ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ
ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ
σε συνεργασία με το
ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ
«ΔΗΜΟΚΡΙΤΟΣ»
ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ

ΔΙΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:
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ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

«ΣΤΡΕΣ ΚΑΙ ΔΕΠΥ: MINDFULNESS, ΣΥΝΑΙΣΘΗΜΑΤΙΚΗ ΝΟΗΜΟΣΥΝΗ ΚΑΙ ΝΕΥΡΟΔΙΑΒΙΒΑΣΤΕΣ ΣΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ»

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Μεταπτυχιακή διατριβή που υποβάλλεται στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Η Διαταραχή Ελλειμματικής Προσοχής & Υπερκινητικότητας (ΔΕΠΥ) αποτελεί μία πολύ διαδεδομένη νευροαναπτυξιακή διαταραχή, που σε πολλές περιπτώσεις συνοδεύεται από δυσκολίες στη διαχείριση του στρες και τη συναισθηματική ρύθμιση. Στόχος της παρούσας διατριβής είναι η διερεύνηση της πολύπλοκης σχέσης που υπάρχει μεταξύ του στρες και της ΔΕΠΥ, εστιάζοντας στο ρόλο των πρακτικών ενσυνειδητότητας, της συναισθηματικής νοημοσύνης και των συστημάτων νευροδιαβιβαστών στην αντιμετώπιση και στις στρατηγικές παρέμβασης.

Για τη διερεύνηση του ζητήματος αυτού πραγματοποιήθηκε βιβλιογραφική ανασκόπηση, η οποία βασίστηκε σε μελέτες με κριτές που δημοσιεύθηκαν μεταξύ της χρονικής περιόδου 2000- 2025 σε βάσεις δεδομένων όπως οι PubMed, Scopus και Google Scholar. Στην ανασκόπηση συμπεριλήφθηκαν ευρήματα από κλινικές, νευροβιολογικές και εκπαιδευτικές έρευνες, αναδεικνύοντας τόσο θεωρητικές προοπτικές όσο και εμπειρικά στοιχεία.

Η υπάρχουσα βιβλιογραφία κάνει φανερό ότι τα άτομα με ΔΕΠΥ παρουσιάζουν αυξημένη αντιδραστικότητα στο στρες, γεγονός που τους δημιουργεί γνωστικά, συναισθηματικά και κοινωνικά προβλήματα. Οι παρεμβάσεις που βασίζονται στην ενσυνειδητότητα φαίνεται πως μειώνουν αποτελεσματικά το στρες και βελτιώνουν την συγκέντρωση της προσοχής, ενώ η εκπαίδευση για την ανάπτυξη συναισθηματικής νοημοσύνης ενισχύει την αυτορρύθμιση και τη διαπροσωπική λειτουργία. Σε νευροβιολογικό επίπεδο, η δυσλειτουργία της ντοπαμίνης, της νορεπινεφρίνης, της σεροτονίνης, του GABA και του γλουταμινικού φαίνεται πως επηρεάζει σημαντικά τόσο στα συμπτώματα της ΔΕΠΥ, όσο και στις αντιδράσεις στο στρες. Οι φαρμακευτικές προσεγγίσεις που στοχεύουν στη βελτίωση των συμπτωμάτων του στρες σε άτομα με ΔΕΠΥ έχουν δείξει οφέλη και αποτελεσματικότητα, παρόλο που υπάρχουν και ορισμένοι περιορισμοί και οι μη φαρμακευτικές πρακτικές κερδίζουν όλο και περισσότερο έδαφος.

Εν κατακλείδι, μέσα από την ανασκόπηση της βιβλιογραφίας αναδεικνύεται ότι μια ολοκληρωμένη προσέγγιση, η οποία συνδυάζει την ενσυνειδητότητα, την ενίσχυση της συναισθηματικής νοημοσύνης και τις νευροβιολογικές εκτιμήσεις, είναι δυνατόν να προσφέρει πολλά στην υποστήριξη των ατόμων με ΔΕΠΥ. Η διατριβή καταλήγει στο συμπέρασμα ότι η μελλοντική έρευνα θα πρέπει να εξετάσει περαιτέρω τα μακροπρόθεσμα αποτελέσματα και την εφαρμογή τέτοιων παρεμβάσεων σε εκπαιδευτικά και κλινικά περιβάλλοντα.

Λέξεις-κλειδιά: ΔΕΠΥ, στρες, ενσυνειδητότητα, συναισθηματική νοημοσύνη, νευροδιαβιβαστές, παρεμβάσεις, mindfulnes

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