

Russians Tell How to Fool Psychiatrists

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MOSCOW, Dec. 21—Two imprisoned Soviet dissidents have prepared a "survival guide" for fellow dissidents to help them face psychiatric examination and possible detention in a mental hospital for their non-conformist attitudes.

The typewritten 24-page guide, which is circulating in dissident circles here, is attributed to Vladimir K. Bukovsky and Semyon Gluzman. It advises on tactics that may help a dissident to outwit psychiatrists and to endure psychiatric detention.

However, the authors warn that "there are no grounds for hope in the conscience of doctors; even the pressure of world public opinion has little effect as regards the criminal use of psychiatry in the U.S.S.R."

The Soviet Union has angrily and consistently denied that its psychiatric facilities are used to suppress dissent, although a number of known dissidents have been committed to psychiatric centers.

The guide, which was made available to Western newsmen here, charges that by declaring opponents mentally ill the Soviet authorities can confine them indefinitely, isolate them and treat them with mind-numbing drugs. Dissidents here say that for these reasons they fear mental hospitals more than prisons.

Dissent 'Psychiatric Problem'

The authors contend that the use of psychiatry as a means of punishment is based on an interpretation of dissidence "as a psychiatric problem." In support, they cite some official writings, including that of Prof. D. O. Lunts, who is said to have written that any illegal action merits psychiatric examination on the ground that the Soviet system has eliminated the social reasons for criminal activity.

The guide explains at some length the legal and psychiatric process leading to detention and describes the types of diagnoses used against dissidents

as "inert form of schizophrenia" and "paranoid personality development."

In a psychiatric examination the guide advises, "do everything possible to insure the expert's foregone conclusion about your nonresponsibility, if he has one, does not turn into a reasoned deduction."

It warns dissidents not to be awed by a psychiatrist, emphasizing that he is merely a doctor who has spent most of his time in "a graveyard of dead intellectuals."

Cooperative Attitude Stresses

The guide reminds dissidents that they can never prove that they have been followed or provoked. It suggests that they cooperate, stress that they are of normal mind and disclaim any interest in philosophy, psychiatry or modern art.

It particularly recommends that dissidents avoid taking a moral stand with a psychiatrist and if necessary "argue your opinions not by personal experience or analysis of reality but with reference to literary sources, assertions of authorities and so forth."

"Do not under any circumstances refer to disappointments in life, lack of desire to go on living or plans to commit suicide," the dissident guide counsels. "This will swiftly bring upon you suspicion of psychic illness and can be a weighty argument in favor of certification."

If sent to a mental hospital, the guide says, a dissident should not despair because his case will be reviewed by a psychiatric board every six months. However, it adds, "your one hope for salvation" lies in telling the doctors about "the revision of your former sick convictions" and in using other tactics of deception.

The reported authors of the guide have figured in the controversy over the commitment of dissidents to mental hospitals. Mr. Bukovsky, who is said to be in the Vladimir prison, is serving a 12-year sentence for anti-Soviet activity that included smuggling to the

West documentation on a half-dozen dissidents in mental hospitals.

Mr. Gluzman, himself a psychiatrist from Kiev is serving a 10-year sentence in a labor camp outside Perm. He helped to publicize the case of Pyotr Grigorenko, a human-rights activist who was released last spring after five years in psychiatric centers.

In a statement accompanying the guide, Tatyana Khodorovich, a dissident, asserted that the secret police had seized some copies of the guide in Moscow and that Mr. Bukovsky and Mr. Gluzman risked reprisal.

The guide was dedicated, "To Leonid Plyushch, a victim of psychiatric terror." Plyushch, a Ukrainian mathematician, has been confined in a mental hospital for nearly two years. Since the end of last month, his wife charged recently, he has been receiving heavy injections of an antischizophrenic drug called trifzin.