

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

Relationship between Hyperlipidemia Treatment and Some Aspects of Cognitive Function in an Iranian Sample

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Background: Hyperlipidemia treatment known as a beneficial approach in the prevention of coronary artery disease and non-fatal stroke. Recently some investigators reports about the side effect of statins in memory disorders. This study designed to evaluate the effects of statins on some aspect of mental functions.

Methods: A total of 40 subjects who completed the study were randomly assigned to daily treatment with statins (mainly lovastatin) or other lipids lowering approaches for 2 months periods. We tested brain function scores which were categorized into 9 cognitive domains including, information, filtering, short term memory, organizing, decision making, initiative task completion interpersonal relationship, and self-awareness. Total cholesterol of subjects was measured before and after study, changes in each group were analyzed with the paired t-test. All analysis tested by SPSS software.

Results: Total cholesterol decreased in both group ($P < 0.001$) but the change in control group was statistically non-significant ($P = 0.58$). Three of cognitive tests (information, filtering, short term memory) were significantly decreased in group using statin. No component of this test was changed in other group ($P < 0.001$). Total score of questionnaire was also significantly decreased in statin group.

Conclusion: Math use study had mild effect on 206 subjects Treatment of hypercholesterolemia with lovastatin but not cause psychological distress or substantially alter cognitive function in hypercholesteremic patients. Another study reported that lovastatin, but not pravastatin, significantly lowered scores on tests of attention processes in normo-cholesterolemic. In this paper lovastatin have a mild negative effect on some aspect of cognitive function of the brain specially information, filtering and short term memory. Further researches especially INTHE large amount are needed.

Keywords: Hyperlipidemia, Cognitive function

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

Ali Mozaffari

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

Effectiveness of Compassion Focused Therapy on Pain Acceptance in Patients with Irritable Bowel Syndrome

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Background: The aim of this study was to investigate the effectiveness of compassion focused therapy on pain acceptance in patients with irritable bowel syndrome.

Methods: This was an experimental study with a pre-test, post-test design and control group. The statistical population of the study included all patients with irritable bowel syndrome referring to gastroenterologists in the first 6 months of 2017 in Isfahan City, Iran. For this purpose, 30 patients with irritable bowel syndrome were selected by random sampling and randomly divided into two groups. The experimental group received 7 sessions 90-minute of Gilbert's Compassion Therapy and the control group did not receive any psychological intervention. In order to measure intervention outcomes, Pain Acceptance Questionnaire (CPAQ) was completed. Data were analyzed via SPSS software using multivariate analysis of covariance.

Results: The results of covariance analysis showed that compassion focused therapy had significant impact on the pain acceptance increase in patients with irritable bowel syndrome.

Conclusion: These findings indicate that compassion focused therapy as a one of third waves of behavior therapy could applied as effective psychological treatment in Iranian patients with irritable bowel syndrome.

Keywords: Compassion focused therapy, Pain acceptance, Irritable bowel syndrome

The Comparison of Psychosomatic Symptoms and Psychological Capital in Dermatologic Patients and Healthy Individuals

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Background: The study aimed to compare psychosomatic symptoms and psychological capital in Dermatologic Patients and healthy individuals 20-60 years old in Isfahan, Iran.

Methods: The research methodology was causal-comparative. The participants included 58 dermatologic patients and 40 healthy individuals selected by convenience sampling and considering inclusion and exclusion criteria. Research tools were Rief et al. Screening for Somatoform Symptoms-2 (SOMS-2), Luthans et al. Psychological Capital Questionnaire, and Goldberg General Health Questionnaire. Analysis of variance was used to analyze data.

Results: Psychological capital was significantly less in dermatologic patients than health individuals. Furthermore, psychosomatic symptoms were significantly more in dermatologic patients than healthy individuals.

Conclusion: As psychosomatic symptoms are breaking out in dermatological patients, interventions are needed to reduce the symptoms.

Keywords: Psychosomatic Symptoms, Psychological capital, Dermatologic disorder, Hope, Optimism, Self-efficacy, Resiliency

Investigating the Relationship between Personality Characteristics with Creativity and Locus of Control in Secondary High-School Students of Buin Zahra, Iran

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Background: The purpose of this study was to investigate the relationship between personality traits with creativity and source control in secondary school students of Bouyin Zahra, Iran, and correlation method was used.

Methods: In order to achieve the research goals, among all female high-school students in Bouyin Zahra, 532 people were selected by cluster random sampling method. Five factors of personality, Torrance creativity, and Rutter's internal and external control questionnaire were used to collect the data. Data were analyzed using Pearson correlation and regression tests.

Results: There was a significant relationship between personality traits and creativity and control source in secondary school students in the second period.

Conclusion: It was found that there was a negative correlation between personality factors, poor sense of humor, and the source of control and creativity. But the rest of the personality factors were positively correlated with the source of internal control and creativity.

Keywords: Characteristics of personality, Creativity and source control, Iran

Effectiveness of Mindfulness-Based Cognitive Therapy on Hopelessness among Women with Breast and Gynecological Cancers

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Background: The purpose of this study was to investigate the effect of mindfulness-based cognitive therapy in alleviating hopelessness symptoms among women with breast and gynecological cancer.

Methods: This study employed a pretest-posttest and intervention group-control group design to evaluate the outcome of the intervention for individuals receiving MBCT in Cancer Research Center of Shohada Tajrish hospital, Tehran, Iran.

Results: A total of 82 patients were participated in the study (Intervention Group=41, Control Group=41) and 61 participants completed the study (Intervention Group=29, Control Group=32). 29 of 41 enrolled participants completed the MBCT intervention.

Conclusion: Analysis of covariance showed that mindfulness-based cognitive therapy was effective in reducing the hopelessness of patients suffering from breast and gynecological cancers

Keywords: Mindfulness-based cognitive therapy, Hopelessness, Breast cancer, Gynecological cancer

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

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Background: After the end of the war, and with the return of the warriors to the family, due to the stress caused by the war and its destructive effect on the mental state of the individual, the unfavorable effects of war on the family continue. The children of the veterans from the first stages of mental development are constantly exposed to psychological stresses and blows. This research aimed to make comparison between different styles for coping with stress and also, psychological well-being based 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 consists 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, Fleming et al. Social Support Questionnaire, and Ryff Psychological Well-Being Quick Assessment 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 and psychological well-being based on social support among people with veteran and non-veteran parents.

