

The Effect of Resiliency Training on Anxiety in Patients with Cardiac Diseases

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Background: Resiliency is the successful, personal well-being despite adverse events and situations. Cardiac diseases are the most common cause of mortality in different countries including Iran. Coping strategies play pivotal role in overcoming and managing various diseases. Resiliency and positive emotions in patients can enhance the patient's ability to overcome problems and, simultaneously, reduce anxiety and consequences.

Methods: Current research was a semi-experimental design utilizing pre-test and post-test and aimed at investigating the resiliency training courses effects on the rate of anxiety in patients with cardiac diseases. The evaluation scale was Zung anxiety scale, and Connor and Davidson resilience items were applied in six 2-hour sessions during 15 days on 30 patients confined to bed in cardiac care unit (CCU) part of Kish hospital.

Results: Obtained information and their comparison with the pre-test data showed a significant effect of training courses on the patients' ability of anxiety control.

Conclusion: Resiliency training have a significant effect on anxiety in patients with cardiac diseases.

Keywords: Resiliency, Cardiac disease, Anxiety, Zung scale

Basic Fundamentals of Psycho-Neuro-Immunology; A Review Article

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Psycho-Neuro-Immunology (PNI) is defined by correlations between brain and immune system. Indeed crosstalk between immune system and environment-based brain responds has been demonstrated as a lately-born science called PNI. It has been well stated nowadays that any disease has a relation with psycho-somatic imbalances. Thus, recognizing the basic mechanisms of brain-related body responds and vice versa brings importance.

Talking as a whole, PNI is described as a triangle including nervous system, immune system and behavior, communicating each other. Central nervous system (CNS, including brain and spinal cord) contacts with immune system by peripheral nervous system (PNS) and hormonal signaling. The first one is actually done by sympathetic system which innervates immune organs like thymus, bone marrow and lymph nodes resulting regulation of lymphocytes. The second one is simply illustrated that psycho-somatic stressors are stimulating paraventricular cells of hypothalamus and thus they secrete corticotropin releasing hormone (CRH) which makes pituitary gland secreting adrenocorticotrophic hormone (ACTH) that leads adrenal gland to release glucocorticoids and catecholamines which by attaching to lymphocytes' receptors, result modulation of the immune system.

Immune system is activated whenever a foreign antigen (Ag) rushes into the body, and then by antigen presenting cells (APC) like macrophages, these antigens are presented to T-cells. On the other hand, macrophages activate T-helper and T-cytotoxic cells by interleukin pathways and thus, bring cell mediated immunity. Same manner, T-helpers activate B-lymphocytes and result humoral immunity. Altogether, these lymphocytes and their pathways secrete cytokines which pass brain-blood-barrier (BBB) and alter hypothalamus electrical activity and thus, modulating the nervous system.

Same regarding, alterations in psychiatric states and behaviors caused by environmental stressors stimulates sympathetic system and as a result, activation of hypothalamic-pituitary-adrenal (HPA) axis happens. So as explained beforehand, hormonal and cytokine secretion bring reciprocal interactions between the Brain, immune system and the behavior.

All in all, it is important to illustrate that each of our body processes has psycho-somatic aspects and regarding this, focusing on one aspect (E.g. just neurology or just immunology) for therapy does not satisfy the cure process. Thus, concentrating on sciences (E.g. PNI) that consider human being as a whole system becomes beneficial.

Keywords: Psycho-Neuro-Immunology (PNI), Brain, Immune system

Effectiveness of Cognitive-Behavioral Therapy on Stress of Combat-Working Athletes in Gilangharb City, Iran

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Background: Stress is one of the main causes of the formation of physical and mental illness and mortality. People under stress find jobs and often have thoughts and feelings are interfering and breakers. The purpose of this study was to assess the efficacy of cognitive-behavioral therapy on the stress of combat athletes.

Methods: The sample group consisted of 24 student martial athletes in Department of Physical Education, Gilangharb City, Iran, who have more stress in the form. Subjects were randomly divided into two groups. Before the intervention, both the groups were assessed using Cooper stress test. Intervention group received ten sessions of cognitive-behavioral therapy 105 hours per week for 2.5 months; and control group did not receive any psychological intervention. At the end of the intervention, both groups were evaluated again with the above-mentioned test. Data were analyzed using analysis of variance and t-test.

Results: Cognitive-behavioral therapy significantly reduced stress in martial athletes.

Conclusion: This study showed that group cognitive-behavioral therapy is effective in reducing stress in martial athletes.

Keywords: Stress, Cognitive-behavioral therapy, Athletes

Comparison between Coping Styles with Stress on Social Support in Veteran and Non-veteran's Children

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Background: The complications of any war are the physical and psychological problems that arise for those who have been directly or indirectly involved in the war. Stress coping skills are one of the skills that not only can affect the quality of life of the veteran, but also his family and community. This research aimed to make comparison between different styles for coping with stress on social support among people with veteran and non-veteran parents.

Methods: The sample was divided into two groups of 60 offspring of veterans and non-veterans and each group consisted of 30 people with high degree of social support and 30 people with low degree of social support. Non-experimental and ex-post facto method was used in this research. Required data was gathered using three questionnaires, Endler and Parker's Coping Inventory for Stressful Situations' Questionnaire and Fleming et al. Social Support Questionnaire. Two-way analysis of variance (ANOVA) and t-test were utilized for data analysis.

Results: The significance level in the independent variables was more than 0.05 and it showed that there was no significant difference between the zero assumption of the average equality of the components of stress coping strategies and social psychosocial support in social support.

Conclusion: The research findings show that there is no significant difference between styles for coping with stress on social support among people with veteran and non-veteran parents.

