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## PSYCHONEUROALLERGOLOGY A- MAIN FIELD OF PSYCHOSOMATICS

**Abstract**

Psychoneuroallergology represents a main field of psychosomatics which has as aims to establish and approach the reciprocal link between the allergic diseases and psycho-social factors. The major objectives of PNA are :

1. The weight of the psychological factor as cause and as nonspecific trigger in the dynamics of allergic process
2. The impact of allergic illness on the psyche of the patient
  - Somato-psychic recoil
  - Quality of life indicators = social insertion
  - Psychological reaction to the possible repetition of “allergy attacks”
3. Personality changes in the allergic patient  
Psychological triggering of allergy clinical manifestation
4. Psychiatric reactions
5. Psychotherapy in allergic patients
  - Psychic stress prevention or mitigation
  - Social integration improvement
  - Ensuring an optimal therapeutic compliance
  - Effective influencing of symptoms of the allergic illness and of psychiatric disturbances induced by allergic illness

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