Keywords: Veteran, Social support, Psychological well-being, Styles for coping with stress

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.

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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

Comparison of the Effectiveness of Schema Therapy with Acceptance and Commitment Therapy (ACT) in Type D Personality and Adherence to Treatment in Patients with Coronary Artery Disease

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Background: Several studies have integrated and combined the two disciplines of psychology and cardiology in order to better prevent and treat the heart-related diseases with the help of psychology. The aim of the present study was to compare the effectiveness of schema therapy with acceptance and commitment therapy (ACT) in type D personality and adherence to treatment in patients with coronary artery disease.

Methods: This experimental study was performed using a concurrent multiple baseline single case study design with a six week follow-up. Ten men with heart disease were selected through the purposive sampling method from among the patients in Mashhad Razavi Hospital, Iran. Patients participated in this study after obtaining the treatment requirements. The efficacy of the treatment protocol was evaluated in three phases (baseline, 10-session therapies, and 6-week follow-up) by using the type D personality questionnaire, Prospective Memory Questionnaire, Wechsler Working Memory Test and Morisky Medication Adherence Scale. Data was analyzed using the visual depiction method, reliable change index (RCI), recovery percentage formula and clinical significance.

Results: In the posttest stage, schema therapy compared to ATC significantly reduced the type D personality, increased working memory, decreased prospective memory deficits and enhanced the cardiac patients' adherence to treatment (at the significance level of $P < 0.05$). In the follow-up phase, in terms of statistical significance, schema therapy was more effective in reducing the type D personality, decreasing prospective memory deficits and increasing the adherence to treatment, but ACT led to greater improvement in working memory. Also, in terms of clinical significance in the posttest, one patient in both treatments did not achieve clinical significance in adherence to treatment. In the follow-up phase of both treatments, two patients did not achieve clinical significance in adherence to treatment.

Conclusion: The results demonstrated that in terms of statistical significance, the schema therapy produced more improvement in the target behaviors. However, there is no clinically significant difference between schema therapy and ACT in target behaviors.

Keywords: Schema therapy, Acceptance and commitment therapy (ACT), Type D personality, Prospective memory, Working memory, Adherence to treatment

Effectiveness of Treatment Based Cognitive - Behavioral Therapy, on Perceived Stress, Body Image and Quality of Life of Women with Breast Cancer

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Background: The separation of emotional disturbances and quality of life in people with chronic illnesses, like cancer, is a difficult task, and generally these patients develop a series of emotional responses and quality of life fluctuations. The purpose of this study was to evaluate the effectiveness of cognitive-behavioral therapy on perceived stress, physical image and quality of life in women with breast cancer.

Methods: For this purpose, in a semi-experimental design with pretest-posttest with control group, 40 women were selected randomly from women with cancer in Shohada Tajrish Hospital, Tehran, Iran, and randomly assigned into two groups: experimental and control They were assigned. The groups were tested before and after education using Fisher's body image questionnaire, Cohen's perceived stress and WHO quality of life. Then the experimental group received cognitive-behavioral therapy in 8 90-minute sessions, but the control group did not receive any intervention.

Results: The findings of both groups were analyzed by covariance analysis after the end of treatment sessions and the results showed that cognitive behavior therapy was effective on perceived stress.

Conclusion: Physical image and quality of life, and has been able to as a An effective way to control patients' mental problems is to help them

Keywords: Perceived stress, Physical image and quality of life, Cognitive-behavioral therapy

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

Association between Bulimia Nervosa and Serum Visfatin levels in Overweight Women

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Background: Nowadays finding the molecular basis of health related disorders at the completion of non-invasive methods such as questionnaires, to identify the factors which threaten health, is the most important research goal. Mental overeating has been investigated with the help of questionnaires. The aim of this study was to investigate the relationship between serum Visfatin levels and Bulimia Nervosa in overweight women.

Methods: In this study, 70 non-diabetic student women were selected from Shahid Beheshti University, Tehran, Iran, with voluntary participation. Sampling was performed under aseptic laboratory conditions and the Moor overeating questionnaire was completed by each participant. The research hypothesis was that, according to the Moor questionnaire, there is a significant correlation between serum Visfatin levels and binge eating disorders in overweight women. The statistical analysis was performed using SPSS software.

Results: According to the parametric regression test and coefficient Pearson correlation, it was concluded that there was not any significant correlation between serum visfatin levels and the scores obtained from the Moor questionnaire ($P = 0.55$, $r = 0.07$).

Conclusion: The findings of this study indicate that the Moor questionnaire cannot be used as an appropriate predictor for Visfatin hormone, and vice versa.

Keywords: Binge Eating Disorder; Visfatin; Overweight; Moor Questionnaire

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 wanted ambulance from EMS with a 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 Encounter, 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 satisfy them and reduce complaints. This study aimed to evaluate the capabilities and understanding descriptive 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 this subjects should be included.

Keywords: Psychiatric Disease, Medical Excellence, Empowerment

A Systematic Study on the Effects of Psychological Interventions on Improving the Quality of Life and Improving the Mental Health among the Patients with Parkinson's Diseases and Multiple Sclerosis

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Background: In recently decade, people suffering from chronic diseases such as Parkinson's disease and multiple sclerosis have increased. They have sever effects on mental function and social performance of patients and their family and they are confronting with a lot of economic and social problems. These diseases have effects on their perception, too. So, they can have effect on patients' self-esteem and consequence of disease. This research aimed to investigate the effect of psychological factors on perception of patient who suffer from Parkinson's disease and multiple sclerosis.

Methods: We used systematic method to check and reach the articles about the relationship between better perception of patient from his/her life and mental health.

Results: Psychology interventions and social protection, cognitive treatment, teaming, increasing of self-confidence, positive image of him/herself, optimism, patient's positive perception of him/her, healthy social and family relations improve relationship with others and self-stimulation, and decrease health problems in Parkinson's disease and multiple sclerosis.

Conclusion: Psychology interventions can improve quality of life and mental health among the patients with Parkinson's disease and multiple sclerosis.

Keywords: Psychological interventions, Mental health, Social health, Quality of life, Self esteem

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

Construction and Norming of Readiness for Marriage Scale in Young People in Iranian Culture

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Background: The aim of this research was to Construction and Norming of readiness for marriage Scale in young people. For this purpose, a sample of 300(boy and girl) young person, in age between 17 to 25 in Urmia City, Iran, were selected by cluster-stratified- randomly sampling. The participants completed questionnaires of readiness for marriage questionnaire. The aim of this research was to construction and norming of readiness for marriage Scale in young people.