Keywords: Veteran, Social support, Styles for coping with stress

Predicting Coping Styles and Job Stress Based on Emotional Maturity Among Professional Athletes

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Background: To cope effectively with stressful events in athletic carrier entails with patience, calmness mental peace (psychological readiness to deal with stimulators), controlling excitement, and optimum concentration. Coping style has variety of categorizations; one general category is based on orientation of coping toward perceived problem or one's emotion – i.e. emotional-oriented and problem-oriented. Another variable in dealing with these stresses is job stress. Mental pressure has the most profound effect on one's performance so that when it exceeds a specific threshold, loss of performance is inevitable. Apparently, coping skill depends considerably on biological, cognitive, social, and emotional maturity. Studies on emotional maturity have revealed that people at different age have different coping style depending on their emotional maturity. It seems that the emotional maturity among athletes and professional athletes in particular is of paramount importance. In addition, there is a paucity of studies on the relationship among emotional maturity, coping style, and job stress in the Iranian Professional Athlete Society. The main problem of the study was “whether emotional maturity is a reliable predictor of coping styles and job stress among professional athletes?”

Methods: The study was performed as a descriptive and correlative work. The study population was all professional athletes (judo, taekwondo, wrestling, weightlifting, fencing, fustal and so on) who took part in readiness camps in Tehran Province, Iran, and international competitions in 2015. Research tools were of Carver et al.'s coping styles, Steinmetz's job stress inventory, and Yashoier, Sign, and Bahargava's emotional maturity scale (EMS). Andlor and Parker (1990) designed stressful situation coping questionnaire.

Results: Multiple correlation coefficient of emotional maturity and problem-oriented coping approach is 0.233 and the variable explains 5% of problem-oriented changes among the professional athletes. Thereby, emotional maturity among the athletes is positively correlated with problem-oriented coping style. Multiple correlation coefficient of emotional maturity and emotional-oriented coping approach is 0.200 and the variable explains 4% of emotional-oriented changes among the professional athletes. Thereby, emotional maturity among the athletes is negatively correlated with emotional-oriented coping style. Multiple correlation coefficient of emotional maturity and avoidance coping approach is 0.294 and the variable explains 8% of problem-oriented changes among the professional athletes. Thereby, emotional maturity among the athletes is negatively correlated with avoidance coping style. Multiple correlation coefficient of emotional maturity and on job stress is 0.287 and the variable explains 8% of job stress changes among the professional athletes. Thereby, emotional maturity among the athletes is negatively correlated with job stress.

Conclusion: The first finding was that emotional maturity significantly explained using problem-oriented coping style among the subjects. Moreover, the results indicated that, among the professional athletes, emotional maturity was negatively and significantly related to emotional-oriented and avoidance coping styles. Another finding of the study was significant and negative relationship between emotional maturity and job stress among professional athletes.

Keywords: Job stress, Emotional maturity, Coping style, Athletes

The Role of Depression, Anxiety, and Stress in Medication Adherence in Patients with Hypertension

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Introduction: Despite the importance of psychological factors in adherence to the treatment of hypertensive patients, a few studies have been done to identify factors affecting adherence to treatment and particularly to investigate the role of psychology factors in Iranian population. This study is aimed to investigate the role of mental health on adherence to medication in hypertensive patients in rural areas of Isfahan province.

Methods: In this cross-sectional study, 300 hypertensive patients were studied. Multi-stage sampling was performed in health centers. Data collection tools include depression, anxiety and stress scale (DASS) short form and the Morisky 8 items medication adherence questionnaire. In this study, the odds ratio (OR) for different levels of depression, anxiety and stress in both groups have appropriate adherence and non-appropriate adherence to treatment were determined. We used multivariate logistic regression model for statistical analysis.

Results: Patients who had very severe levels of anxiety than those who had normal levels of anxiety were more non-adherence to drug therapy (OR=2.8, CI95%:1.07-7.38). While other levels of anxiety and severity of depression and stress was not a significant predictor for predicting patients' adherence to treatment.

Conclusion: Understanding the severity of depression, stress and anxiety to ensure adherence and treatment outcomes in hypertensive patients are essential. According to the study, very severe anxiety can be considered as an important factor in the lack of adherence to medication.

Keywords: Hypertension, Medication Adherence, Depression, Stress, Anxiety

Association of Occupational Stress and Methods of Coping with in Civilian Air Traffic Controllers in Iran

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Background: Air traffic control is a highly demanding job which requires high levels of responsibility with inherent stress due to its nature and the complexity of tasks involved. Just like the flight crews who work in an intensive, stressful environment, air traffic controllers are considered the aviation professionals who face very high levels of stress. In this study we tried to determine the mediator of this kind of stress and the coping methods toward in Civilian Air traffic controllers in Iran.

Methods: 380 (man) employees of Airports Company of Air traffic controllers in Iran participated in this study. Demographic data included age, demand, operating procedures, working times, working tools, work environment, work organization were recorded in questionnaire. Occupational stress mediators were accessed by HSE questionnaire and the methods of coping evaluated by brief cope questionnaire. Data were examined by SPSS software.

Results: In this study 380 (men) air traffic controllers with the average age of 38.7 years (SD = 10.4) were observed to determine the cause of job stress that the most risk factor of occupational stress was flight emergencies and demands with a mean score of 3.98 (number of air crafts under their control, peak traffic hours). Except flight emergencies and demands the operating procedures other risk factors was in air traffic controllers. The most common coping method for occupational stress was accepting the problem.

Conclusion: The most important Occupational Health Hazards (OHH) for controllers can be identified occupational stress, many of the negative attitudes expressed by controllers concerning stressful aspects of work are similar to those in other professions, e.g. concerning management shortcomings, equipment and conditions at work, work schedules, and industrial relationship issues. It seems by decreasing the workload we can decrease the demands as the most common stressor.

Keywords: Air traffic controller, Demand, Occupational stress, Working times, Working tools, Work environment, Occupational stress questionnaire

The Effectiveness of Cognitive - Behavioral Therapy of Obesity (Fyrbvrn and Hawker) on Anxiety, Lipid Levels in Women with Type Two Diabetes in Tehran, Iran

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Background: Due to modern lifestyle changes and weight gain, the total number of people who suffer from diabetes is increasing a greater number of people are being diagnosed with diabetes at a younger age. There are many reasons which have been cited for type II diabetes. One of the biggest contributors to the increase in type II diabetes is the increase in obesity in the population. There are various ways to reduce obesity, although it is difficult to find a way which is appropriate to suit people with different needs. This study aims to determine the effectiveness of cognitive-behavioral therapy of obesity (Fyrburn and Hawker) on, anxiety, lipid levels female patients with type II diabetes.

