

35th

***Annual Congress of Iranian
Psychiatric Association***

ABSTRACTS

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|| LIST OF ARTICLES ||

• Introduction.....	157
• An Investigation into the Effectiveness of Group Therapy Based on the Choice Theory in the Psychological Wellbeing and Mental Health of the Spouses of Addicted Patients Referring to Addiction Centres in the Yazd Province.....	158
• A Survey of the Factors Effective in the Non-Acceptance of Initiating Insulin Therapy by Diabetic Patients Referred to a Diabetic Center of Yazd in 2015.....	158
• The Survey Frequency of Post Partum Depression and Possible Associated Risk Factors in Mothers Referred to Rafsanjan Health Centers in 2015.....	158
• Determining Therapy Effectiveness Based on Acceptance and Commitment in Mental Health and Self-Esteem of Vitiligo Patients in the City of Yazd, in 2016.....	159
• The Effectiveness of Group Therapy Based on Selection Theory on Increasing Self-esteem and Quality of Life in Multiple Sclerosis Patients.....	159
• The Effect of Biofeedback and Stimulation on Premature Ejaculation and Erection.....	159
• Development and Implementation of Discharge Planning Service in Roozbeh Psychological Hospital in 2016-2017.....	160
• The Role of Parenting Styles and Tolerance for Ambiguity in Predicting Obsessive-Compulsive Disorder Symptoms in Students.....	160
• The Comparison of the Effectiveness of the Emotional Intelligence Skills Training and Drug Therapy in Reducing Symptoms in Patients with Trichotillomania.....	161
• The Comparison of the Effects of Pharmacotherapy and Pharmaco-Cognitive Therapy in Reducing Depression in Divorced Women.....	161
• A Survey of the Effective Factors in the Comorbidity of Adult ADHD and the Bipolar Disorder.....	161
• Delusion Formation.....	162
• The Comparison of the Effects of Combined Therapy Using Clozapine and Risperidone with the Effects of Using Clozapine and ECT in Patients with Clozapine Treatment-Resistant Schizophrenia.....	162
• A Study of the Correlation between Various Dimensions of Aggression and Body Dissatisfaction in Army Recruits.....	163
• Exploring the Effect of Repetitive Transcranial Magnetic Stimulation over the Supplementary Motor Cortex on the Clinical-Cognitive Symptoms of Patients with the Obsessive-Compulsive Disorder.....	163
• Acute Psychosis as a Representation of Meningoencephalitis: A Case-report on a Young Woman Referred to an Outpatient Psychiatry Unit.....	163
• The Quality of Life in Sexual Identity Disorder in Yazd, 2016.....	164
• Dandy-Walker Syndrome Associated with the Recurrent Mania Episode: A Case Report.....	164
• The Mental Health Status and life Quality of Women with Type II Diabetes in Tabriz City, During the Period 2015-2016.....	164
• Providing a Safe Environment in Psychiatric Wards: The role of Therapeutic Relationships.....	561
• An Analysis of the Validity and Reliability of PC-PTSD (Primary Care – Post Traumatic Stress Disorder) in the Islamic Republic of Iran Army.....	165
• A Status Review of the Mood, Suicide Attempts and Substance Use in 850 Chronic Pulmonary Patients in One Year.....	166
• A Study of the Life Quality and Depression in Patients with Urticaria Who Referred to Razi Hospital of Tehran in 2017.....	166

• Surveying the Attitude and Approach of Cardiologists Towards the Sexuality of Cardiac Patients.....	166
• A Review of the Application and Effectiveness of Suicide Prevention Strategies and Interventions.....	167
• The Effects of Emotional Intelligence Trainings in Methamphetamine Users under Methadone Maintenance Treatments in Qazvin.....	167
• A Comparison of the Adjunctive Administration of Raloxifene and Isradipine in Reducing Cognitive Deficits of Patients with Schizophrenia.....	168
• Cognitive Decline after Electroconvulsive Therapy Based on Different Psychiatric Disorders.....	168
• A Comparison of the Coping Styles in Irritable Bowel Syndrome Patients and Healthy Individuals.....	168
• Virtual Reality: A Step Forward in Diagnosing Schizophrenia.....	169
• Virtual Reality: A Novel Approach to Rehabilitating Patients with Schizophrenia.....	169
• Comparison of executive performance in major depressive disorder patients with and without ADHD admitting to Shahid Beheshti Hospital in Zanjan in 2012.....	169
• The Prevalence of Psychiatric Disorders and Its Related Factors in the Zanjan Lead and Zinc Company in Year 2018.....	170
• Comparison of the Effect of Sertraline and Nortriptyline on the Quality of Life of Stroke Patients.....	170
• The Effectiveness of The Mindfulness-Based Therapy in Self- Efficacy of Chronic Pain Patients.....	171
• Using psychodynamic formulation concepts to enrich the relationship between the therapist and the patient in psychiatry.....	171
• The effect of post-clearance care of patients with acute psychological diseases on caregiver burn out in Qods Hospital in Sanandaj.....	171
• Changes in Brain Wave Pattern after Medical Treatment of Aggressive Behaviors in Patients with Major Depressive Disorder.....	172
• Different Patterns of Personality Elements in Iranian Patients with Major Depression.....	172
• Celecoxib Added to the Mood Stabilizer to Treat Acute Mania: A Randomized, Triple-Blind, Placebo-Controlled Trial Main title: Celecoxib Added to the Mood Sabilizer to Treat Acute Mania.....	173
• Torsades de Pointes on Chronic Methadone Use.....	173
• The Effect of Melatonin on the Sleep Quality of Patients at Post CUU.....	173
• The Effect of Methylphenidate (Ritalin) on Intelligence Quotient (IQ) in Children with Attention Deficit-Hyperactivity Disorder (ADHD).....	174
• Assessment of the Relationship Between the Severity of Psoriasis and the Prevalence of Depression in Patients with Psoriasis and Healthy Subjects Referred to Dermatology Clinics.....	174
• Comparison of Satisfaction with Marital Life Before and After Couple Relationship Quality Improvement Educational Interventions in an Iranian Sample.....	175
• Investigating the Mental Health of Addicts and the Role of Storytelling in Group Therapy of Addiction.....	175
• Sex Education for Patients with Severe Mental Illness-The Role of the Family: A Qualitative Study in Iran.....	176
• A Comparison of Rumination and Self-Conscious Effects in Patients with the Obsessive-Compulsive Disorder and Overweight and Normal People.....	176
• The efficacy of Adding Folic Acid to Sodium Valproate in treating patients with Acute Mania	176
• Index.....	178

In The Name of God

The 35th Annual Congress of the Iranian Psychiatric Association will be held in October 2018, Tehran, Iran. The annual congress is a great opportunity for scientific collaboration, exploring the barriers to scientific progress, reunion of colleagues, and strengthening of Iran's scientific society. Aside from the content, the congress helps to deepen and develop science in Iran, and the continuity of the annual congress is on its own a form of cultural act. People come and go, days and year pass, life goes on, but lasting events connect these passages, and one of these lasting events is the Annual Congress of the Iranian Psychiatric Association and the independent identity of the congress is of lasting value. Preserving these forms of lasting events is itself a way to create culture, the Annual Congress of the Iranian Psychiatric Association is one of these culture makers. Regardless of who attends and who does not, the Congress will be held with the aim of promoting a sense of unity among the psychiatric society of our country.