Methods: Marriage made questionnaire and factor analysis.

Results: Factor analysis showed two factors of readiness for marriage KMO is 0.904 with Bartlett Test sphericity. There were 9 components in factor 1 (learning and communication, coordinately, perception, tension control, self- respect, morals, religion, male parent, and economic) and 8 components in factor 2 (corporeal, sexual, learning and communication, coordinately perception, tension control, and self-respect). These factors analysis together load 62.22% of total variance.

Conclusion: 2 factors and 17 components were extracted.

Keywords: Corporeal maturation, Cognitive maturation, Emotion maturity, Social maturation

Effectiveness of Dialectical Behavioral Therapy on Expression and Tolerance Conflict in Patients with Breast Cancer

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Background: Breast cancer in many cases affects the overall performance of a person and causes distress and inability to control the emotions. The purpose of this study was to investigate the effectiveness of dialectical behavioral therapy on emotional regulation and tolerance of distress in patients with breast cancer.

Methods: For this purpose, in a semi-experimental research with control and follow up, 30 patients (18 subjects and 12 controls) of women with breast cancer at Shohada-e-Tajrish Hospital in Tehran, Iran, were selected by random sampling and randomly divided into two groups. Control of the application. The groups were tested for excitement and distress after the intervention before and after the intervention. Then, the experimental group received dialectic therapy for 8 minutes, but the control group received no treatment. After completing the research and 2 months later, the groups were again tested for distress and emotional regulation.

Results: The results of covariance analysis indicated that dialectical treatment was effective in controlling of the excitement and distress of the under-educated patients, and this effect was consistent in the follow-up test.

Conclusion: Dialectic behavioral therapy seems to be effective along with other interventions, such as drug therapy and medical interventions, in increasing the excitement of the discipline and reducing distress in these patients.

Keywords: Dialectical behavioral therapy, Excitement regulation, Distress, Breast cancer

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

Relationship between the Score of Maternal Depression with the Decay-Missing-Filled (DMF) Index of Their Children in Isfahan, Iran

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Background: Depression is one of the common diseases in the world. It has burdened heavy socio-economical load on society. Dental caries need attention as one of the social concerns. Many factors are related to the dental caries of children such as socio-economical, demographic, status of the family, behavioral, and clinical factors. The aim of this study was investigation the relationship between maternal depression and their children's dental caries.

Methods: This analytic cross-sectional study was performed using two step sampling. Ninety 6-12-year old children were examined to record number of decayed, missed due to caries, and filled deciduous (dmft) and permanent (DMFT) teeth. Their mothers were asked to answer Beck inventory for determining the depression score. The relationships between maternal depression with dmft and DMFT were investigated using Pearson correlation and Spearman's correlation test via SPSS software. The mean value of dmft and DMFT were compared among different level of maternal depression using analysis of variance (ANOVA) with Tukey post-hoc test ($\alpha = 0.05$).

Results: The mean depression of studied mothers was 7.38 ± 2.41 and mean of dmft and DMFT were 2.89 ± 2.13 and 0.69 ± 1.03 , respectively. Increasing in the both maternal depression score and level among children was significantly correlated with higher dmft scores, while this relationship with DMFT was significant only for maternal depression score. The only significant item in comparison of dmft among maternal depression groups, was more dmft in children who had mothers with "17-30" score compared to "0-10" group.

Conclusion: There is significant relationship between maternal depression and dmft and DMFT of children, while the association was stronger for deciduous teeth. Furthermore, mothers presenting higher level of depression who need psychological consultant, have children with more dmft.

Keywords: Dental caries, Depression, Primary health care, Decay-missing-filled (DMF) index

Psychometric Properties of Persian Version of SOMS-7 in Clinical and General Population

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Background: Somatic symptoms are one of the prevalent complaints in both psychiatric and general population. Diagnostic and Statistical Manual of Mental Disorders-5(DSM-5) has provided an issue about somatic syndrome disorders (SSD). In order to assess these problems validated scales is required. The aim of present study is preparation, localization and characterization of psychometric properties of SOMS-7 in Iranian samples. The aim of present study is preparation, localization and characterization of psychometric scale SOMS-7 in normal population and anxiety/mood disorder patients in Iran and compares the results of current study with one similar which has been conducted in Marburg, Germany.

Methods: This is a multicentric comprehensive study conducted in Psychosomatic Research Center of Isfahan University of Medical Sciences, Iran, and Department of Clinical Psychology of Philipp University of Marburg, Germany. Numbers of 1259 participants were selected. This part of study includes 100 patients with anxiety/mood disorders and 291 normal people. All participants were asked to respond patient health questionnaire (PHQ-15) and Screening for Somatic symptom disorders 7(SOMS-7). Data were analyzed by using IBM SPSS Statistics 20 United States. Descriptive data are reported in mean \pm standard deviation. Analytics are presented using Pearson or Spearman correlation coefficient, independent t-test two exploratory and confirmatory factor analysis have been done. External and internal reliability and validity was measured by Cronbach's alpha coefficient and test-retest was evaluated as well. P-value < 0.05 was considered significant.

Results: Mean score of SOMS-7 was 15.43 in normal population, 32.65 in anxiety disorder patients and 34.50 in mood disorder ones ($P < 0.001$). Score of 15.5 as cut off point was accompanied with sensitivity of 77% and specificity of 66%. Factor analysis of two factors in patients and four factors in normal population had Cronbach's alpha of 0.92 and 0.94 respectively. High concurrent, construction and differentiation validity was obtained.

Conclusion: Anxiety/mood disorder patients took significantly higher scores in comparison to normal population that shows distinctive validity of this Persian SOMS-7 version. These findings showed that getting score of 15.5 and above can predict somatic symptom disorder with sensitivity of 77% and specificity of 66%. SOMS-7 questionnaire had high sensitivity of 98% and specificity of 63% in another study. These difference may be due to variety of assessed populations as in current study we have compared normal population with anxiety/mood disorder patients while in the study of Hiller W et al. normal population was compared with somatoform disorder patients. Findings of current study are indicating that Persian version of SOMS-7 has suitable validity and reliability for screening of normal population and somatic symptoms disorder patients and also evaluation of treatment effects in these patients.