Methods: This study was based on semi-experimental and pre-test/post-test method with group control. It was carried on a group of 40 obese women with type II diabetes (20 in a test group and 20 in a control group). At the beginning of therapy sessions, tools such as check list evaluate and the Zank test were used. Weight measurement, anxiety and blood sample was carried out in the first and the last meeting sessions to assess the average lipid levels over three-months. In this study, women with type II diabetes with a BMI greater than or equal to 30, aged between 30-65 who were referred to the Iranian Diabetes Association (main branch) were selected. The participants attended 24 group sessions (each session lasting 60 minutes), with programs based on intervention Cognitive Behavioral Therapy of obesity and consisting of two phases, a) losing weight, b) maintaining weight.

Results: Cognitive Behavioral Therapy of obesity (Fyrburn and Hawker) led to reduced anxiety in participants with type II diabetes.

Conclusion: Cognitive Behavioral Therapy of obesity reduced the lipid levels in blood samples.

Keywords: Type II Diabetes, Obesity, Overweight, High blood sugar, Lipid levels, Anxiety, Cognitive-behavioral treatment of obesity

Evaluation of The Ability and Knowledge of Kerman EMS in Dealing with Psychosomatic Emergency

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Background: According to the World Health Organization definition, health is a multidimensional issue and it is worth mentioning that dimensions (physical, psychological, social, and spiritual) affect and influence each other. Psychosomatic or psychosomatic illness disorders of the body are affected by the mind and occur with pain in various parts of the body. In our country, Iran, the awareness of families about the source of mental illness without awareness among families is high. Therefore, the ability of employees to handle and manage these patients and their families is of great importance.

Methods: Mental health is not just about mental illness, but also the ability to adapt to both yourself and others and the environmental conditions, as well as to have an appropriate response, which, if encountered, complies with physical symptoms. Because the responsibility of emergency technicians also becomes more complex every year, and work in this subject requires a higher level of skill and knowledge. Understanding the problem of mental health patients in the emergency department resulting in their satisfaction and reducing complaints. This study aimed to evaluate the capabilities and understanding of Medical Emergency staff in dealing with emergencies.

Results: Because the responsibility of emergency technicians also becomes more complex every year, so work in this subject requires a higher level of skill and knowledge.

Conclusion: It is recommended that, in view of the importance of mental illness and differential diagnosis with physical illness and the reduction of medical errors, in the EMS training program these subjects should be included.

Keywords: Psychiatric Disease, Medical Excellence, Empowerment

Comparison of Alexithymia in Women with Thyroid Cancer and Healthy Women

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Background: This study aimed to compare alexithymia in women with thyroid cancer and healthy women in Isfahan City, Iran.

Methods: The study population included all patients with thyroid cancer visited in Sayed Alshohda hospital, Isfahan, Iran. The sample group consisted of 25 women with thyroid cancer and 25 healthy women selected for sampling. Data were analyzed using descriptive mean and standard deviation and inferential analysis of covariance for the comparison between the two groups of women.

Results: Alexithymia, thinking with external direction, difficulty in explaining emotions, and difficulty in recognizing emotions did not showed any significant difference between the two groups.

Conclusion: Alexithymia in women with thyroid cancer and healthy women was not statistically different.

Keywords: Cancer, Thyroid cancer, Alexithymia

The Efficacy of Positive Psychotherapy for Perceived Stress in Patients with Breast Cancer

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Background: Depression and cancer-induced anxiety reduce the positive emotions and reduce responses to pleasant stimuli and difficulty of activity or maintain positive excitement. The purpose of this study was to determine the efficacy of positive psychotherapy for perceived stress in patients with breast cancer.

Methods: For this purpose, 24 patients with breast cancer in Shohada Tajrish hospital, Tehran, Iran, were selected in year 2016 and tested by perceived stress questionnaire.

Results: The results of covariance analysis showed that positive psychotherapy was effective on perceived stress in these patients.

Conclusion: This treatment can be used as an effective way to reduce the incidence of cancer patients.

Keywords: Positive psychotherapy, Perceived stress, Breast cancer

The Relationship of Pseudo-Physical Symptoms and Personality Characteristics with the Prevalence of Disorders in Patients with Gastrointestinal Disorders in Isfahan, Iran

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Background: Today, many people in the world concern about how well access to a mental and physical health is. In fact, the digestive function disorders and their unpleasant consequences have been become the most important health challenge. Gastrointestinal dysfunction brings about many serious medical, psychiatric, family, economical, and legal issues. The mental health of people with digestive disorders is affected by physical, genetic and familial variables, and therefore, in comparison with other physical patients, they need more widespread therapeutic programs to achieve a degree of relative adaptation to disease. The purpose of this study was to determine the relationship of pseudo- physical symptoms and personality traits with abnormalities in the patients with digestive dysfunction in Isfahan, Iran.

Methods: The research was an ex post facto study. 4763 patients with digestive dysfunction were selected based on the specialists' diagnosis in Isfahan. Costa and McCrae 's(1992)NEO Five-Factor Inventory (short version) was used to measure five major personality traits, including: Neuroticism, extroversion, and openness to experience, agreeableness, and conscientiousness. Also, somatic complaints were assessed with a 47-item symptom questionnaire introduced by LaCorte's et al. (2013) .The data were analyzed by chi-square test and one-way ANOVA using SPSS software.

Results: Pseudo-physical symptoms and personality traits of neuroticism have a significant correlation with the frequency of symptoms in the patients with digestive disorder ($P \leq 0.05$).

Conclusion: Based on the results of this study, it can be concluded that pseudo-physical symptoms and personality traits of neuroticism, extroversion, agreeableness, and dutifulness have significant relationship with symptom frequency in the patients with digestive disorder. Therefore, proper and timely psychological interventions are important in prevention, treatment, and reduction of complications and treatment costs.