The availability of a suitable platform is an important condition for the production of science, and the proper use of this platform along with perseverance and determination will yield appropriate results. Building a platform for this purpose requires collective collaboration, utilization of the platform, individual participation, and personal goal setting.

This year, the congress will consist of 26 panels, and most of these panels will be presented by specialized committees of the Iranian Psychiatric Association. The panels will primarily deal with topics related to localized and Iranian psychiatry. Beside these panels, there will be lectures and poster presentations of the latest research conducted in Iran.

We also have two guests of honors representing from other countries. Professor Tsuyoshi Akiyama from Japan, whose lecture will be about "Destigmatization of Mental Disorder in Japan" and Professor Panos Vostanis from the United Kingdom who will present on "Childhood Trauma" in this congress.

Special thanks to, Dr. Mehran Zarghami, the editor-in-chief of the Iranian Journal of Psychiatry and Behavioral Sciences published by Mazandaran University of Medical Sciences, who supported us in the publication of the abstract in the special edition of the journal.

Dr. Maryam Rasoulian, MD

The Congress Chair

► An Investigation into the Effectiveness of Group Therapy Based on the Choice Theory in the Psychological Wellbeing and Mental Health of the Spouses of Addicted Patients Referring to Addiction Centres in the Yazd Province

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Abstract

This study was conducted aimed at investigating the effectiveness of group therapy based on the choice theory in the psychological wellbeing and mental health of the spouses of addicted patients referring to addiction centers in Yazd province. The statistical society was comprised of the spouses of all addicted patients who had referred to a Yazd addiction clinic. For this purpose, Dr. Behzadi's clinic was chosen from among the addiction clinics available in Yazd province. Dr. Behzadi's clinic hosted 50 persons in 2016. From among those persons, 30 women were selected as the sample using the convenience sampling method who were randomly assigned to two experimental (15 persons) and control (15 persons) groups. The independent variable was group therapy based on the choice theory that was set up in 8 seasons, with the experimental group receiving trainings in it. The dependent variable was the psychological wellbeing and mental health of the spouses of addicted patients assessed by Tabasi psychological wellbeing questionnaire (2004) and SCL-90 mental health questionnaire (1976). The data collected were analyzed by SPSS statistical software and the covariance analysis test. The results indicated that group therapy based on the choice theory improved the psychological wellbeing and mental health the spouses of addicted patients ($p < 0.01$) ($p < 0.05$).

Keywords: Psychological wellbeing, mental health, choice theory, spouses of addicted patients

► A Survey of the Factors Effective in the Non-Acceptance of Initiating Insulin Therapy by Diabetic Patients Referred to a Diabetic Center of Yazd in 2015

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Abstract

Background: The acceptance of insulin treatment by patients has always been a challenge. Recognizing the important factors of non-acceptance is of high significance. The current study was carried out aimed at studying the factors effective in the non-acceptance of initiating insulin therapy by diabetic patients referred to a diabetic center of Yazd in 2015.

Materials and Methods: The current descriptive study was conducted at the Diabetes Center of the Yazd University of Medical Sciences. 200 patients who referred to the clinic were randomly selected and completed a questionnaire on the causes of insulin rejection. The data analysis was carried out using Chi-square and Mann-Whitney tests.

Results: The study results indicate that expecting a new method of treatment (54.7%), the sense of belonging to the family (19.2%), the fear of shots, the extra costs and difficulty of travels (18.7%), and the psychological damage (18.2%) were the most effective factors, and relying on a doctor (3.3%) was the least significant factor in the rejection of insulin as explained by the patients.

Conclusion: The results of the current study indicate the diabetic patients' relatively low awareness of their disease and its treatment. There should be higher public awareness in this regard at clinics, physicians' offices, health care centers, media, and even more individual counseling must be conducted.

Keywords: Diabetes, insulin therapy, barriers of treatment acceptance

► The Survey Frequency of Post Partum Depression and Possible Associated Risk Factors in Mothers Referred to Rafsanjan Health Centers in 2015

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Abstract

Background: Pregnancy and delivery are natural processes in human life that can in fact turn into challenges. Postpartum depression is a common sort of depression. This study is conducted aimed at investigating the frequency of postpartum depression and its associated risk factors in patients referred to Rafsanjan health centers in 2015.

Materials and Methods: In this study, 196 women who passed between 2 and 6 months of their delivery referred to the health centers of the city of Rafsanjan in 2015 and were randomly selected and registered for the study. They completed the Edinburgh Depression Scale. The data were analyzed by SPSS version 17 using the chi-square test, t-test and the logistic regression.

Results: In this study, the prevalence of postpartum depression was 68.5%. From among the factors, unwanted pregnancy could predict postpartum depression.

Conclusion: The prevalence of postpartum depression is high

in the city of Rafsanjan. Maybe by offering trainings before pregnancy on the risk factors such as unwanted pregnancy, the rate of postpartum depression can be lowered.

Keywords: Postpartum depression, unwanted pregnancy, Rafsanjan City

► Determining Therapy Effectiveness Based on Acceptance and Commitment in Mental Health and Self-Esteem of Vitiligo Patients in the City of Yazd, in 2016

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Abstract

Vitiligo is a chronic skin condition diagnosed with colorless stains caused by the loss of melanocytes in the skin color. It inflicts a considerable load of stress on social relations, interpersonal relations, and affects marital relations. Depression, anxiety, and stress are the series of signs that occur in vitiligo patients. Vitiligo patients do not have many internal problems, but in terms of beauty, several problems are created for individuals. However, care-giving physicians do not pay much attention to the prevailing mood disorder that affects the life quality. Different looks, especially in patients with visible stains, may reduce the patients' confidence. However, there is no study to have investigated the impact of the therapy acceptance and commitment on the mental health and self-esteem of the patients with vitiligo. The purpose of this study is to evaluate the effectiveness of treatment based on the acceptance and commitment in the mental health and self-esteem of the patients with vitiligo. In the present study, the population of the patients with vitiligo, including 30 people available at the Laser Clinic Skin of Yazd in 2016 was taken into account. The sampling method was chosen and the population was randomly divided into two groups, with 15 patients in the intervention group and 15 patients in the control group. The intervention group received 10 two-hour sessions (20 hours) of training based on the acceptance and commitment of the intervention group for 8 weeks. Their mental health was examined using SCL-90 questionnaire (90 questions) and the Self-Esteem questionnaire (58 questions) (pre-test and post-test). The results indicated a more significant impact on all aspects of mental health (i.e. somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, and psychosis discrete tendency) and all aspects of self-esteem (public, family, society, employment, and education) for the intervention group than the control group at the end of treatment ($P < 0.01$). The results of the current study revealed that based on the two factors of acceptance and commitment, therapy could help patients with vitiligo in their mental health and self-esteem.

Keywords: Acceptance and commitment therapy, mental health, self-esteem, Vitiligo

► The Effectiveness of Group Therapy Based on Selection Theory on Increasing Self-esteem and Quality of Life in Multiple Sclerosis Patients

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Abstract

The choice theory is the theoretical basis for reality therapy; this theory explains why and how we act. Reality therapy offers a system that helps people control their lives more effectively. Reality therapy increases the quality of life and self-esteem of patients with multiple sclerosis. The present study was conducted in order to determine the effectiveness of group therapy on the basis of reality therapy and choice theory on increasing the self-esteem and quality of life of multiple sclerosis patients. The statistical population of this study included all women struggling with multiple sclerosis in Yazd in 2017; 20 subjects were selected as the statistical samples using non-random sampling method. The patients were placed in two groups of experiment (10 patients) and control (10 people); in terms of design, the present study was a semi-experimental research with pre-test and post-test and a control group. Choice theory-oriented group therapy was the independent variable which was arranged in eight sessions and taught to the experimental group. The dependent variable of self-esteem and quality of life in multiple sclerosis patients were evaluated using the Cooperative Self-Esteem Questionnaire and the quality of life of the World Health Organization. Descriptive statistics, standard deviation and inferential statistics of the multivariate co-variance analysis model were applied to analyze the collected data using SPSS. The results of the present study indicated that choice theory-oriented group therapy enhanced the self-esteem and quality of life of multiple sclerosis patients significantly ($P < 0.05$).