Keywords: Somatization, SOMS 7, Anxiety, Psychometry

Developing and Introducing Balint Group to Iranian Physicians: A Qualitative Study on Leaders' Experience

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Background: In the psychosomatic treatment model, a specific importance is given to the doctor-patient relationship. Balint group is a method in which this issue is its main concern. In Iran, physicians are not widely familiar with the Balint group world-widely even there are a few sporadic studies on the experiences of Balint group leaders, fewer evidence is found on leader's experiences of working with physicians in their first sessions of Balint group participation. So, it would be valuable to study experiences of Iranian Balint group leaders who initiate, develop and facilitate first-experience Balint group of physicians. Investigating of the leaders' experiences of developing and directing Balint group sessions for a group of first time participant physicians.

Methods: In this qualitative study participants consisted of eight family physicians that were purposefully recruited from Natanz Health and Treatment Network affiliated with Isfahan University of Medical Sciences. The participants took part in seven training sessions. Data were collected through semi-structured interviews and were analyzed using thematic analysis.

Results: Four main themes were identified consisted of 1) Challenging experiences of holding a Balint training for physicians with a predominant disease-oriented biomedical approach; 2) Challenging experiences of holding a Balint training for participants who were not willing or ready to open/access their emotions/imaginings; 3) Experience of ambivalence and resistance of the participants in the early meetings about a new and unknown process. 4) Experience of the participants' interesting on the Balint group at the end of training, as an efficient procedure for the relational problems.

Conclusion: The results reveal that developing new Balint group are a challenging task for the leaders because of the newly and unknown experience for the participants. Nonetheless, the achievements through the meetings were quite convincing and satisfactory. In this regard, more research on this issue is strictly suggested to be hold in Iran.

Keywords: Balint group, Qualitative research, Leaders' experience, Iranian physicians

Effect of Humor on Reduction of Hopelessness and Increase of Social Adjustment in Mothers of Children with Intellectual Disability

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Background: Intellectual disability in children, as a crisis, can deeply affect the family communications and interactions especially the mothers. This study aims to determine the effect of humor training on reducing hopelessness and increasing social adjustment in mothers of children with intellectual disability.

Methods: At this quasi-experimental study, the statistical population was all the mothers of children with intellectual disability District 7 city of Mashhad in the 2015-2016 school year. Using multi-stage sampling 50 mothers of children with intellectual disability among those randomly were selected and allocated in two case and control groups (each group, n = 25). At first, Beck Hopelessness and Bell social adjustment questionnaire were executed as a pretest in both groups. After which, only the case group was given humor training for 8 one and half hour sessions. At the end, the posttest was carried out in the groups. The data were analyzed by SPSS software and Covariance analysis test.

Results: Humor training reduced hopelessness ($P < 0.05$) and increased social adjustment of mothers of children with intellectual disability ($P < 0.05$) significantly.

Conclusion: According to The findings, humor training have a significant effect on reduction of hopelessness and increase of social adjustment in mothers of children with intellectual disability. Thus, It is recommended to use these training for mothers of these children with by specialists.

Keywords. Sense of humor, Hopelessness, Intellectual disability, Children

Effects of Guided Imagery on Trait and State Anxiety and Physiological Indicators in in-Patients with Acute Coronary Syndrome

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Background: One of the most important complaints of patients with acute coronary syndrome (ACS) is anxiety, whose control is particularly important. The purpose of this study was to determine the effects of guided imagery on state and trait anxiety and their physiological indicators in patients with ACS.

Methods: At this clinical trial, 50 patients were selected by convenience sampling and randomly allocated to control and experimental groups using permutation blocks. Anxiety and physiological indicators in both groups were measured using the Anxiety Inventory (STAI), a monitoring device and a checklist, respectively. In addition to the routine cares for the control group, the experimental group listened to a guided imagery CD for three days, twice a day (16 minutes). The data were analyzed using paired t-test and ANOVA.

Results: Only, trait anxiety was significantly reduced in the experimental group. Furthermore, there was no significant statistical difference between the two groups in terms of the mean blood pressure, heart rate and SpO₂; respiratory rate in the experimental group was however significantly less than that in the control group after the intervention

Conclusion: Based on these findings, GI may be useful in reducing trait anxiety and some physiological indicators in ACS patients.

Keywords: Guided imagery, State anxiety, Trait anxiety, Acute coronary syndrome, Empirical study

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

Predicting Eating Disorder on the Basis of Body Dissatisfaction and Emotional Regulation

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Background: Studies on disordered eating behaviors suggests that these behaviors are undertaken as an attempted to regulate or escape from negative effects compared to healthy controls, individuals with anorexia nervosa report more difficulties with emotion regulation; although there is not yet evidence demonstrating a causal relationship between emotion regulation difficulties and disordered eating behaviors in these groups. The purpose of this study was to predict eating disorder on the basis of body dissatisfaction and emotional regulation.

Methods: The sample was 200 Female students which selected available from Karaj university in Iran. Instruments was in cloud of Body Shape Questionnaire (BSQ), Cognitive Emotion Regulation (CERQ) & Eating Disorder Examination Questionnaire (EDEQ).

Results: A series of hierarchical regression analysis indicated that both body dissatisfaction and emotion regulation predicted eating disorder but body dissatisfaction compared to emotion regulation predicted more eating disorder ($P > 0.01$) in female students.

Conclusion: According to the results, body dissatisfaction plays a significant role in predicting eating disorder. These findings are in line with previous researches by examples Body dissatisfaction has been correlated to eating disorders among adolescent girls, among college women and among middle-aged women.

Keywords: Emotion regulation, Body dissatisfaction, Eating disorder

The Comparison the Effectiveness of Cognitive-Behavioral Therapy and Treatment Based on Acceptance and Commitment on Reducing Symptoms of Depression in Women with Multiple Sclerosis

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Background: Multiple sclerosis is a central nervous system disease. According to the M.S association of Iran, there are about 40,000 patients in the country. The most prevalent age of the disease is 20-40 years. Studies show that about 50-60 percent of MS patients suffer from depression. Therefore, as the depression is one of the most debilitating disorders in MS patients, current study discusses about the effectiveness of CBT and ACT on reducing symptoms of depression in women with MS. The aim of this study was to compare the efficacy of cognitive-behavioral therapy (CBT) and based on acceptance and commitment therapy (ACT) in reducing depressive symptoms in multiple sclerosis patients.