Keywords: Gastrointestinal disturbance, quasi-physical symptoms, personality traits, frequency of digestive symptoms

The Prediction of Life Satisfaction Based on the Strategies of Cognitive Emotion Regulation and Distress Tolerance in People with Chronic Low Back Pain

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Background: Low back pain is a common problem throughout the world and Iran. Which, if will be chronic, can affect mental health indicators such as life satisfaction. Hence, the recognition of psychological aspects that helps to predict the satisfaction of life is essential. In order to investigate the intrapersonal factors involved in satisfying their lives, the purpose of this study was to predict life satisfaction based on cognitive emotion regulation strategies and distress tolerance in chronic low back pain patients.

Methods: For this purpose, in a descriptive study of correlation type, 200 men and women with chronic low back pain who were referred to rheumatologic and neurological centers of Isfahan, Iran, were selected as available and assessed by distress tolerance questionnaire (DTS), cognitive emotion regulation (CERQ), and satisfaction with life scale (SWLS).

Results: The results of regression analysis showed that the components of appraisal of distress tolerance, cognitive emotion regulation strategies for putting into perspective and catastrophizing, and the component of distress were suitable predictors for the satisfaction of life of the patients with chronic lower back pain.

Conclusion: As results indicates, the type of strategies employed by individuals in order to regulate their emotions can play a significant role in the determination of their life satisfaction, and the use of positive cognitive emotion regulation strategies by helping to adapt the patient leads to an increase Satisfied with his life.

Keywords: Life satisfaction, Emotion regulation, Distress tolerance, Chronic pain

Comparing the Effectiveness of Mindfulness Based Stress Reduction and Cognitive Behavioral Therapy on Quality of Life in Cardiac Patients

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Background: Cardiovascular disease is a leading cause of death and disability worldwide which is still highly prevalent despite dramatic medical advances. According to the statistics provided by the World Health Organization in 2014, CVD-related mortality rate in Iran is 46%. This study aimed at Comparing the Effectiveness of Mindfulness Based Stress Reduction (MBSR) and Cognitive Behavioral Therapy (CBT) on Quality of Life in Cardiac Patients.

Methods: This was a single-blind randomized controlled trial. In total, 60 cardiac patients were recruited. Patients were allocated to the MBSR and CBT groups. Patients in the MBSR and CBT groups received intervention in eight 2.5-hour sessions. The main outcome was quality of life which was measured respectively by the McNew quality of life questionnaire. Data were analyzed by SPSS-16 using the Analysis of Covariance.

Results: Analysis of covariance revealed a significant difference between the MBSR group and CBT group regarding the post-test values of Quality of life ($P = 0.001$).

Conclusion: This study reveals that MBSR and CBT are effective in reducing cardiac patients' quality of life and MBSR was more effective than CBT in improving the quality of life.

Keywords: Mindfulness-based stress reduction, Cognitive behavior therapy, Quality of life, Cardiovascular disease

Effects of Infant Massage on State Anxiety in Mothers of Full Term Infants

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Background: Infant massage effective way to enhance and strengthen healthy social and emotional relationships between mothers and infant in early infancy. This study aimed to investigate the effect of infant massage on state anxiety in mothers of full term infants.

Methods: This clinical trial conducted on 90 primiparous mothers. Mothers who delivered a healthy and term infant with normal without psychiatric disorders and physical diseases were included. Mothers were administered to infant massage twice a day, 30 minutes a day for four weeks as intervention group. Control group did not receive any massage. State anxiety of the mothers was measured before and after intervention using Spielberg's scale for all mothers. Change score analysis was applied

Results: There were 38 (63.3%) and 27 (45%) female infants in the control and massage groups ($P = 0.05$), respectively. The mean (SD) mothers' age was 25.6 and 24.48 in the massage and control groups. Parental and infant characteristics were homogenous between groups ($P > 0.05$). There was no significant difference between Spielberg's score at the baseline. The anxiety scores reduction was significantly higher in the massage group compared with the control group.

Conclusion: The findings provide evidence that infant massage by mother has an effect on the state anxiety of mothers of infants, so it is recommended that mothers apply massage for infants to improve their mental health.

Keywords: Postpartum depression, Massage therapy, Mental health

Irritable Bowel Syndrome is the Most Common Functional Disorder of the Gastrointestinal Tract that Psychological Factors Play an Important Role in the Etiology and Exacerbation of Symptoms

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Background: Irritable bowel syndrome is the most common functional disorder of the gastrointestinal tract that psychological factors play an important role in the etiology and exacerbation of symptoms. The present study aimed to examine the association between perceived negative labels and cognitive emotion regulation with irritable bowel syndrome.

Methods: The design of study was cross sectional; survey and solidarity. The Number of 60 patients from clinics affiliated to Isfahan University of Medical Sciences in 1394-1395, were selected using the scale of negative labels (stigms) and understanding of the disease and cognitive emotion regulation (gerq) quality of life (IBS-QoL) and was assessed. Research data were analyzed with statistical methods. Pearson correlation and regression were used.

Results: The results of the model indicate that there was significant correlation between negative labels ($P < 0.01$) and perception of disease ($P < 0.01$), cognitive emotion regulation ($P < 0.01$), quality of life ($P < 0.01$), respectively.

Conclusion: The results showed that negative labeling is one of the most important aspects related to the quality of life in patients with IBS. Therefore, psychological interventions for these patients is based on removing labels.