Keywords: Group reality therapy, self-esteem, quality of life, multiple sclerosis patients

► The Effect of Biofeedback and Stimulation on Premature Ejaculation and Erection

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Abstract

Premature ejaculation and erectile dysfunction are common disorders which will cause a lot of problems in couples and will reduce the quality of life in men. Currently, medical treat-

ments and behavioral techniques have turned out to be effective to some extent and for a short time; however, in addition to strengthening the pelvic floor muscles, biofeedback and stimulation increase blood circulation to the area, resulting in an improvement in ejaculation and erection, through stimulating the pelvic nerves and causing the pelvic muscle contraction.

Method: the present study was conducted on 20 men aged between 30 to 65 years who had suffered an IELTS ejaculation for under two minutes and erectile dysfunction of more than 6 months. Patients underwent a complete review of medical and hormonal diseases, drug and alcohol use, and smoking and psychological disorders. They were treated with the same medicine and received biofeedback and pelvic stimulation intervention for 10 sessions; they were asked to fill questionnaires before and after the intervention.

Conclusion: IELTS improved up to more than 3 minutes in 18 subjects and erection experienced significance improvement after 10 sessions; finally, it can be claimed that biofeedback and stimulation enhanced erection and premature ejaculation.

► Development and Implementation of Discharge Planning Service in Roozbeh Psychological Hospital in 2016-2017

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Abstract

Background and objectives: Discharge planning is a dynamic, collaborative, and comprehensive process which is aimed at promoting the continuity of care after discharge and providing necessary services and support to clients and their caregivers. The effectiveness of discharge planning has recently been documented by several studies in factors like re-admission, treatment adherence, length of stay, treatment costs, symptoms resolution, and the patients' quality of life. In this respect, the researchers of the current paper decided to develop and implement a setting-appropriate discharge planning service at Roozbeh Hospital.

Materials and methods: The current research employed a mixed method by using an evidence-based service development and an evaluation model that followed six steps, including situation analysis, priority setting, option appraisal, program planning, implementation, and evaluation. The first four steps (i.e. the development phase) were performed by the assessment of the current health policies, available services and their effectiveness at the center, care gaps and possible operational choices, and the last two steps (i.e. evaluation phase) were conducted by implementing the discharge planning service at Roozbeh Hospital and measuring the outcomes through a one-way crossover study. In the latter phase, the outcomes were assessed before and after

providing the service. The outcomes included the adherence to the follow-up visit within the first month following the discharge, medication adherence and readmission within a 3-month period after the discharge, using the 8-item version of the Morisky Medication Adherence Scale (MMAS-8), admission documents, the two telephone interviews (at the first and third months after the discharge), and the data registered on the Health Information System (HIS) of the hospital and comparing them in the 3-month period before and after providing the service in the same wards.

Results: During the design phase, the researchers of the current paper found out that two indices, i.e. the mean length of admission (28 days) and the rate of follow-up visit adherence within the 6-month period after the discharge (44%) at Roozbeh hospital were not within the international standard ranges, so it was agreed that the discharge planning service be developed in detail. In the evaluation phase, 136 patients who received the newly developed service in a 3-month period were compared with 164 patients admitted in the same wards in the 3-month period before the service was developed; the results showed that adherence to the first follow-up visit and medication adherence had improved significantly in the intervention group, but no significant change had happened to their readmission.

Discussion and conclusion: The development and implementation of the psychiatric discharge planning service have taken place for the first time in Iran at Roozbeh Hospital. The service needs to be evaluated and revised continuously, so it is hoped that it will draw the attention of other psychiatric inpatient centers and also the mental health organizations of the higher order.

Keywords: Discharge planning, treatment adherence

► The Role of Parenting Styles and Tolerance for Ambiguity in Predicting Obsessive-Compulsive Disorder Symptoms in Students

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Abstract

Introduction: The obsessive-compulsive disorder is one of the most severe and disabling psychiatric disorders that often causes waste of time and significant problems to the normal process of life, job performance, social activities and personal relationships. This study was conducted aimed at investigating the role of parenting styles and tolerance of ambiguity in predicting obsessive-compulsive disorder symptoms in university students.

Materials and Methods: This study uses a descriptive correlational method. The statistical population included all students of the Islamic Azad University of Ardabil amounting to almost 13000 individuals. This cross-sectional study was conducted on 100 students of the Islamic Azad University who had obsessive-compulsive symptoms and were selected by the multi-stage random sampling. In collecting the data, the Maudsley obsessive-compulsive inventory, parenting styles, tolerance of ambiguity and Brunswick questionnaire were used. The data were analyzed

using the Pearson's correlation coefficient and the multiple regression method.

Results: The results showed that obsession had a significant negative correlation with the tolerance of ambiguity and a significant positive correlation with the domineering parenting style. The results of the analysis also showed that domineering parenting practices predict obsession in students.

Conclusion: From the study results, it is concluded that parents' parenting styles, tolerance for ambiguity and the signs of obsessive attention to factors affecting these variables can help people improve their health.

Keywords: Obsessive-compulsive Symptoms, parenting styles, tolerance for ambiguity

► The Comparison of the Effectiveness of the Emotional Intelligence Skills Training and Drug Therapy in Reducing Symptoms in Patients with Trichotillomania

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Abstract

Introduction: Trichotillomania is a chronic disorder characterized by the frequent hair loss due to the increasing tension that results in pulling out one's hair. Several treatments have been proposed for this disorder, but there have not been enough studies to compare the effects of relevant therapeutic approaches. This study has been done aimed at comparing the effectiveness of the emotional intelligence skills training and drug therapy in reducing the symptoms of Trichotillomania in patients suffering from it. **Materials and methods:** The research was conducted using a semi-experimental method, being of a pre-test and post-test design. The statistical population included all patients with Trichotillomania living in the city of Urmia that amounted to 40 people who were replaced in two groups of drug therapy (n = 20) and emotional intelligence skills training (n = 20). For the drug therapy group, prescribed psychiatric medications were given and the impacts of medications were tracked, and for the other group, the emotional intelligence training was offered in 16 meetings of 45 to 60 minutes. Data collection was conducted in the pre-test and post-test through the scale of Mokeni Massachusetts, the average hairs pulled were counted, and the research data were analyzed using by the variance analysis method.

Results: The findings of the current study indicated that the impact of emotional intelligence skills training was more in reducing the symptoms of those suffering from Trichotillomania than that of the drug therapy method.

Conclusion: According to the study results, it can be concluded that the emotional intelligence skills training can be widely used as an alternative method for the long-term and costly treatment of Trichotillomania.

Keywords: Emotional intelligence skills training, drug therapy, Trichotillomania

► The Comparison of the Effects of Pharmacotherapy and Pharmacocognitive Therapy in Reducing Depression in Divorced Women

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Abstract

Introduction: This study is conducted aimed at comparing the two treatment modalities in terms of decreasing depression symptoms in divorced women in the city of Birjand.

