Bölüm 6

Travmatik Strese Direncin Artması: Kendini İyi Hissetmenin Koruyucu Rolünü Anlamak

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Özet

Beyin kısmen bir geri-bildirim ve ileri-bildirim mekanizmalarını kullanarak homeostazı sürdürmekte olup bu mekanizmalarda nörokimyasallar ve immün belirteçler aracılar olarak görev yapmaktadır. Daha önce kurgulanmış bir biyodavranış geri bildirim modelini kullanarak sağlıklı dengeye ek olarak kronik depresyon ve anksiyeteyi destekleyen daha stabil düzenleyici bir program bulduk. Öznel iyi oluşun depresyonda iyileştirilmiş terapötik sonuçlara katkılarının altında yatan mekanizmaları araştırarak, kendini iyi hissetmeyi orijinal homeostatik rejimlerin sürdürülmesi için kullanılan moleküler işaretleşme ağlarına bağlayan 288 aday geri-bildirim kalıbını iteratif olarak taradık. Öznel olarak kendini iyi hissetmeyi üst düzeyde sürdürürken her bir aday ağda, stres yaratıcı olayları tetikleyerek özgül bir geri-bildirim ağını izole ettik ve burada kendini iyi hissetme dopamin ve asetilkolin tarafından teşvik edilirken kendisi ise noradrenalin tarafından teşvik edilip kortizolün ifadesi ile inhibe oluyordu. Bu biyodavranış geri-bildirim mekanizması direnci teşvik eden ve depresyon ve anksiyetinin başlamasını önleyen klinik olarak belgelenmiş kendini iyi hissetme olayını yaratmada özellikle etkili idi.

Anahtar sözcükler Bilgisayar modelleme, Ters mühendislik, Homeostatik düzenleme, Depresyon, Kendini iyi hissetme, Pozitif psikoloji

1 Giriş

Kişinin psikolojik olarak kendisini iyi hissetmesi yüzyıllardan beri tartışmalı bir konu ise de ancak son birkaç on yılda ve pozitif psikolojinin yükselişi ile nesnel olarak tanınıp analiz edilmiştir. Ryff ve ark. [1] ortak faktör analizini, öznel kendini iyi hissetmeyi ayrıştırma ve tanımlama için iyi hissetmenin altı boyutu üzerinde tanımlamış olup bu boyutlar otonomi, çevresel ustalık, kişisel büyüme, diğerleri ile pozitif ilişkiler, yaşamın amacı ve kendini kabul etmedir. Bu boyutlar, 20 yıldan uzun süredir psikolojik kendini iyi-hissetmenin nesnel normları olarak kabul edilmiştir. Kendini iyi hissetmedeki artışa hem psikopatolojik tablolarda ve hem fizik hastalıklarda anlamlı bir düşme eşlik etmekte ve bu durum mükemmelleşmiş ba-

Şerh: Burada sunulan fikir ve değerlendirmeler yazarların şahsi görüşü olup resmi bir görüş veya Savunma Bakanlığı'nın görüşünü yansıtıyor olarak kabul edilmemelidir.

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