Keywords: Irritable Bowel Syndrome, Perceived negative label, Illness perception. Cognitive emotion regulation, Quality of life

The Association between Early Maladaptive Schemas and brain- behavioral systems in the Patients with Migraine Headaches

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Background: Migraine is a common disabling brain disorder. Headache accounts for 4.4% of all consultations in general practice, approximately 5% of all medical admissions to hospital, and approximately 20% of neurology outpatient consultations. Migraine affects over 20% of people at some point in their lives; global studies suggest that approximately 1% of the world's population may have chronic migraine. Chronic migraine imposes a substantial economic burden on society. Migraine is a complex headache disorder characterized by repeated attacks of pulsating or throbbing, often unilateral, head pain of moderate to severe intensity that last 4–72 hours. Headache is typically accompanied by nausea, phonophobia, and photophobia. Based on recent studies, psychological factors may affect the severity, frequency and duration of migraine attacks. The aim of this study was to investigate the relationship between early maladaptive schemas and brain- behavioral systems in the patients with migraine headache.

Methods: Sample size was 75 (male and female) patients that was arrived based on Cochran's formula. Among the clients referred to neurology clinics patients with migraine headaches were selected by convenience sampling, and they completed Young's Early Maladaptive Schemas (YSQ-SF), and Gray Wilson Personality Questionnaire (GWPQ), and Ahvaz Migraine Questionnaire (AMQ). Statistical analyses conducted by correlation coefficient and stepwise regression.

Results: The results of this study showed that there is a positive and significant relation between Behavioral Activation System and defectiveness component. There is also a positive and significant relationship between Behavioral Inhibition System with emotional deprivation, abandonment, social isolation, defectiveness, failure, incompetence, vulnerability, enmeshment and obedience. The Fight/Flight System has a positive and significant relationship with the components of emotional deprivation, abandonment, social isolation, defectiveness, failure, Incompetence, vulnerability, enmeshment, obedience and self- sacrifice.

Conclusion: The results obtained from the current research indicate that early maladaptive schemas can act as the foundation of emotional and behavioral tendencies in the patients with migraine headaches.

Keywords: Early maladaptive schemas, Brain-behavioral systems, Migraine

Comparing Psychological Flexibility and Life Satisfaction between Women with Self-Objectification and Normal Sample

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Background: The growing display of slim fashion icons through virtual networks and Western media has led to a state in which one's body is considered as an object and the lack of access to these ideal patterns of appearance and body imparts a variety of physical and mental harm to women. The current study aims at Comparing psychological flexibility and life satisfaction between women with self-objectification and normal sample.

Methods: Therefore, in a descriptive comparative study, 100 women who referred to beauty parks clinics of 4 provinces of Tehran, Iran, who were screened in terms of their self-objectification, together with 100 normal women as a research sample, were selected randomly and assessed by acceptance and action questionnaire (AAQII), satisfaction with life scale (SWLS) and objectified body consciousness (OBC).

Results: T-test results of independent groups showed that there is a significant difference in terms of psychological flexibility and life satisfaction between women with self-objectification and normal sample, and the mean of both indicators of life satisfaction and psychological flexibility was lower in the women group with self-objectification.

Conclusion: These results show that the self-objectification feature of girls with body shame plays an important role in reducing mental health indicators, including psychological flexibility and satisfaction with their lives, which requires more attention of therapists and mental health professionals to implement preventive interventions.

Key words: Psychological flexibility, Life satisfaction, Self-objectification

Clinical Report of Intermediate-State Hypnosis for Suturing the Traumatic Eyelid at Iran's Hospital

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Background: Hypnosis is a well-known therapy for patients facing psychiatric disorders. Nowadays vast medical centers in all over the world are using the hypnosis as an adjuvant for anesthetic approaches.

Case Report: a 30 years old man came to the emergency center of Kashani hospital, Isfahan, Iran at 3:30 am. The patient had a deep laceration just below of the left eye's inferior eyelid. The size of laceration was 4cm in width and 1cm in height. The cause of trauma was striking with the sharp edge of the car door. The laceration had mild bleeding and the patient was anxious about his wound's suturing pain and leftover scars. Due to patient's specific concern and the sensitive locus of the laceration, Hypnotism proposed to the patient as an anesthetic relaxing method and the procedure executed after the patient's consent. The hypnosis procedure contained basic induction, deepening, ratification and terminating steps and executed by a licensed medical intern (Author). For induction step, the hypnotizer used imaginary technique. Patient entered into the light state of hypnosis after 2 minutes and responded well. Next, the deepening step followed by naturalization technique and the hypnotizer found the patient with the relaxed-state signs. To investigate whether the patient entered in the trance zone, his state verified by open eye trance ratification technique. Patient was asked to open his eyes, and have a vision of the environment and then again asked to close his eyelids. In this time course, patient's laceration took 6 fine sutures (04 nylon) by the hypnotizer and after cleansing, patient was asked to get back to the former state of his consciousness with vividness and joy, counting from 1 to 5. After the procedure, patient reported himself with amazed feeling of freshness. He had amnesia of time and remembered no pain caused by performed sutures. The whole procedure last 16 minutes and clinically recorded.

Keywords: Hypnosis, Trauma, Eyelid

Association of Hearing Loss and Tinnitus with Quality of Life in Elderly Patients

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Background: Hearing loss and tinnitus are global public health concerns. There are many causes that lead to tinnitus in elderly population, including otology, metabolic, neurologic or cardiovascular conditions. The majority of individuals complaining of tinnitus have a hearing impairment (approximately 85-90%) which may often lead to decreased communication and as a result affects on Quality of life (QoL). This percentage increases as the age increases. There have been some studies suggesting a relationship between hearing loss and tinnitus and impaired health-related QoL. The aim of this paper is to review the association of tinnitus with hearing loss among elderly community and its impact upon their quality of life.

Methods: This paper is a reviewed type of article. PubMed, science direct and google scholar search was performed.

Results: According to epidemiological studies on the prevalence of tinnitus associated with hearing loss and its perceived severity, 0.5% of the general population regards their tinnitus as a problem, which severely affects 4 aspects of QoL.

Conclusion: The impact of tinnitus and hearing loss upon old person's QoL can be important having many negative repercussions. Sleep disturbance, defectuous concentration on daily and professional activities, isolation and a poor emotional balance can be often found in these patients. Anxiety and depression also may ensue.