Methods: This study uses an experimental method with the Beck Depression Test administered to divorced women with depression symptoms. The subjects were then assigned to 2 groups randomly, with one group having received just pharmacologic agents and the other one having received both medications and cognitive therapy. The independent t-test was administered, and the data were analyzed using the SPSS software.

Results: The mean score of depression for the two groups had no significant difference prior to the treatment, and after treatment with only medications, no statistically significant changes were observed in the mean score of depression in the control group; besides, in the mixed pharmacocognitive treatment, the mean score of depression was statistically significant after the treatment. According to this study results, it seems that using pharmacotherapy per se produces no satisfactory results in treating this group of patients, and that the effects of the combined therapy with medications and cognitive modalities should be considered in divorced women with depression.

Keywords: Pharmacotherapy, pharmacocognitive, therapy, depression, divorced women

► A Survey of the Effective Factors in the Comorbidity of Adult ADHD and the Bipolar Disorder

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Abstract

Background: Determining disorders accompanying psychiatric diseases is crucial in controlling them, and reducing the burden of BD and ADHD diseases is of high significance. In many cases, the coincidence of these two diseases leads to the misdiagnosis and incorrect management of high risk behaviors.

Study purpose: The current study was conducted aimed at de-

termining the factors effective in the comorbidity of adult ADHD and the bipolar disorder.

Methods: In this observational descriptive-comparative study, 196 patients with BD who had attended the clinics of Shafa Hospital in the city of Rasht in 2017-2018 were enrolled according to the interview and medical documents, and the comorbidity of adult ADHD and effective factors were determined according to the questionnaires. The questionnaires included short diagnostic adult ADHD Conners, Wender and demographic questionnaires. The data, including gender, education, marital status, the type of mood episode leading to hospitalization, suicide attempts, the history of drug use and the substance type were analyzed using SPSS software (version 22). To describe the data, frequency description indices, the mean and middle were used, and to compare the quantities variables, T-test was used. For the qualitative data, the chi-square test was utilized.

Results: The study results demonstrated that 16 patients (8%) had ADHD. Most of them were female (53.6%) and married (54.6%) with the secondary school education level (49%). Opium was the most common consumed substance (37.5%), mania was the most common type of attacks leading to hospitalization (41.3%), the suicide rate was 12.8% and psychotic symptoms amounted to 16.3% for mood attacks among the patients. From among the variables studied, the factors effective in this regard included having male gender, a lower age, a rapid disease cycle and taking drugs ($P < 0.05$).

Conclusion: It has been reported that patients suffering from BD with an ADHD history have more substance use in comparison to the group without an ADHD history. It has been also reported that they have a more rapid disease cycle.

Keywords: Adults, ADHD, BMD, comorbidity;

► Delusion Formation

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Abstract

Introduction: Delusions are present in 120 different psychiatric, neurologic, and general medical diseases and are from among the most important symptoms in medicine. However, no proper theory has been presented about the formation, structure, and content of this particular symptom that suits every individual patient.

Method: The selection of a reference of comparison (i.e. the normal process of thinking) is the most primary methodological task to which the cognitive processes of patients with delusional disorders must be compared. To this end, the hypotheses that compare the apparent logics in delusions with formal logic measures were studied. In this respect, the psychodynamic, neurologic, and organic pathology of delusion as well as sensory deprivation, social isolation, socio-economic shortcomings, and personality disorders were thoroughly considered.

Conclusion: An encompassing and general model of delusion formation can be summarized as follows: "there is no major difference between cognitive processes in delusion formation and the ones that form non-delusional beliefs. It is better to regard delusions as theories that are similar to scientific theories at the

service of offering explanations that convey meaning and order to the experimental data". This model possesses numerous sections addressed in the full text.

► The Comparison of the Effects of Combined Therapy Using Clozapine and Risperidone with the Effects of Using Clozapine and ECT in Patients with Clozapine Treatment-Resistant Schizophrenia

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Abstract

Background and objective: In spite of the effectiveness of antipsychotic medications in treating patients with schizophrenia, the presence of resistance to medications in these patients poses the need for new meditational combinations to enhance the treatment of them. This study has been conducted aimed at making a comparison between the effects of combined therapy using clozapine and risperidone with the effects of using clozapine and ECT in patients with schizophrenia who had referred to the comprehensive psychiatric center in the city of Taft, in 2017. **Material and Method:** In this clinical trial study, 30 patients with schizophrenia were randomly selected to receive the co-administration of clozapine and risperidone (15 patients) and the combination therapy of clozapine and ECT (15 patients). Before the intervention, both groups completed the questionnaire of the Positive and Negative Symptoms of Schizophrenia (PANSS). Both groups received the intervention for 6 sessions, 3 times a week. After the intervention (6 weeks later), both groups completed the questionnaire of the Positive and Negative Symptoms of Schizophrenia (PANSS) once more. The data obtained from the SPSS software, statistical samples, the chi-square test, and the paired t-test were analyzed.

Results: The comparison of the indicators of the questionnaire PANSS before and after treatment in patients with the combined therapy of clozapine and risperidone with the patients with the combined therapy of clozapine and ECT showed that the factors of negative symptoms, disruption, and excitement were remarkably lower in the group that experienced the combined therapy of clozapine and ECT ($P < 0.05$). The indicators of positive symptoms, anxiety and depression were significantly weaker in the group that experienced clozapine and risperidone ($P < 0.05$). The decrease in the scores of the questionnaire PANSS was remarkably higher in the group that experienced clozapine and ECT ($P < 0.05$). **Conclusion:** The results of this study indicated the effects of both the combined therapy of clozapine and risperidone as well as clozapine and ECT on the improvement of the positive and negative symptoms of schizophrenia. Therefore, both treatments have been effective in improving the positive and negative symptoms of patients with schizophrenia. However, considering the more

significant reduction in the score of the questionnaire PANSS in the group with the combined therapy of clozapine and ECT, more studies are required to be done on this type of treatment.

Keywords: Clozapine, risperidone, electrotherapy therapy, schizophrenia, resistance to clozapine

► A Study of the Correlation between Various Dimensions of Aggression and Body Dissatisfaction in Army Recruits

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Abstract

Objective: Aggression and violence are maladaptive behaviors, so investigating their relevant factors, sources, and preventive strategies could be harm-reductive in army environments. The current study was conducted aimed at finding out what type of correlation the negative body image or body dissatisfaction may have with aggressive behaviors.

Method: The army recruits aged 18 to 24 as the statistical population were asked to fill unnamed questionnaires, including the Bass & Perry Aggression Questionnaire and a questionnaire about body dissatisfaction. The correlation analysis was performed for all aggression and body dissatisfaction variables and subscales.

Results: All aggression subscales were significantly correlated with the general body dissatisfaction. Also, it was shown that general aggression was significantly correlated with the face and general body dissatisfaction. Besides, physical aggression was demonstrated to be correlated with body fitness and skin dissatisfaction. Likewise, the results showed that verbal aggression was correlated with skin dissatisfaction, anger was correlated with skin and body fitness dissatisfaction, and hostility was correlated with face and sexual attractiveness as well as genital organs dissatisfaction.

Conclusion: The present study indicated that various dimensions of aggression and body dissatisfaction are positively correlated. Regardless of the mechanism for establishing the association, the clinical screening of body dissatisfaction could be regarded as a preventive strategy to control aggression in army environments.