Methods: The research method is experimental with pretest-posttest control group. Among female patients with multiple sclerosis (MS) who had depressive symptoms and referred to the MS society in 2015, a sample of 45 was selected and randomly divided into three groups of 15 subjects. The experimental group received CBT and ACT during 8 therapy sessions, each session was held for 45 minutes. Data collected by the Beck Depression Inventory and analysis of covariance was conducted using SPSS software.

Results: Cognitive-behavioral therapy and treatment based on acceptance and commitment, both are effective in reducing depressive symptoms of MS patients, but cognitive behavioral therapy to treatment which is based on acceptance and commitment were more effective.

Conclusion: The results showed that the two methods of cognitive-behavioral therapy and acceptance and commitment are the effective way in reducing depression in MS patients. These findings regarding the effectiveness of cognitive behavior therapy, suggest CBT as preferential treatment for the reduction of depressive symptoms in patients with MS considered.

Keywords: Cognitive behavioral therapy, Acceptance and commitment therapy, Multiple sclerosis, Depression

An Investigation of the Relationship between Depression and General Health of Hemodialysis Patients in Tabriz's 29 Bahman Hospital (Affiliated with the Social Security Organization)

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Background: Chronic renal failure and its related therapeutic methods, including hemodialysis, affect lifestyle, health status and individual roles. In these patients, depression and anxiety are among the most commonly diagnosed psychiatric diagnoses due to many social problems or tensions that are associated with high mortality rates. The aim of this study was to determine the relationship between depression and general health of hemodialysis patients in Tabriz's 29 Bahman Hospital.

Methods: This is a descriptive- analytic study in which 90 patients undergoing hemodialysis in Tabriz 29 Bahman Hospital, Iran, were enrolled in the study census. The data gathering tools were demographic, Beck Depression and Goldberg mental health questionnaires. The data were analyzed by descriptive and analytical (chi-square, Fisher and correlation coefficient) tests. Significance level of 0.05 was considered.

Results: The average depression score in patients was 6.76 with a standard deviation of 8.39 and the mean mental health score was 16.18 with a standard deviation of 10.83. According to the results of the correlation coefficient, there was a linear relationship between the depression score and the patient's mental health ($P < 0.001$).

Conclusion: By increasing the depression score, mental health decrease. Therefore, depression in patients undergoing hemodialysis can be a factor in reducing the mental health of these patients.

Key words: Depression, General health, Mental health, Patient, Hemodialysis

The Prediction of Quality of Life and Pain Perception based on Attachment Styles and Alexithymia in Patients with Rheumatoid Arthritis

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Background: Rheumatoid arthritis is a common psychosomatic disorder that is affected by many psychological factors. These factors, directly or indirectly, can affect coping styles, quality of life, and pain perception of these patients. The purpose of this study was to predict the quality of life and pain perception in patients with rheumatoid arthritis based on attachment styles and alexithymia.

Methods: The statistical population of this study is all women with rheumatoid arthritis referred to rheumatology specialists of Shiraz, Iran, in year 2017. The sample was 120 of that women were selected based on convenience sampling. This research is descriptive and correlational. The data were collected using the Hazen & Shavir Attachment Styles scale, Toronto alexithymia scale, Quality of Life Questionnaire and McGill Pain Perception Questionnaire. In order to analyze the data, Pearson correlation and multi enter regression were used.

Results: The results showed that avoidant and anxious attachment styles have negative correlation with quality of life and have a positive correlation with pain perception. On the other hand, secure attachment style has positive correlation with quality of life and has a negative correlation with pain perception. Among the proposed factors, secure and anxious attachment styles can predict quality of life and pain perception in these patients significantly. On the other hand, alexithymia factors (difficulty identifying feeling, difficulty describing feeling and external orientated thinking) have a negative correlation with quality of life and positive correlation with pain perception. Among these factors, difficulty identify feeling and external oriented thinking are able to predict quality of life and pain perception significantly.

Conclusion: Attachment styles and alexithymia can affect the quality of life and pain perception in patients with rheumatoid arthritis.

Keywords: Rheumatoid arthritis, Quality of life, Perception of pain, Attachment style, Alexithymia

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

Ways to Cope with Stress for the Elderly: A Review Study

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Background: Today, the elderly are among the major groups of the society. As a result of scientific advances, people have lived longer. So, they have to adapt to the inevitable complex physical, mental, psychological and social changes that accompany the aging process. This study is aimed at investigating the ways used by the elderly to cope with stress.

Methods: This is a narrative review study in which we spent enough time for a comprehensive search in various databases without considering any time constraint. Keywords used in the search process included the definition of elderly, stress of the elderly, effective factors in coping, family role in elderly coping, coping with stress in the elderly, etc. Then relevant resources were identified and reviewed. Finally, important and useful points of the resources were extracted and presented.

Results: A review of the existing literature indicates that stress and anxiety are among the most important causes of many psychological, physical and social injuries and problems. Elderly people are vulnerable to these negative consequences. Therefore, it is important to recognize stressors as well as factors that determine the ability of the elderly to adapt with stress. Some important factors have greater impact on the ability of the elderly to cope with stress, including the personality of the elderly, family relationships, attention to cultural and social issues, nutrition, amount of sleep and activity level of the elderly.

Conclusion: In order to help the elderly cope with stress, we suggest families, physicians, society, and even the elderly themselves to adopt a multi-faceted approach in order to obtain the desired result.

Keywords: The elderly, Stress, Adaptability, Coping, Review study

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

Comparing Psychological Well-Being in Iranian Patients with Respiratory Diseases, Coronary Artery Diseases, Functional Gastrointestinal

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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 Respiratory diseases (RD), coronary artery diseases (CAD) and functional gastrointestinal diseases (FGID). Psychological well-being increases the physical and emotional health of individuals and evidence has shown that living with regard to the spiritual aspects that imply psychological well-being affects a particular physiological system that relates to the functioning of the immune system and the promotion of health (1). Psychiatric illnesses are chronic diseases that threaten the independence and ability to participate in the family and society (2). The present study aimed to compare the psychological well-being in patients with RD, CAD, FGID in Isfahan, Iran.

Methods: This was the case- control study. From all patients with RD, CAD and FGID that were diagnosed by specialists that they had inclusion criteria, 240 patients were selected. Each category contains 80 samples (108 male, 132 female) were selected based on convenience sampling method. Ryff Scale of Psychological Well-being (RSPWB) was administered in three groups. The data were analyzed by Multivariable Analysis of Variance (MANOVA).

