health awareness and implementing an integrated treatment approach are considered essential for improving patient outcomes and overall public health.

Keywords: Neurological disorders, Mental disorders, Nervous system, Depression, Anxiety disorders, Psychotherapy, Mental health, Neurodegenerative diseases, Patient care, Healthcare system

A Mental and emotional disorders have existed since ancient times in human history and are still one of the most complex and urgent problems of the health system today. These disorders directly affect the functioning of the central and peripheral nervous system, mental state, emotional stability, thinking, behavior, and social adaptation of a person. The acceleration of the modern pace of life, urbanization, the widespread use of information technologies, social and economic pressures, environmental problems, and chronic stress are causing a significant increase in the prevalence of mental and emotional disorders.

According to the World Health Organization (WHO), mental and neurological disorders constitute a significant part of the global burden of disease. Depression, anxiety disorders, schizophrenia, bipolar affective disorder, epilepsy, stroke, dementia, and many other diseases reduce the quality of life of millions of people, lead to disability, social exclusion, and economic losses. Depression in particular is recognized today as one of the leading diseases leading to disability.

The complexity of mental and neurological disorders is that they often have a multifactorial etiology and are formed as a result of the interaction of biological, psychological and social factors. While genetic predisposition, imbalance of neurotransmitters, changes in the structure of the brain constitute the biological basis, stress, traumatic events, lack of social support and problems in interpersonal relationships



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are manifested as psychosocial factors. Therefore, a biopsychosocial approach is widely used in modern medicine in the study and treatment of mental and neurological disorders.

The existing stigmatization of mental disorders in society also exacerbates the problem. Many patients are forced to hide their mental problems and seek medical help late. As a result, diseases become chronic, complications develop and the treatment process becomes more complicated. Therefore, maintaining mental health, informing the population, strengthening preventive measures and changing social attitudes towards mental disorders are urgent tasks. This work extensively covers the main types of nervous and mental disorders, their causes, clinical symptoms, modern diagnostic and treatment methods, as well as issues of prevention and rehabilitation.

1. Concept and classification of nervous and mental disorders

Nervous disorders are associated with organic or functional damage to the nervous system and include diseases of the central (brain and spinal cord) and peripheral nervous systems. Mental disorders are characterized by disorders of human mental activity, perception, thinking, emotions and behavior. Although modern classifications (ICD-11, DSM-5) consider mental and neurological disorders in separate sections, many of their aspects are interconnected.

Nervous disorders include stroke, epilepsy, Parkinson's disease, Alzheimer's disease, multiple sclerosis, neuritis and neuralgia. Mental disorders include depressive disorders, anxiety disorders, schizophrenia, bipolar affective disorder, personality disorders, stress-related syndromes and psychosomatic diseases.

2. Etiological factors

Biological factors play an important role in the development of nervous and mental disorders. Genetic predisposition, imbalance of neurotransmitters (serotonin, dopamine, norepinephrine), cerebral blood flow deficiency and neurodegenerative processes constitute the biological basis of these diseases.

Psychological factors include chronic stress, psychological trauma, negative childhood experiences, individual personality traits. Social factors are related to family problems, lack of social support, unemployment, poverty and pressure in society.

3. Clinical symptoms

The clinical symptoms of neurological diseases manifest themselves differently depending on the type of disease. For example, in stroke, there are movement and speech disorders, in epilepsy, seizures, in Parkinson's disease, tremors and slowness of movements are observed.

Mental diseases, on the other hand, show symptoms such as decreased mood, excessive anxiety, fear, hallucinations, delusional thoughts, social withdrawal and loss of motivation. These symptoms have a serious impact on the patient's daily life.

4. Diagnostics

Modern diagnostics include clinical interviews, psychological tests, neuroimaging (CT, MRI), electroencephalography, and laboratory tests. In diagnosing mental illnesses, the clinical experience of a psychiatrist and effective communication with the patient are important.



5. Treatment methods

Treatment of nervous and mental illnesses requires an integrated approach. Pharmacotherapy (antidepressants, antipsychotics, anxiolytics, anticonvulsants) is one of the main treatment methods. Psychotherapy (cognitive behavioral therapy, psychoanalysis, family therapy) plays an important role in the treatment of mental illnesses.

Also, rehabilitation, psychological support, the formation of a healthy lifestyle, and ensuring social adaptation are an integral part of the treatment process.

6. Prevention and strengthening mental health

Preventive measures include stress management, physical activity, proper nutrition, adequate sleep, and the development of social contacts. Increasing mental health culture and combating stigma are also important.

Neurological and mental disorders are multifactorial and complex pathologies that pose a serious threat to the health of modern society. Biological, psychological and social factors are inextricably linked in their development, which requires an integrated approach to the diagnosis and treatment of these diseases. Scientific research shows that early diagnosis, timely treatment and the use of effective preventive measures help prevent the severity of the disease and improve the quality of life of patients.

Along with pharmacological treatment, the development of psychotherapy, psychological assistance, rehabilitation and social support systems is of great importance in combating neurological and mental disorders. Also, many diseases can be prevented by changing the attitude towards mental health in society, reducing stigmatization and raising awareness among the population.

In conclusion, in-depth scientific study of neurological and mental disorders, the introduction of modern treatment and prevention methods, and an integrated approach to maintaining mental health are of strategic importance in ensuring human health and the well-being of society.

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