Keywords: Aggression, body dissatisfaction, physical dissatisfaction, body image, recruits, army

► Exploring the Effect of Repetitive Transcranial Magnetic Stimulation over the Supplementary Motor Cortex on the Clinical-Cognitive Symptoms of Patients with the Obsessive-Compulsive Disorder

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Abstract

Objective: The present study was conducted aimed at investigating the effect of the transcranial magnetic stimulation on reducing the clinical and cognitive symptoms of patients with the obsessive-compulsive disorder (OCD).

Methods and Materials: In a single-blind experiment, 35 OCD patients of Atieh Clinical Neuroscience Center were randomly selected for the study. The patients received 1Hz rTMS over the supplementary motor cortex for 10 sessions. Before and after the treatment, Yale-Brown obsessive-compulsive scale (YBOCS) and Cambridge Neuropsychological Test Automated Battery (CANTAB) were utilized to assess the patients' clinical symptoms, attention, memory and executive functions.

Results: The analysis of the results indicated that rTMS improved obsessive-compulsive symptoms ($P < 0.001$), executive functions ($P < 0.001$), attention ($P < 0.03$), and the spatial working memory ($P < 0.02$). From among the patients, 20 of them (57%) responded to the treatment and 4 patients (11.42%) demonstrated remission.

Conclusion: The results of the study demonstrated that rTMS can be used as a new treatment for the clinical and cognitive symptoms of OCD patients.

► Acute Psychosis as a Representation of Meningoencephalitis: A Case-report on a Young Woman Referred to an Outpatient Psychiatry Unit

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Abstract

Introduction: Evidences suggest that 9 to 20 percent of the patients with acute psychotic symptoms who attend emergency departments suffer from a general medical condition. This statistic highlights the significance of the complete medical work-up before finalizing the diagnosis of non-organic psychiatric disorders. In this respect, a wide range of diagnoses should be taken into account, including physical traumas, the use of drugs and toxins, the failure of organs, structural brain lesions, nutritional deficiencies, and infections. For the majority of these patients psychiatrists are the last resort in diagnosing who may have been missed by other medical doctors.

Methods: In this study, a case of the acute onset of psychosis is studied in a 35 year old woman. The patient was married with 3 children and had been on a 10-day trip to the central parts of Iran (Kashan city) before the development of the symptoms. The patient had experienced a sudden onset of disorientation, amnesia, and visual and auditory hallucinations as well as persecutory delusions two days prior to the first visit by the neurologist. As she had a generalized headache with no fever or chills, she was referred to the outpatient clinic. After undergoing a careful examination, the patient was referred to the general emergency department to rule out organic etiologies. The initial brain CT scan showed no intracranial lesions. Neutrophilia was observed in the complete blood

count, and other tests were normal. Lumbar puncture was tried by internists and despite the presence of no sign of meningeal irritation, it failed due to the patient's non-compliance and probability of the vertebral deformity. The injection of acyclovir was initiated due to the patient's fluctuating level of consciousness. After 10 hours with no changes to the clinical picture and two other failed LP trials, ceftriaxone and vancomycin were prescribed. A dramatic improvement was observed in 24 hours. In a week, the mental status examination was performed with no abnormal findings. The patient had reported no prior psychiatric symptoms before the present illness; she was only reported to have been in touch with an adult with chronic ear infections on her last trip to Kashan.

Conclusion: The sudden onset of the psychotic disorder should always provoke the diagnosis of organic causes. Even in absence of typical symptoms and signs of infectious diseases, atypical representations and life-threatening causes of psychiatric representations must be taken into account.

Keywords: Psychosis, meningitis, infection;

► The Quality of Life in Sexual Identity Disorder in Yazd, 2016

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Abstract

Objective: Sexual identity is a psychological state that represents the sense of individuals about their being male or female. Transsexual disorders are the tendencies towards continual insistence on belonging to the opposite sex and being excessively sad for the present sex attributed. Considering this fact, as transsexuality generally decreases the life quality and general health of people, the researchers of this paper decided to conduct a research to increase the general knowledge levels of people about this disorder as an illness not a deviation to support the afflicted people in achieving their citizenship rights and consequently raise the life quality of these people and their families.

Methods and materials: In this cross-sectional study, 23 transsexual subjects who had attended the forensic medicine center in the city of Yazd in 2016 were enrolled, and their demographic factors, blood group, and life quality were investigated using a researcher-made questionnaire, and according to the SF-36 questionnaires distributed among them.

Results: In this study, 60.9% of the sample were male and 39.1% of it were female. The mean age of the subjects were 24 ± 4.96 years. From among all patients, 8 patients (78.3%) were single. The blood groups were determined to be A-, B-, AB-, O-, A+, B+, AB+, and O+ in 4.5%, 4.5%, 4.5%, 4.5%, 18.2%, 9.1%, and 40.9% for the subjects, respectively. The somatic, environmental, psychiatric, social and total life quality scores were 23.5 ($P = 0.921$), 20.3 ($P = 0/52$), 12.7 ($P = 0.729$), 7.1 ($P = 0.749$), and 4/91 ($P = 0.509$), respectively.

Conclusion: In general, the research results indicated that between the mean degree of the men's life quality and that of women there was no significant difference. The age of the sample members had no significant correlation with their life quality. The rate of the suicide history was determined to be 56.5% for the study samples. The mean BMI index of the samples was below that of the normal population. The most prevalent blood group in the study was O, and it had a significant correlation with the disorder. The highest life quality was attributed to the aspect of body

health, and the lowest one was considered for the general health.

Keywords: Transsexual, life quality

► Dandy-Walker Syndrome Associated with the Recurrent Mania Episode: A Case Report

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Abstract

Background: Dandy-Walker Syndrome is a congenital brain malformation that affects the fourth ventricle and the cerebellum. In the past studies, the psychiatric aspect of DWS has not been addressed sufficiently. As far as the current researchers are concerned, few studies have been conducted on the psychiatric presentation of this syndrome, especially the bipolar disorder.

Case report: In this study, a 48-year-old male has been reported with the bipolar disorder type I diagnosis, and with the recurrent mania episode apparently sensitive to benzodiazepines.

The brain imaging was produced to investigate the causes of ataxia and consciousness impairment after the prescription of benzodiazepine.

Dandy-Walker syndrome (DWS) was diagnosed, according to the neurological consultation, CT scan and MRI findings. Following shunt insertion, psychiatric treatments were more effective in controlling the psychiatric signs.

Conclusion: This case report indicated the importance of studying and accurately diagnosing the preoperative administration of medications, especially in patients with the recurrent mania episode and impairment of the cerebellar function, following the administration of sedating drugs.

Keywords: Dandy-Walker syndrome, ataxia, mania episode

► The Mental Health Status and life Quality of Women with Type II Diabetes in Tabriz City, During the Period 2015-2016

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Abstract

Purpose: The purpose of this study was to determine the mental health status and life quality of women with type II diabetes in Tabriz City, during the period 2015-2016.

Methods: This is a cross-sectional descriptive study. The research population included all women aged 18-45 with type 2 diabetes who had referred to Tabriz diabetes centers in the second half of 2015. The sample size of the population included 300 people who were selected based on the cluster sampling method and met the research inclusion criteria. The research instrument was a demographic questionnaire, the general health questionnaire (GHQ-28), and the health survey questionnaire of Weir and Sherburne SF-36. To analyze the data, the descriptive statistics of dispersion and central indices (the mean and the standard deviation), chart drawing, frequency tables, and binomial non-parametric tests were utilized using SPSS software, version 20.