Results: The pairwise comparisons showed that there were significant differences between (1 and 2) groups in psychological wellbeing. Also there were significant differences between (1 and 2) groups and (2 and 3) groups in Purposefulness.

Conclusion: This study showed that psychological well-being and Purposefulness play important roles in psychosomatic disorders such as RD, CAD and FGID. Thus management of psychological well-being in RD, CAD and FGID diseases is important in treatment of them.

Keywords: Psychosomatic disorder, Psychological well-being, Respiratory diseases, Functional gastrointestinal diseases, Coronary artery diseases

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

Ali Azizi

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

Investigation of the Depression-Related Brain Connections based on Vagus Nerve Stimulation and its Effect on Depression Treatment

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Depression has been found as a life-barring illness. Patients suffering from depression found morbidities and damages like suicidal attempts in their life spectrum. Thus, finding a way to subside this hazard, seems beneficial. It has been demonstrated in late studies that depression is a result of signaling pathway changes in brain nuclei and their cross talks. For instance, brain nuclei like Amygdala, pre-frontal cortex, hippocampus and ventral parts of basal ganglia's are making the network connection of brain mood pathways and changing in their communication manner proposes depression. One of the most important modalities that effects on brain functions is Autonomic Nervous System (ANS). Previous studies suggest that ANS regulates stress and inflammation pathways and thus bring depression-related cross talks between related brain nuclei. It has been found that dominancy of sympathetic system on parasympathetic system is the gateway to cause depression. One of the therapies for depression is to rebalance ANS by Vagal Nerve Stimulation (VNS).

In this report, we aggregate an integral network connection for depression including its related brain nuclei and their neurotransmitters by following their activity due to VNS and illustrate their crosstalk as a concept map.

The innovation of this study is to introducing the depression brain pathways as a whole pattern and thus, brings possibility for targeting one specific pathway which effects the best as a selective depression therapy.

Keywords: Depression, Vagus nerve, Autonomic nervous system

Investigate Multiple Relationships between Forgiveness and Purpose in Life and Hope for the Future in Patients with Breast Cancer

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Background: Breast cancer is the most common cancer among women worldwide and in addition to the physical complications, causes multiple mental and emotional challenges for patients. Therefore, the main aim of this research was to Investigate the multiple relationships between forgiveness and purpose in life and hope for the future in patients with breast cancer.

Methods: The research method is descriptive and correlational and its statistical society includes all women with breast cancer in Isfahan city in 2016. Fifty patients with breast cancer selected by the convenient sampling method and evaluated by Hope Questionnaire, Purpose in life and Forgiveness. Data were analyzed using Pearson correlation coefficient and multiple regression analysis.

Results: There was a meaningful and positive relationship between forgiveness and purpose in life with hope for the future ($P < 0.001$). Also, forgiveness and the purpose in life variable predicted significantly the hope for the future in patients with breast cancer.

Conclusion: According to the findings, we can conclude that life expectancy is due to factors such as forgiveness and purpose in life and in cancer patients interventions, this structure can be used to increase hope and reduce depression in these patients

Keywords: Breast cancer, Forgiveness, Purpose in life, Hope

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

Application of Face-to-Face and Telepsychotherapy Mind-Body Medicine Method to Treat Depression in Cancer patients (Case Study)

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Background: A psychosomatic disorder is a disease which involves both mind and body. Mind body medicine is relied on as a major field among complementary medicine areas. It is "The focus on interactions among the brain, mind, body, and behavior with the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health". A psychosomatic disorder is a disease which involves both mind and body. Mind body medicine is relied on as a major field among complementary medicine areas. It is "The focus on interactions among the brain, mind, body, and behavior with the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health". Depression caused by Cancer is one of the psychosomatic indication which is resulted on patient by physical illness and observable effects.

Methods: In this research, various techniques of mind-body medicine (such as meditation, writing therapy, prayer, positive psychology, spirituality therapy, etc.) have been used to reduce depression in seven stages of the therapy.

Results: She was reluctant to give a test at the time of visit, due to the clinical examination of the therapist. Satisfaction of the physician from the hope of life in the patient, self-reports, return of normal social activities and reports of her relatives have been the criteria for treatment review.

Conclusion: The result of the therapy is the reduction and treatment of the patient's depression. The generalization of this result requires more studies.

Keywords: Telepsychology, Depression, Cancer, Meditation, Spiritual therapy, Mind body medicine

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 Relationship between Humor styles with Symptoms of Psychosomatic Disorders among Mothers with Mentally Retarded Children

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Background: The purpose of this study was to determine the relationship between humor styles with symptoms of psychosomatic disorders among mothers with mentally retarded children. This research is in terms of the applied research component and, in terms of its implementation, is a correlation research. The statistical population of this study was all mothers with disabled children in Neyshabur city in 2016 who referred to the welfare organization for receiving services

Methods: A sample of 100 people was selected using available sampling method. The instruments used in this study were Thrill and Powell humor style (1993) and symptoms of psychosomatic disorders (Takata and Sakata, 2004).

Result: There was a negative and significant relationship between the humor style and its subscales with psychosomatic disorders (and its subscales) among the mothers with mental retardation children using Pearson correlation coefficient and regression.

Conclusion: The coefficient of determination of the regression model shows that 63% of the changes in mothers' psychosomatic symptoms disorders are due to the variables of humor styles.

Keywords: Humorous styles, Symptoms of disorders

The relationship between Personality Traits, Self-Esteem, and Mental Health in Methadone-Dependent Drug Addicts in Qazvin City, Iran

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Background: This study aimed to assess the relationship between personality traits, self-esteem and mental health in methadone-dependent drug addicts in Qazvin City, Iran.

Methods: The research method was applied in a descriptive-correlational way. The statistical population consisted of all drug addicts treated with methadone in Qazvin in 2016. Using random cluster sampling, 373 patients were selected as sample size according to Morgan table. The NEO Personality Questionnaire, Cooper Smith's Self-Esteem Questionnaire, and General Health Questionnaire 28 (GHQ) were used for data collection. Validity and reliability of the research tool were confirmed. The data were analyzed using Pearson correlation coefficient and multiple regression tests via SPSS software.

Results: There was a significant relationship between the dimensions of personality traits and the level of health, and between self-esteem with mental health, as well as between self-esteem dimensions and mental health in dependent patients treated with methadone.

Conclusion: The results of regression analysis showed that among the personality traits, the dimensions of psychosocial dimensions, extraversion and pleasure, and among the aspects of self-esteem, the dimension of public and family self-esteem were able to predict mental health disorders.

