

In the Name of GOD



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ABSTRACTS

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Investigating the Effect of Education Based on Lazarus and Folkman's Transactional Stress Model on Coping Skills of Staffs of Jiroft University of Medical Sciences in 2014

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Abstract:

Background: Nowadays Stress is considered as one of the main causes of mental disorders, heart diseases, cancer, digestive disorders, skin disorders, immune system problems and so on. This study has been carried out with the aim of evaluating the effect of education on Lazarus and Folkman Transactional model of stress on coping skills of Jiroft university staffs in 2014.

Methods: The current study is a quasi-Experimental which has been done on 84 staffs of Jiroft University of medical sciences in 2014 with census method, by Lazarus and Folkman coping questionnaire which different studies confirmed its validity and reliability. The data were analyzed by SPSS 18 by descriptive, Chi square and Wilcoxon tests.

Results: The mean age of the participants was $34/9176 \pm 6/51045$ and their average work experience was $11/2235 \pm 7/36849$ years. The result of this study showed that the mean score of all Lazarus Coping aspects, emotion and problem focused were significant after the intervention within the intervention group versus before the intervention ($p < 0.05$). While this difference was not significant in the control group ($p > 0.05$).

Conclusion: According to the findings of the study, educational intervention based on the Lazarus and Folkman model in staffs can increase the use of problem-oriented coping mechanism and reduce the use of emotion-focused coping and increase the level of health in all aspects, especially in the mental aspect.

Keywords: *Stress, Coping skills, Staff*

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Prevalence of Depression, Anxiety and Stress among Patients with Multiple Sclerosis in Kermanshah City: a Case-Control Study

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Abstract:

Background: Multiple Sclerosis is the most common myelin removal inflammatory disease of the central nervous system and causes a lot of disorders. Being involved at a young age and lacking of certain treatments made affected person predispose many psychological disorders. This study aimed to examine the rates of depression, anxiety and stress in these patients.

Methods: Randomly selected ample size includes 91 patients with multiple sclerosis and 91 controls, among patients' friends lack of multiple sclerosis, matched for age and sex and a maximum of five-year age gap as well. Data gathering tool was the DASS 21 questionnaire. Data were analyzed using SPSS-16.

Results: According to the findings 28.6%, 37.4% and 23.1% of patients with multiple sclerosis suffer from intense depression, anxiety and stress, in order. While the highest rates in healthy individuals include normal depression with 56%, normal anxiety with 54.9% and stress with 40.4%. Also there was no significant correlation between age and depression, anxiety and stress status.

Conclusion: Based on the results there were quite high rates of psychiatric disorders in patients with multiple sclerosis and will exacerbate the recurrent periods of the disease and will put these patients' health and improvement at risk. Therefore it is essential to provide psychiatric services and to pay more attention to the mental patients' psychology aspects.

Keywords: *Depression, Anxiety, Stress, Multiple Sclerosis*

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