Results: According to the research results, 58% of the women with type 2 diabetes had mental disorders. The binomial test results indicated that the level of mental health in women with type 2 diabetes was significantly lower than the average level ($p = 0.001$). The results also showed that 6% of the women with type 2 diabetes had severe physical symptoms. The score was 9% for anxiety, 2% for the social function, and 1% for depression. In addition, the mean of the life quality components was 57.30 for physical functioning with the standard deviation of 26.39, it was 57.58 for the physical role with the standard deviation of 39.58, it was 57.54 for emotional role playing with the standard deviation of 42.02, it was 56 for vitality with the standard deviation of 23.98, it was 60.29 for mental health with the standard deviation of 23.47, it was 63.97 for the social function with the standard deviation of 23.16, it was 56.11 for the physical pain with the standard deviation of 25.58, and it was 16/53 for general health with the standard deviation of 96/13.

Conclusion: Diabetes is a chronic disease that affects patients' psychological health. Hence, it is recommended that the status of the patients' psychological health be considered in diabetes treatment programs.

Keywords: Diabetes, mental health, quality of life

► Providing a Safe Environment in Psychiatric Wards: The role of Therapeutic Relationships

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Abstract

Background: Enhancing therapeutic relationships between patients and staff is of significant importance in improving the care quality and safety in psychiatric inpatient units. However, there is not enough supporting evidence to show how therapeutic relationships may be enabled in this specific context. This paper presents the findings of a study that explored the corre-

lation between therapeutic relationships and safety in Iranian psychiatric inpatient units.

Methods: In this explorative descriptive study, 7 patients at the point of discharge and 19 staff members of a referral hospital in Iran were selected purposively. The data were collected through semi-structured interviews and were analyzed using the qualitative content analysis approach as well as Graneheim and Lundman methods.

Findings: The quality of the staff-patient relationship in providing a safe environment was categorized into two groups of "facilitators" and "inhibitors". The facilitators of the safe environment included the "supportive relationship with patients" and "improving patients' capacity for self-efficacy and self-control". On the other side, the inhibitors of the safe environment included the two factors of "detachment from patients" and "domination over patients" that would ultimately limit safety at the wards. The findings indicate that interrelated environmental, patient, and staff factors develop the potential for therapeutic relationships and the care quality and safety.

Conclusion: Findings suggest the need for more effective preparations and support for the staff working in psychiatric inpatient settings. In addition, environments more conducive to collaborative recovery-oriented practices are required to enhance therapeutic relationships and improve the care quality and safety. Both individual staff responsibility and effective leadership are required to realize the change.

► An Analysis of the Validity and Reliability of PC-PTSD (Primary Care – Post Traumatic Stress Disorder) in the Islamic Republic of Iran Army

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Abstract

Background: PTSD screening is essential in the diagnosis and treatment of disorders and the increase of the State's combat power. Therefore, the current research was carried out as supported financially by the General Staff of The Islamic Republic of Iran Army to examine the validity and reliability of the test in the army.

Methods: The study population includes all military personnel who have experienced war. Based on the samples available, they were divided in 3 groups of 384 people, i.e. healthy, neurotic non PTSD and PTSD. All of them filled the PC-PTSD questionnaire, PCL-M questionnaire; a researcher had made the demographic questionnaire. For 31 patients from the sample, the tests were repeated at a two-week interval and the results were statistically analyzed.

Results: Regarding PC-PTSD in the patient group and the control group, different results were obtained ($P=0.000$) that indicated high validity. The coefficient of Cronbach's Alpha was equal to

0.99. The test and retest reliability was very high (0.991). The coefficient of correlation was 0.933 between PC-PTSD and PCL-M, and it was 0.871 in the non-parametric spearman (high validity). The accuracy of the diagnosis was assessed using the decision tree method indicating that PC-PTSD was accurate by 86.7% for the diagnosis of normal people and by 92.5% for the diagnosis of PTSD patients. To determine the cut-off point of the highest diagnostic agreement, score 2 was obtained with its sensitivity and specificity being 0.818 and 0.966, respectively.

According to the results indicating high validity, high reliability, and high diagnostic accuracy, we recommend PC-PTSD for the annual staff examinations of the Army.

► A Status Review of the Mood, Suicide Attempts and Substance Use in 850 Chronic Pulmonary Patients in One Year

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Abstract

Introduction: Chronic pulmonary diseases include a wide range of diseases and cover various factors within the sanitation field. Patients with chronic pulmonary diseases require psychiatric and counseling services 10 times more than people with no chronic diseases. Many chronic patients use substances to relieve their pain, but it deteriorates their physical conditions. Thus, the current research was conducted as a status review of the mood, suicide attempts and substance use in chronic pulmonary patients.

Methods: The current work is an analytical-observational study. Eight hundred and fifty hospitalized chronic pulmonary patients were evaluated for their psychological status and substance use pattern using accessible methods, for the years 2017-2018. The patients were afflicted with and experienced tuberculosis, asthma, COPD, and lung transplantation. The frequency indicator, Q square and independent t-tests were applied using SPSS-21 for data analysis.

Conclusion: About 42.3 % of men, 34.5% of women, and an aggregate of 73.5 % suffered a depressed mood. Also, 14.2% of the patients had attempted suicide, from which 17.5 % had attempted suicide for 6 to 10 times. In addition, 73.7% of the substance users had used opium, 4.8% of them had used heroin and crack, and 4.45% of them had used met-amphetamine and drugs of their own choice. About 17.05 % of the patients had used multiple substances. 18.3% of substance users had experienced a depressed mood. 35% of water-pipe users had attempted suicide, 33.3% of the patients had been diagnosed with mood disorders, 14.6% of them with substance-induced mood disorders, and 6.7% of them with mood disorders caused by general medical conditions. According to the results explained above, it is required that psychiatric, addiction and

physical treatments be provided simultaneously. To adopt a holistic treatment approach, it is required that the patient be treated not just as a pulmonary patient but as a human, and it must be realized that achieving the enhanced acceptance of the patient and the complete treatment shall be possible only through the comprehensive and simultaneous treatment of the body and the mind.

Keywords: Psychological status, suicide, substance use, chronic pulmonary disease

► A Study of the Life Quality and Depression in Patients with Urticaria Who Referred to Razi Hospital of Tehran in 2017

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Abstract

Background and Objective: Urticaria is a disease that is characterized by hives associated with an itching or burning sensation. When the symptoms last more than 6 weeks, the disease is regarded as chronic, and if lesions disappear in less than 6 weeks, it is considered as acute. In the patients with urticaria, both the disease severity and associated psychological factors affect the life quality. This study was conducted aimed at evaluating the life quality and depression in patients with urticaria.

Methods: In this cross-sectional study conducted in 2017, 111 patients who referred to Razi Hospital were selected. The patients' life quality was evaluated using DLQI, depression was assessed using the Beck BDI-II questionnaire, and the disease severity was evaluated using the Urticaria Activity Score (UAS). The data obtained were analyzed using the independent t-test and one-way ANOVA, or Yu-Mann Whitney and Kruskal-Wallis H tests.

Results: 81.1% of the patients were female, and the mean age of the patients was 31.17 years (from 15 to 60 years old). 62.2% of the patients had acute urticaria. The mean life quality of the patients was 10.95 (minimally 1 and maximally 25), the mean depression was 11.50 (minimally 0 and maximally 50), and the mean disease severity was 3.95 (minimally 1 and maximally 6). Besides, depression had a statistically significant relationship with the level of education. (P Value < 0.05)

Conclusion: In patients with urticaria, the life quality is greatly impaired, so more depression is associated with more impaired life quality.