Keywords: Personality characteristics, Self-esteem, Mental health, Addiction

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

The Effect of Dialectical Behavior Therapy on Binge Eating, Difficulties in Emotion Regulation and BMI in Overweight Patients

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Background: Obesity is a critical health issue affecting many countries in recent decades. Obesity and overweight are usually associated with eating disorders. This study was conducted to determine the effect of dialectical behaviour therapy (DBT) on binge eating disorder (BED), difficulties in emotion regulation (DER), and body mass index (BMI) of patients suffering from BED and overweight.

Methods: Sixty female binge eating disorder patients of 19 to 52 old, were assigned into two groups. Thirty patients received dialectical behaviour therapy and the rest (i.e. control group) stayed in the waitlist for 10 weeks in a single blind clinical trial. Patients received a total of 20 treatments (two treatments per week).

Results: After 10 weeks, DBT resulted in a significant reduction in the BMI of the patients under treatment ($+3.49 \pm 1.94$ vs. $+1.93 \pm 1.22$ kg/m², $P < 0.001$). Also, meaningful differences were observed in binge eating scale (BES) ($+6.73 \pm 3.22$ vs. $+1.36 \pm 1.90$, $P < 0.001$) and difficulties in emotion regulation scale (DERS) ($+79.30 \pm 27.83$ vs. -15.43 ± 24.32 , $P = 0.01$) of the treatment group compared to the control group.

Conclusion: This study showed that the relation of the DBT intervention had positive effects on BMI, BED and DER. DBT could improve BMI, binge eating and emotion regulation ability, and this method might be used as a suitable solution for binge eating and obesity. Meanwhile, applying DBT in the shorter term that requires therapists and patients undergoing less sessions appears to be a feasible option that needs to be examined. If the shorter process period works effectively, that will help to save time and money.

Keywords: Dialectical behaviour therapy, Binge eating disorder, Difficulties in emotion regulation, Body mass index

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, Scinedirect, 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

Investigating the Cultural-Social Attitude to Diseases

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Background: The studies of past decades have revealed negative and highly discriminatory attitudes toward psychological disorders in the general population. The labeled views of mental illness are deeply encountered in most societies and cause significant problems with these diseases and their families. Negative observations are the most important barriers to providing mental health services for patients with somatic. People's attitudes and labyrinthist attitudes affect social acceptance, acceptance of psychiatric diagnosis, patient care collaboration, quality of life for people with mental illness and their families, prognosis and disease, as well as health policy interventions. Also, based on the available information, intense labeled attitudes in society, beliefs that parents are causing psychological illnesses, strongly opposed the establishment of psychiatric facilities near their home and limited employment opportunities for those with psychological illnesses which also increases the pressure on relatives of patients. The dominant cultural approaches to each congregation can be a fundamental approach in determining the type of community's view of these patients. Investigating cultural and social approaches and attitudes to diseases is a key factor in stretching or developing the attitudes of people in society and thus improving the mental health of all people in the community. Therefore, the purpose of this study is to examine socio-cultural attitudes to diseases.

Methods: The research methodology was based on systematic studies in recent research on the websites of the Wiley Scincedirect, Proquest, SID, Magirant, Academic sites reviewed as review article and with the keywords Cultural-Social Attitude & Diseases. 23 articles were selected among the research papers that were approved in terms of methodology, purpose, indicators, measurement tools, variables, definitions, and so on.

Results: Based on the findings of the 23 articles, the findings showed that people's views and labeling negatives on social acceptance, acceptance of psychiatric diagnosis, patient co-operation, quality of life for people with mental illness and their families, and the prognosis of the disease also affects the policies of health authorities.

Conclusion: Increasing general understanding and improving cultural and social attitudes towards diseases is based on the study of high correlation with diseases that awareness of this relationship leads to improving the social and psychological state of people with a high social acceptance rate.

Keywords: Cultural attitude, Social attitude, Diseases

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 Effectiveness of Group-Based Acceptance and Commitment Therapy (GACT) on the Pain Acceptance in Female Patients with Fibromyalgia

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Background: Fibromyalgia is a chronic painful syndrome with non-dilated origin that specified by pain in widespread levels, sensitive points, fatigue, and sleep disorders. The purpose of this study was to investigate the effect of Group Therapy based on Acceptance and Commitment on Pain Acceptance in Female patients suffering from Fibromyalgia.

Methods: In the framework of clinical trial, 30 patients with access criteria from among female patients with fibromyalgia referring to treatment centers under the supervision of Isfahan University of Medical Sciences and private clinics in Isfahan, Iran, in the second half of the year 2017 were selected and randomly divided into two experimental and control groups.

Results: The results of covariance analysis showed that there is a significant difference between two groups of intervention and control in terms of pain acceptance. ($P < 0.01$). Also, in the subscales of pain acceptance (tendency to pain and involvement in activities), there was a significant difference ($P < 0.05$) between the two groups. The components of pain acceptance and involvement in activities in the experimental group significantly decreased in the experimental group compared to the control group in the post-test, while there was no significant difference in follow-up in increasing the acceptance of pain and involvement in the activities. Research Instrument contains The Chronic Pain Acceptance Questionnaire was used. The test group received acceptance and commitment treatment in 8 sessions of 1.5 hours. The follow up phase was completed one month after the last session of treatment

Conclusion: The present findings support the effect of group acceptance and commitment therapy on pain in increasing the pain acceptance in female patients with fibromyalgia and it causes better performance on patients despite the pain

Keywords: Acceptance, Chronic pain, Fibromyalgia and acceptance and commitment therapy

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

The Study of the Relationship between Observance of Regime Nutritious with Big Five Factor of Personality and Relation that with General Health

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Background: The purpose of present research was to study the relationship between observance of regime nutritious and big five factor of personality and their relation to general health in a group of Urmia City, Iran, employees with the age ranging from 25 to 50. A sample of 204 employees (128 males, 64 females) were selected using available sampling method. The purpose of present research was to study the relationship between observance of regime nutritious and big five factor of personality and their relation to general health

Methods: Questionnaires of five personality factors and regime nutritious.

Results: The results showed that neuroticism and being open to experience were the most negatively and positively strong predictors of observance of regime nutritious.