Keywords: Quality of life, Elderly, Tinnitus, Hearing loss

The Effect of Attachment Style and Aggression on Compatibility of Students of Buein Zahra Branch, Islamic Azad University, Iran

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Background: It has been shown that type of attachment style in individuals and the level of their aggression can affect their compatibility. When students enter to university's educational environment, encountering with new challenges may affect their social compatibility. In this study, the effect of attachment styles and aggression on individual adaptation in the students have been investigated in order to reach a clear understanding of adaptive behaviors and influential variables in students. The purpose of this study was to investigate the effect of attachment styles and aggression on adaptation of students of Buein Zahra Branch, Islamic Azad University, Iran.

Methods: The methodology of the research is a descriptive-correlational. The data was collected using a standard questionnaire. The statistical population of the present study consisted of 6200 students of undergraduate and master of science of Islamic Azad University of Buein Zahra. A cluster-random sampling method was used to select the sample. Also, for determining the sample size, the Cochran formula, which is based on the size of the statistical population, has been used. The data gathering tool was a questionnaire of Hazen & Shaver's Attachment Style, Bass & Perry's and individual, Social Clinical Accelerator Questionnaire. In this research, descriptive statistics and geodesic statistics were used to analyze the research data. Descriptive statistics, mean, standard deviation and frequency have been used. In the statistics section, Pearson correlation test was used to examine the effect and predict variables. Also, this analysis was performed using SPSS software.

Results: All three components of attachment style are effective in the level of compatibility of individuals and can predict their compatibility. There is a positive significant correlation between safe style attachment styles. Avoiding and ambivalent styles have a negative and significant correlation with their compatibility. Also, the regression coefficient of aggression is equal to -0.151, and its significance level is equal to 0.0001, which is less than the statistical error of 5% and as such it can predict the compatibility of individuals.

Conclusion: It can be stated that aggression in the presence of other components plays a reverse role in individual compatibility and with increasing aggressiveness, compatibility is reduced.

Keywords: Attachment styles, Aggression, Individual compatibility

The Effectiveness of Mindfulness Training on Reduction of Stress, Controlling of Thought and Working Memory of 405 Psychological Operations Group of Islamic Republic of Iran Army Land Force Cadre

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Background: The present research aims at investigating the effectiveness of mindfulness learning on stress reduction, thought control, and working memory of 405 Psychological Operations Group of Islamic Republic of Iran Army Ground Land Forces Cadre. Research aims at investigating the effectiveness of mindfulness learning on stress reduction, thought control, and working memory of 405 Psychological Operations Group of Islamic Republic of Iran Army Ground Land Forces Cadre. Interventions of Mindfulness-Based Stress Reduction (MBSR) were performed for 2 months in 8 sessions on the test group and immediately after the intervention, the post-test was conducted

Methods: The present research is quasi-experimental performed with pre-test, post-test, and the control group. The samples were 450 person which, 60 sample volumes were chosen and divided randomly into 2 groups of 30 people in test and control groups. Also the questionnaires DASS-21, Wells and Davis and Danymn and Carpenter were used.

Results: Analyze of Covariance (ANCOVA) showed that there was a significant difference between post-test average scores of test group and control group and mindfulness learning affects stress reduction, thought control, and working memory of 405 Psychological Operations Group of Islamic Republic of Iran Army Ground Land Forces Cadre. This means that mindfulness-based stress reduction, by creating a more positive attitude in people towards their abilities, creates a proper cognitive environment which affects self-control, thought control, and working memory.

Conclusion: Mindfulness-Based Stress Reduction, by creating a more positive attitude in people towards their abilities, creates a proper cognitive environment which affects self-control, thought control, and working memory.

Keywords: Mindfulness learning, Stress, Thought control, Working memory

Comparing Dialectical Behavior Therapy to Unified Transdiagnostic Therapy for Binge Eating Disorder

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Background: Obesity, which is the result of imbalanced received calorie and consumed calorie is mostly prevalent in women as well as married older people. It is also accompanied by higher risk of eating disorders (ED). Binge eating disorder (BED) is the most prevalent kind of ED and two of its characteristics are feeling lack of control and consuming more food than others in similar situations without purging behavior. The current study was conducted to evaluate the effects of two different treatments on body mass index (BMI), binge eating disorder (BED) and difficulties in emotion regulation (DER) of patients suffering from BED and overweight.

Methods: This randomized controlled trial was performed on 90 patients. Participants were randomly allocated into three groups to receive dialectical behavior therapy (DBT) (n = 30) or Unified transdiagnostic therapy (n = 30) or stay in control group (n = 30) for 12 weeks.

Results: Transdiagnostic therapy group, compared with DBT and control, led to a significant decrease in binge eating scale (BES) (-10.46 ± 3.55 vs. -6.73 ± 3.22 and -1.36 ± 1.90 , respectively, $P < 0.001$) and difficulties in emotion regulation scale (DERS) (-99.70 ± 33.91 vs. -79.30 ± 27.83 and $+15.43 \pm 24.32$, respectively, $P < 0.001$). We found significant decreases in mean change of BMI in Transdiagnostic therapy group (-3.39 ± 2.07 vs. -1.93 ± 1.22 , respectively, $P = 0.001$) and DBT group (-3.49 ± 1.94 vs. -1.93 ± 1.22 , respectively, $P = 0.001$), compared with control group. In addition, we found significant decreases in mean change of BES (-6.73 ± 3.22 vs. -1.36 ± 1.90) and DERS (-79.30 ± 27.83 vs. $+15.43 \pm 24.32$) in DBT group compared with control group.

Conclusion: Overall, Transdiagnostic therapy for 12 weeks in binge eater patients had beneficial effects on BES and DERS compared with DBT and control groups. There were significant decreases in BES and DERS in DBT group compared with control group.

Keywords: Unified transdiagnostic therapy, Dialectical behavior therapy, Binge eating disorder, Difficulties in emotion regulation, Body mass index

Application of Relaxation (Progressive Muscle Relaxation) in Chronic Diseases

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Background: According to the statistics organization of the country, population growth rate over 60 years in Iran from 2011-2050 is more than 26%. As the age increases, the risk of one or more chronic diseases increase and physical changes in the body Restricts patient functions. Today, the use of complementary medicine in patients is more than that in the past, and in various studies, the effect of relaxation techniques in recovery of various patients are mentioned. Therefore, in this study, the use of relaxation in chronic diseases has been studied.