Keywords: Urticaria, life quality, depression, disease severity

► Surveying the Attitude and Approach of Cardiologists Towards the Sexuality of Cardiac Patients

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Abstract

Introduction: The present study was conducted in order to evaluate the attitude and practice of cardiologists regarding the sexual problems of cardiovascular patients in Iran.

Methods: The present nationwide research was conducted on a number of cardiologists selected as an example of the Iranian cardiologists population in 2015. To fulfill the intended purpose, appropriate questionnaires were developed and used to assess the attitude and practice of cardiologists towards sexual issues and sexual status of cardiovascular patients.

Results: The study population consisted of 202 cardiologists (138 males and 63 females) with a mean age of 44.25 (SD = 8.45) years. Overall, 93.15% of cardiologists agreed on the importance of discussing sexual issues with patients with cardiovascular disease. 76.7% of cardiologists accepted their responsibility for examining the sexual issues of heart patients, and 79.9% of them insisted on the relationship between cardiovascular disease and sexually transmitted diseases; however, only 33% of them confirmed the sufficient level of their knowledge and skills in this regard. Only 10.6% of them reported that they often or always assess sexual dysfunction, but 51.5% stated that they responded to their patients' questions about sex. There was a significant relationship between the cardiologist's performance in the field of sexual health assessment and the acceptance of their responsibilities in this regard.

Conclusion: The results of this study showed a significant difference between the cardiologists' attitude toward cardiovascular problems and their performance in assessing the sexual health of cardiovascular patients. The present study, also, showed that accepting responsibility for the evaluation of sexually transmitted diseases in cardiovascular patients is an important parameter for better performance of cardiologists.

Keywords: attitude, performance, cardiologist, cardiovascular disease, counseling, barriers, sex, sexual dysfunction, sexual issues

► A Review of the Application and Effectiveness of Suicide Prevention Strategies and Interventions

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Abstract

Introduction: According to the World Health Organization, 800000 people die from suicide every year worldwide, accounting for about 14 percent of all deaths per year. The World Health Organization has estimated that about one suicide per minute and one suicide attempt per every three seconds occur in the world. This condition is so shocking as to make researchers and mental health professionals try to identify effective strategies

and interventions to reduce the suicide rate. The purpose of this study is to review the strategies and interventions of effective psychotherapy in preventing the suicide rate.

Review of the study: Despite the lack of enough information to support the effectiveness of health strategies and interventions in preventing suicide, relevant studies demonstrate the promising use of some strategies and interventions in psychotherapy. Some preventive strategies include school-based trainings for students, training primary health care providers in screening people at risk, offering media-based education, and limiting access to firearms. From among the effective psychiatric interventions, one can allude to dialectic, behavioral and cognitive-behavioral therapy. It can also be asserted that due to the inability of the individuals who commit suicide in solving problems, regulating their emotions, and the sharp decrease in their motivation and social activities, some therapies that emphasize therapeutic protocols based on the three cognitive, behavioral and dialectic methods can help such people improve their conditions.

Conclusion: Despite the fact that a large volume of studies have been focusing on identifying risk factors and suicide prevention methods, and although studies suggest that some strategies and suicide prevention interventions are promising, to determine more precisely the effectiveness of such strategies and interventions, a more rigorous scientific methodology will be required. Therefore, given the special ethical sensitivities in preventing suicide, it seems that the responsibility of future researchers will be facing much challenge in this respect.

Keyword: Suicide prevention strategies, psychotherapy, suicide

► The Effects of Emotional Intelligence Trainings in Methamphetamine Users under Methadone Maintenance Treatments in Qazvin

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Abstract

Introduction: Considering that substance users are characterized by lower emotional intelligence than other individuals in a society, this study is conducted aimed at determining the effectiveness of trainings on the emotional intelligence of methamphetamine users who receive methadone maintenance treatments.

Materials and Methods: This study was conducted through a randomized clinical trial that included the pretest-posttest control group design. In this regard, 70 methamphetamine users who received methadone maintenance treatments in drops in a Center (DIC, Qazvin, Iran) and scored higher than 80 in the Wechsler intelligence scale were selected. The users were divided randomly into an intervention group and a control group. The two groups took the Bar-On emotional quotient inventory test. The intervention group attended 4 sessions of emotional intelligence training that took 90 minutes per week. In contrast, the control group did not undergo any intervention. Three months after the last training session, the Bar-On emotional quotient inventory was repeated for the members of the two groups.

Results: The program for offering trainings in emotional intelligence could comparatively increase the emotional intelligence score of the intervention group by a significant manner

($P=0.03$). However, the program did not contribute to the reduction of the methamphetamine use ($P=0.13$).

Conclusion: Offering trainings in emotional intelligence to methamphetamine users could increase their emotional intelligence, but further studies and more effective methods will be required to reduce the methamphetamine use.

Keywords: Methamphetamine, training, emotional intelligence

► A Comparison of the Adjunctive Administration of Raloxifene and Isradipine in Reducing Cognitive Deficits of Patients with Schizophrenia

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Abstract

Introduction: Cognitive impairments are from among the most important features of schizophrenia that lead to severe social and functional disabilities.

Objective: The current study was conducted aimed at investigating the effects of Raloxifene as a selective estrogen modulator and Isradipine as a voltage gated L type calcium channel blocker on reducing cognitive deficits in schizophrenic patients.

Methods: In this study, some double blind randomized, parallel, placebo controlled clinical trials were designed and performed. 60 patients with schizophrenia were categorized in 3 specific groups. Each group received Isradipine capsule 5 mg and Raloxifene tablet 60 mg twice a day, or placebo for 6 consequent weeks, with the capsules of the same shape, along with treatment with conventional antipsychotics. The initial and final lab tests, ECG, and cognitive tests in specific domains, including the attention, processing speed, executive function and verbal memory were assessed.

Results: The findings exhibited a significant correlation between the adjunctive treatment with Raloxifene and the verbal memory deficit enhancement (P value= 0.002). Moreover, treatment with Isradipine indicated a significant improvement compared with placebo in verbal memory (P value= 0.005) as well as the attention dysfunction in some varieties of the Stroop test. However, in this study, no enhancement was observed either in the processing speed or in the executive function deficits.

Conclusion: Improving the neurocognitive physiopathologic aspect of schizophrenia is a current challenge in identifying the pathway to developing goal-directed clinical interventions in practice. This study provides the evidence that Isradipine can be used as a novel therapy recommended to improve the cognitive impairment of schizophrenic patients who seem to follow a different way in their whole life, yet further investigation is required.

Keywords: Isradipine, Raloxifene, Schizophrenia, cognitive deficits

► Cognitive Decline after Electroconvulsive Therapy Based on Different Psychiatric Disorders

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Abstract

Objective: Electroconvulsive therapy is still a favorable method in some critical psychiatric cases after about 8 decades of its introduction. The most adverse effect of the method is the cognitive decline that affects up to 75% of patients. Therefore, getting familiar with its patterns and interfering factors may lead to the minimizing of the adverse consequences.

Methodology: Seventy eight patients were chosen for ECT and entered the study through considering inclusion and exclusion criteria. The Mini Mental Status Examination was conducted 4 times before the protocol, and after the first, third and sixth sessions. The scores of this inventory and its four subtests were assessed during the protocol using the repeated measures ANOVA. In addition, the probable correlations among the scores, gender, age, and diagnoses were evaluated.