Conclusion: Moreover, conscientiousness and agreeableness were positive and negative predictors of observance of regime nutritious. Only, extroversion did not predict observance of regime nutritious

Keywords: Big five factor personality, Observance of regime nutritious, General health, Employee

The effectiveness of group training of psychological capital on pain catastrophizing of somatizing soldiers in a military organization

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Background: Pain catastrophizing is the tendency to describe a pain experience in more exaggerated terms than the average person, to ruminate on it more, and/or to feel more helpless about the experience, we saw a lot of military soldiers in military hospital who is suffering from pain and it caused by psychosomatic problem, we found that pain catastrophizing was an implicit factor which aggravate the pain. So for improving the pain we had to find set up to reduce pain catastrophizing and disconnect the “feeling pain-pain catastrophizing” cycle, Positive psychological capital is defined as the positive and developmental state of an individual as characterized by high self-efficacy, optimism, hope and resiliency, therefore we assumed that psychological capital training impact on pain catastrophizing in somatizing soldiers. longitudinal study to demonstrate that catastrophizing misinterpretations have incremental validity as predictors of future somatoform-related symptomatology and somatoform disorders. finding product from data analysis show that was significantly different between the psychosomatic patient and normal individual in self-efficacy measure and patients with psychosomatic disorder have self-esteem lower than normal individual based on this finding we can deduction measure of self-efficacy play the importance role in prevalence of psychosomatic disorder. Determine the effect of psychological capital on pain catastrophizing of somatizing soldiers.

Methods: The research method was quasi-experimental with pretest- posttest. The population included all patients referred to the clinic for psychosomatic disorders in 1395 and The sampling method available for sample consisted of 40 patients eligible for the study. Psychological capital was trained about 14 sessions and it longs 60 minutes, control group not educated during the program, the questioner that used was psychological capital (hope, optimism, self-efficacy, resilience) and pain catastrophizing scale. For analyzing the data, Pearson correlation, stepwise regression, and one-way analysis were used.

Results: The results of the analyzing the questionnaires and testing the hypotheses by SPSS indicate that the intervention by psychological capital group training reduce pain catastrophizing among soldiers ($P < 0.01$)

Conclusion: It shows that psychological capital factors help somatizing soldier to coping with their pain efficient and avoid exaggerated, ruminate or feel helpless. These findings provide evidence to the importance of psychological capital training in other psychosomatic center to help people

Keywords: Psychological capital, Pain catastrophizing, Psychosomatic, Somatizing soldiers

The Effectiveness of Group Psychotherapy, Cognitive Behavior Therapy based on Positive Self-Efficacy and Hope in Cancer Patients
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Background: Breast cancer is the most common cancer in women in Iran and the world. Every year the most of example diagnosed of new cancer related to the breast cancer in Iranian women. Cancer has many affected significantly on self-efficacy, hope and physical-mental and social consequences in cancer patients. The aim of this study was to determine the effects of group psychotherapy; cognitive behavioral therapy based on positive self-efficacy and hope in cancer patients.

Methods: The sample included 590 women who diagnosed to be breast cancer that in 2016 were underwent chemotherapy and medication and randomly divided into two groups of 15 patients' tests and controls. All of participants completed a life expectancy questionnaire of Schneider, Scherrer self- efficacy questionnaire, before and after intervention.

Results: The results showed effectiveness has been group psychotherapy, cognitive behavioral therapy based on positive self-efficacy and hope in cancer patients and there was a significant difference between the experimental and control groups in the variables of self-efficacy and life expectancy.

Conclusion: The effective communication are two features, open and non-defensive with the present: first, the patients are taught to be to it is something that in the environment and in the internal experience pay attention and sees it and, it is describe the other that education patients will see to what there is a without judgment or evaluation. Patients with a common subject encountered in paradoxical control effects in the field of thoughts and feeling and obvious differences in life to Their will be shown between inefficient control results in these fields in contrast, many benefits Control in other domains.

Keywords: Cancer, Self-efficacy, Life expectancy, Cognitive behavioral therapy, Positive thinking

The Effectiveness of Stress Management group therapy on Depression, Stress and Anxiety in Women with Mitral Valve Prolapse.

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Background: Mitral valve prolapse (MVP) is a common cardiac pathology and with a prevalence of 2-5 percent, it is more common in young people and women. Sometimes MVP accompanied with chest pain, palpitations, and sudden attacks of fear and anxiety. There are some cases of a reduction in the intensity of clinical symptoms after the courses of psychotherapy and anxiolytic treatment of MVP patients. The purpose of this study was to investigate the effect of stress management group therapy on reduce depression, Stress and anxiety in women with Mitral Valve Prolapse.

Methods: The method of the study was quasi-experimental and one-sample design with pre-test and post-test. In order to do this research, 15 female patients with mitral valve prolapse were selected with convenience sampling method. The experimental group received 6 sessions of stress management group therapy. The research tool was Depression, Anxiety and Stress Questionnaire (DASS).

Results: The results of this study showed that stress management group therapy can reduce the symptoms of depression, anxiety and stress in women with mitral valve prolapse.

Conclusion: In addition to other therapies, stress management group therapy recommends for women with mitral valve prolapse.

Keywords: Stress management, Group therapy, Depression, Anxiety, Stress, Women, Mitral valve prolapse

Comparative Effectiveness of Treatments based on acceptance and commitment therapy cognitive - behavioral therapy and spirituality, perceived stress, body image and quality of life of women with breast cancer

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Background: The separation of emotional disturbances and quality of life in people with chronic illnesses, including cancer, is a difficult task, and generally these patients develop a series of emotional responses and quality of life fluctuations. The purpose of this study was to evaluate the effectiveness of cognitive-behavioral therapy on perceived stress, physical image and quality of life in women with breast cancer.

Methods: For this purpose, in a semi-experimental design with pretest-posttest with control group, 40 women were selected randomly from women with cancer in Shohaday Tajrish Hospital and randomly assigned into two groups: experimental and control They were assigned. The groups were tested before and after education using Fisher's body image questionnaire, Cohen's perceived stress and WHO quality of life. Then the experimental group received cognitive-behavioral therapy in 8 90-minute sessions, but the control group did not receive any intervention.

Results: The findings of both groups were analyzed by covariance analysis after the end of treatment sessions and the results showed that cognitive behavior therapy was effective on perceived stress.

Conclusion: physical image and quality of life, and has been able to as a An effective way to control patients' mental problems is to help them

Keywords: Perceived stress, Physical image and quality of life, Cognitive-behavioral therapy