Travelling on Moscow's crowded metro system is causing despair among commuters, psychologists in the city say.

About 150 people com_ _ _ suicide on the metro each year and the figures are expected to ri_ _ as more Russians are laid off and fac_ _ with money problems.

"The noise of the arriving train increases str_ _ _ and people are temp_ _ _ to solve all their problems with one quick movement," psychotherapist Sergei Nazarov to_ _ the newspaper Novye Izvestia. He also sa_ _ that using the metro for long periods each day could lead to panic attacks and a paranoid fear about be_ _ _ followed.

Much of the Moscow metro was built when Stalin was the leader of the Soviet Union, and it is one of the most effi_ _ _ _ _ in the world. Many of the stations are luxurious "people's palaces", built in a socialist realist style. Never_ _ _ _ _ _ _ , using the metro can be stressful because of overcrowding and poor air quality.

Foreigners and Russians from the provinces who mo_ _ to Moscow often complain about overcrowding on the metro, wh_ _ _ is used by about 9 million people every day. Personal space is ignored as passengers rush to fill the cars before the doors close, and the drivers don't often wait for everyone to board the train.

The situation is even wo_ _ _ for metro workers, who wo_ _ 12-hour shifts deep under the streets of the Russian capital. In addition to the health risks of breathing in polluted air, they also suffer from the stress of be_ _ _ underground for so long. "Over time every single station employee or driver gets ill in some way," says Svetlana Razina, the leader of the Metro Workers' Union.

Text by Lingua house

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