Methods: This study is an overview study which has been used to access information from related articles and studies, library resources, web sites Google, Science Direct and other resources.

Results: The progressive muscle relaxant technique is one of the complementary therapies that was introduced by Jacobson in 1936. Recently, it has also been shown that this technique is an important part of care for patients with chronic illness, and it reduces stress and anxiety, deviates thought, relieves tensile and muscle contractions, improves sleep and alleviates pain and fatigue.

Conclusion: Since the relaxation technique is a non-invasive treatment and its implementation does not require any equipment, time or place, it can be included in medical setting. Besides, this technique may also reduce the final cost of treatment.

Keywords: Relaxation, Progressive muscle relaxation, Chronic diseases

Psychosomatic Problems and Metabolic Risk Factors in Young Adults

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Background: WHO reports show that 24.9% of Iranian young adult have metabolic syndrome, especially obesity (there has been roughly three times the global average). Because this matters, we sought to determine whether psychological factors were associated with a greater prevalence of the metabolic syndrome and metabolic risk factors including obesity as a major treatment area and the extent to which young adult status, health behaviors, and psychosomatic problems origins may explain such an association. Furthermore, for reduction of objectives, eating behavior and the metabolic risk associations with psychosomatic problems has been explored.

Methods: The associations between various eating behaviors and psychosomatic problems (mental burden, sleep disorder, diarrhea, pessimism, amnesia, anger, poor personal relationship, fatigue, shoulder stiffness, and lumbago), were compared in 120 young adults who underwent routine health examinations.

Results: Psychosomatic problems were positively associated with bad eating habits and uncontrolled eating ($\beta = 0.38$, $p < 0.001$) and emotional eating ($\beta = 0.50$, $p < 0.001$). Bad eating habits and eating behaviors were positively associated with severe obesity ($\beta = 0.26$, $p = 0.007$).

Conclusion: Eating behaviors and habit are associated with mental burden and clustering of psychosomatic problems. Therefore, improving mental burden coping strategies for the young adult may improve eating behaviors and reduce severe obesity.

Keywords: Psychosomatic problems, Metabolic syndrome, Eating behaviors

Comparison of the Resilience in Students with Hearing Impairment, Students with Visual Impairment, and Normal Students

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Background: This study aimed to compare the resilience in students with hearing impairment, students with visual impairment, and normal students.

Methods: The statistical society of this study consisted of the boy and girl students of ordinary, hearing impaired, and visually impaired high school in Tehran City, Iran, in second term of the academic year of 2016-2017. By randomized sampling, 90 students that were selected. In order to collect the data, Connor and Davidson Resilience Questionnaire was used. To analyze research data, in addition to descriptive statistics, multivariate analysis of variance (MANOVA) was used.

Results: Social support, mental health, and resilience in hearing-impaired students, visually-impaired students, and normal students was different. The mean resilience score was 51.2 in hearing-impaired students, 55.0 in visually-impaired students, 50.7 in normal girl students, 56.4 in hearing-impaired girl students, 55.8 in visually-impaired girl students, 65.6 in normal boy students, 53.5 in hearing-impaired boy students, and 46.5) visually-impaired boy students. By the way, meaningful status of F test in resilience variable was bigger than 0.05; meaning that homogeneity variance of groups in this variable was established and domain of resilience changes of students was under the influence of physical health. While meaningful status of practically was bigger than 0.05, meaning the effect of physical health on resilience. The resilience variable was not gender-dependent.

Conclusion: Our results showed that resilience in students with hearing impairment, students with visual impairment, and normal students is different.

Keywords: Resilience, Hearing impairment, Visual impairment, Students

Basic Psychiatric Care in Family Medicine

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Background: Psychotherapy is defined as the unity of mind and body and the interaction between them. Today, people consider a person as a psychosocial-physical entity with ongoing and reciprocal effects on each other. Psychosocial continuity and integration and its interactions have created a new field of medicine called psychosomatic. The growing psychological problems such as depression and anxiety, falling suicide rates, increasing divorce and delinquency, high risk sexual behaviors and many other psychosocial problems are inevitable facts that show that communities need basic care in the context of joint mental disorder. To create a healthy society and vibrant families and in general, to increase the dimensions of physical and psychological health, we need solutions that can create health and evaluation skills, awareness of the issues of life, home, society and the lives of their people. "Psychosomatic" illnesses are physical diseases that affect psychological factors in their onset and exacerbation. It does not mean that only psychological causes interfere with the development of these disorders, but other factors also interfere with the psychological factors acting as accelerators or catalysts. Along with this definition, mental health includes the application of self-management and family planning programs in such a way as to control catalyzing and/or exacerbating causes of physical impairment. All human beings are innate, looking for favorable and favorable conditions. Characteristics such as happiness and sadness, courage and fear, self-confidence and self-diminishedness ... are considered to be positive or negative emotions, which, by their very nature, form the personality of individuals. Because these emotions are a stimulus to our interaction with the environment around us, if they have a good balance, they will make the right decisions logically and will succeed in doing things. Having a healthy personality will recognize the weaknesses and plans for management of psychological causes and physical problems.

Methods: The review was conducted in a review article. The search was done with the keywords of psychiatric care family medicine, Wiley, Scincdirect, Proquest, Sid, Magiran. 54 articles were found in this field. 20 articles were selected in terms of methodology, goal, indicators, measurement tools, variables, definitions and Selected articles were articles that were related to the current subject.

Results: A review of various studies in this regard showed that one of the essential components in achieving health was the care of people in the form of primary prevention, and planned care had a significant relationship with the health of people.

Conclusion: Due to the high prevalence of psychiatric disorders in different classes of the society, it is necessary that the therapeutic programs increase the health of individuals, and authorities should take the necessary measures to use all the facilities to increase the amount of management and care systems from the very beginning of life Family.

