

## **Psychological Factors Affecting Rehabilitation of Neurologic Patients**

### **abstract**

*Psychological factors imply their negative effects on neurologic patients in two ways. Directly, through pathogenic processes of central nervous system, and indirectly, through maladaptive reactions toward disability.*

**Depression** is a common finding in many neurologic diseases and may interfere with rehabilitation process. Correcting patient's attitude toward disability, reducing environmental stresses and potentiating social support network along with antidepressant drugs often help these patients remain in rehabilitation programme.

**Chronic fatigue** decreases the activity levels of patients and the possibility for them to achieve set goals of rehabilitation in proper times. Support, reassurance and some times antidepressant drugs may help.

**Conversion reactions** often accompany chronic illnesses and disabilities and make evaluation and diagnosis difficult. Application of behavioral Techniques may lead to better results.

**Altered self image** is a prominent feature in patients with spinal cord injury.

Counselling and Free discussion on altered self image and sexual problems are essential and other forms of sexual expression must be taught to these patients.

**Chronic pain** is a disabling condition. Usually physical findings are minor and it seems psychological factors play a more important role in causing it. Antidepressant drugs are effective in most cases. Intensive physical and occupational therapy must be avoided.

**Excessive emotionality** is a consequence of executive dysfunction arising from frontal lobe injury and mostly seen in stroke, brain injured, and demented patients, Impulsivity and disinhibition may lead to aggressive behavior and socially inappropriate forms of sexual expression. Judicious administration of psychotropic drugs, behavioral techniques and short-term hospitalization may be helpful.

**Altered cognition** is a common feature of many pathological conditions of brain. Attention deficit, slowed information processing, disturbed communication, and impaired memory all make patients unfit for participation in rehabilitation programme. Neuropsychological evaluation help us to find out the type and the extent of existing impairments. These data can be used to educate therapists and give them guidelines for better interactions with the patients.

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**Key words:** Neurologic patients / Psychological factors / Rehabilitation