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### **Psychic trauma and health of an individual**

Considering biopsychosocial essence of a human being as part of Homo sapiens species, WHO specialists define health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". Criteria of human health as biopsychosocial phenomenon have quantitative and qualitative characteristics, as well as essential interrelations, and thus demand corresponding interdisciplinary researches.

Human organism can be viewed as unique morphofunctional system with different levels of organization and exclusive neurohumoral regulation mechanism; dynamic system with corresponding indicators of homeostasis, which is optimally balanced with natural and social environment due to its feedback mechanism. In turn, psychic traumas, acute and chronic stresses etc. significantly affect stability of inner environment, as well as constituents of physical, mental and social health of a human being.

Considering a functional connection psychic trauma – physiological and psychological stress, we should admit an influence of psychic trauma and, correspondingly, physiological and psychological stress on physical, mental and social health of an individual, as well as on etiology and pathogenesis of mental and behavioral disorders, including affective, psychogenic (neurotic), and psychosomatic disorders.

Forthcoming theoretical and practical researches related to psychic trauma as a functional model of mental and behavioral disorders of an individual will be aimed at the establishment of its neurophysiological (psychophysiological) and social constituents, including an influence of different activities (study, work, etc.), as well as age and sex peculiarities.

***Key words:*** *feedback mechanism, mental and social health, exclusive neurohumoral regulation mechanism, unique morphofunctional system*