Keywords: Psychiatric care, Family medicine

Comparing Anxiety Sensitivity in Iranian Patients with Functional Gastrointestinal Disorders, Coronary Artery Diseases, and Healthy Individuals

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Background: Psychosomatic disorders are group of psychiatric disorders in which psychological factors play an important role in creating, sustaining and exacerbating of medical conditions. The most important categories of psychosomatic disorders are functional gastrointestinal disorder (FGID) and coronary artery diseases (CAD). In recent years, the concept of anxiety sensitivity (AS) has attracted a lot of attention as a mediator in some emotional disorders and disorders related to them such as psychosomatic disorders. AS has been defined as excessive fear of anxiety-related sensations (e.g., blushing, tachycardia, dizziness) and the individual's belief about the potential physical, psychological, and social traumatic consequences of these symptoms. The present study aimed to compare the anxiety sensitivity in patients with CAD, FGID and healthy individuals in Isfahan, Iran.

Methods: This was the case-control study. From all patients with CAD and FGID that were diagnosed by Cardiologists and gastroenterologist that they had inclusion criteria, 100 patients were selected. Besides, 50 healthy individuals (15 male and 35 female) were selected based on convenience sampling method. Anxiety Sensitivity Index-3 (ASI-3) was administered in three groups. The data were analyzed by Multivariable Analysis of Variance (MANOVA).

Results: There was no significant difference between patients with CAD and FGID in anxiety sensitivity. In addition, these two groups had significant differences with healthy individuals in all subscales of ASI-3 except “fear of publicly observable symptoms”.

Conclusion: This study showed that anxiety sensitivity plays an important role in psychosomatic disorders such as FGID and CAD. Thus management of anxiety and AS in FGID and CAD disorders is important in treatment of them. The stresses of everyday life gradually weaken the immune system and cause a person to develop a variety of mental and physical illnesses.

Keywords: Psychosomatic disorder, Anxiety sensitivity, Functional gastrointestinal disorders, Coronary artery diseases

The Effectiveness of Psychodrama on Hopefulness and Social adjustment in Patients with Diabetes mellitus

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Background: The purpose of this study was investigating the effectiveness of psychodrama on hopefulness and social adjustment in patients with diabetes.

Methods: The study population consisted of patients with diabetes that referred to clinics and medical center in Ahwaz, Iran. The volume of sample was 24 people from the mentioned community that were selected in available sampling and 12 people were allocated to the experimental group and 12 people to the control group. The research plan was semi-experimental type with pretest, posttest and follow up with control group. For data gathering, Miller hopefulness questionnaire and SAS social adjustment questionnaire were used. The experimental group received psychodrama intervention in 8 sessions for 120 minutes. Data analysis was performed by using of SPSS software and multivariate and univariate analysis of covariance.

Results: Psychodrama enhanced social adjustment and hopefulness of patients with diabetes.

Conclusion: Psychodrama can be used as a part of treatment in patients with diabetes mellitus.

Keywords: Psychodrama, Hopefulness, Social adjustment, Diabetes mellitus.

The Effect of a Positive Psychological Intervention on Optimism, Hope and Life satisfaction in Patients with Coronary Heart Disease

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Background: The majority of studies found relationships between positive psychological constructs and superior cardiac and psychological outcomes among patients with cardiovascular disease, but interventions for increasing these positive attributions are limited. The purpose of this study was to determine the effect of a positive psychological intervention on positive psychological variables in coronary patients.

Methods: The study was a randomized clinical trial (IRCT code: IRCT2016070328769N1). Outpatients with chronic coronary heart disease (n = 61) were randomized to an 8-week group-based optimism training intervention or an attention-matched educational control condition. Psychological variables were measured via optimism (Life Orientation Test-Revised), hope (Adult Hope Scale) and Life satisfaction (Satisfaction with Life Scale) at baseline, 8 weeks and 16 weeks. Data analyzed with random effects regression models.

Results: The intervention was associated with greater improvement in optimism at 8 weeks ($\beta=5.13$; 95%confidence interval [CI] = 3.55, 6.70; $P < 0.001$), life satisfaction ($\beta=2.28$; 95%CI = 1.31, 3.86; $P < 0.001$) and hope ($\beta=2.31$; 95%CI = 0.25, 4.38; $P < 0.050$) and 16 weeks.

Conclusion: A group optimism-focused intervention associated with improvements in optimism, life satisfaction and hope in patients with coronary heart Disease.

Keywords: Positive psychological intervention, Optimism, Hope, Life satisfaction, Coronary heart disease

The Assessment of Psychological Characteristics and the History of Abuse in Patients Who Referred to Kerman General Hospital's Emergency Wards with Suicidal Attempt in Comparison to Control

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Background: Suicidal behavior is a serious public health problem. Psychiatric related factor is an important risk factor for suicide. Child's maltreatment and abuse cause negative influences on the mental and personality development. The aim of this study was the assessment of psychological characteristics and history of childhood abuse in those who referred to the Afzalipour hospital, Kerman, Iran, internal and surgical emergency wards with suicidal attempt in comparison to control.

Methods: This case-control study was on 50 case who referred to emergency ward with suicidal attempt. The control group was 50 people who referred to emergency wards with reasons other than suicide. Symptom Check List 90(SCL90) and Childhood Trauma Questionnaire (CTQ) were applied to assess psychiatric characteristics and history of abuse. Demographic characteristics, history of smoking, drug dependency or abuse, psychiatric illness, previous emergency referral and type of the recent prescribed medication were asked.

Results: Among 66% female and 34% male, 78% attempted suicide with drug ingestion. The rate of mental disorders in those with attempted suicide were significantly higher than control group. There was no significantly difference according to emotional and sexual abuse between groups but the rate of physical abuse, emotional and physical neglect were different between groups.

Conclusion: Mental disorders were more prevalent in those with suicidal attempt and was related to the history of physical abuse, physical and emotional neglect in childhood.

Keywords: Suicide attempt, Emergency ward, Child abuse