Results: Although an overall significant cognitive decline was noticed during the sessions, none of the subtests could prove the significance separately. The attention and calculation subtest, and the orientation and recall subtest showed a reductive trend while the scores of registration followed a mild rising pattern. The results were independent of the variables of age, gender, and diagnoses. The most important result showed a transient amelioration of the cognitive status after the third session that turned into a final reduction.

Conclusion: The cognitive decline shown by MMSE and its subtests (except the registration) is compatible with previous studies. Besides, the transient cognitive improvement after the third session could be explained by the initiation of the therapeutic effects and the remission of the disorder-induced cognitive decline before the appearance of the adverse cognitive consequences of ECT. The cognitive decline is more severe in females, probably due to the greater number of schizophrenics among male samples who suffer from a prior disorder-induced cognitive destruction.

Keywords: Electroconvulsive therapy, cognitive decline, Mini Mental Status Examination, psychiatric disorders

► A Comparison of the Coping Styles in Irritable Bowel Syndrome Patients and Healthy Individuals

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Abstract

Background: The irritable bowel syndrome is one of the wide-spread gastrointestinal disorders, where stress and tension play a major role in its onset, relapse, and severity. Therefore, the individuals' coping styles can have considerable effects on preventing that disorder and its deterioration. The current research was conducted in order to compare the coping styles in IBS patients and healthy individuals.

Materials and Methods: In this analytical cross-sectional study, the coping styles of 50 individuals diagnosed as IBS patients by gastroenterologists and 50 healthy individuals were compared. The data were gathered using the Lazarus and Folkman coping styles inventory and analysed via the multivariate analysis of variance.

Results: The findings of the current study demonstrated that individuals with IBS used emotional-focused coping styles, including confrontation, avoidance, self-controlling, and avoidance more significantly than healthy subjects ($P < 0.05$); they also used problem-oriented coping styles such as problem solving methods and acceptance less significantly than healthy subjects ($P < 0.05$).

Conclusion: The findings of this research generally indicate that individuals with the irritable bowel syndrome use emotional coping styles more frequently than healthy people. Therefore, by training the disorder-prone individuals in effective coping styles, the disorder and its severity can be prevented.

Keywords: Irritable Bowel Syndrome, coping styles, healthy individuals

► Virtual Reality: A Step Forward in Diagnosing Schizophrenia

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Abstract

Background: Diagnosing a heterogeneous disorder like schizophrenia is still being carried out based on the patients' report of their subjective experiences. The utilization of innovative computer-based technologies such as the virtual reality (VR) in objectifying such experiences has recently attracted the experts' attention.

Method: This study is a short review of the current evidences on applying the virtual reality in evaluating and objectifying schizophrenia diagnosis.

Results: VR provides a multidimensional and interactive environment where the formation of paranoid thoughts in various settings and patients' reactions to virtual characters can be assessed. In addition, VR offers a milieu to evaluate other aspects of the disorder, including cognitive deficits and negative symptoms.

Conclusion: Current studies have found preliminary evidences in favor of applying VR as an assessment tool for the spectrum of psychotic disorders with minimal adverse effects; however, further investigation is required to develop the field and define its exact utilization dimensions.

Keywords: Virtual reality, schizophrenia, diagnosis

► Virtual Reality: A Novel Approach to Rehabilitating Patients with Schizophrenia

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Abstract

Background: Since the first time schizophrenia was defined, various approaches have been developed to relieve the symptoms or improve the life quality of the people suffering from the disorder. Scientists all around the world are currently developing new techniques to treat and rehabilitate people with schizophrenia. One of the techniques is virtual reality (VR) that benefits patient through simulating the experience of performance in a variety of settings and interacting with virtual characters.

Method: This short review is conducted aimed at briefly introducing VR techniques to the scholars operating in the fields of psychiatry and rehabilitation.

Results: There are some evidences on using the virtual reality as an effective tool in boosting social and work-related skills in people with schizophrenia and increasing their motivation. People usually show more interest in generalizing skills. The particular advantage of this study was the improving of conversational skills, assertiveness and self-confidence.

Conclusion: Even though the VR technology has offered benefits in the rehabilitation and treatment of people with schizophrenia, the respective scholars argue that some limitations such as the high costs of the devices, the need for expert program writers, the necessity of designing completely new rehabilitation methods, and the lack of accessibility to some areas are the main drawbacks in the clinical application of this method; however, current technological advances have led to the developing of more user-friendly and easily accessed devices, as currently used successfully in the field of medical education by Iranian authors.

Keywords: Schizophrenia, Virtual Reality, Rehabilitation

► Comparison of executive performance in major depressive disorder patients with and without ADHD admitting to Shahid Beheshti Hospital in Zanjan in 2012

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Abstract

Introduction: ADHD is a psychiatric disorder characterized by inappropriate levels of lack of attention, irritability, impulsivity and hyperactivity. ADHD in adults with major depressive disorder is seen with a different outbreak. In recent years, vari-

ous studies have been conducted on the association between mood disorders and ADHD with executive performance. The present study was conducted to compare the executive function of major depressive disorder patients with and without ADHD.

Materials and Methods: The present cross-sectional study was conducted on 122 patients with major depressive disorder. Hamilton Depression Test was used to assess the presence of major depressive disorder and UDI criteria was applied to evaluate attention deficit hyperactivity disorder (ADHD) in adults. Patients were also evaluated for executive performance by Wisconsin card sorting test.

Results: The mean general error and other errors of patients with major depressive disorder with ADHD was 36.04 and 23.1, which was quite higher than the scores of; i.e. 26.91 and 12.16, respectively ($P = 0.0001$). There was no significant difference in the degree of error between two groups. There was a significant difference between two groups of (19.06) and major depressive disorder patients without attention deficit hyperactivity disorder (9.15) in terms of the mean of other errors and hospitalization. ($p=0.0001$)

Conclusion and suggestions: The present study confirms more severe function disorder in patients with ADHD and depression mainly in the domain of general error and other errors not incidence error and also acute phase of depression (hospitalization). It is advisable to use a healthy control group in future studies for comparison and homogenization of the groups in terms of demographic variables. Using a set of tests is more useful in evaluating executive function.

Keywords: Hyperactivity Disorder (ADHD), Major Depressive Disorder, Executive Function

► The Prevalence of Psychiatric Disorders and Its Related Factors in the Zanjan Lead and Zinc Company in Year 2018

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Abstract

Introduction: Due to the high prevalence of psychiatric disorders in various human societies, high rate of occupational and personal disruption, subsequent occupational, pharmaceutical and psychological and maintenance costs in the care centers, it is quite necessary to identify potential cases prior to destruction of the person's performance through primary and secondary prevention programs and screening; thus, the present study is conducted to identify the frequency of cases for subsequent interventional planning.

Methods: 347 employees working in Zanjan Lead and Zinc Company were selected randomly and categorized according to the volume of each manufacturing and administrative unit in the whole society. Initially, the Demographic Information Questionnaire and the SCL-90-R test were performed for all participants in the study; if SCL-90-R score of a subject turned out to be higher than the diagnostic cut, for them, DSM-IV clinical interview was conducted for them by a clinical psychiatric assistant. A semi-structured diagnostic test was used to control the degree

of diagnostic bias and the effect of the interviewer. After completing the sampling, the collected data was analyzed by SPSS 23. **Results:** 96% of subjects were male and 4% were female in the present study. On the other hand, 28% were between 20 to 30 years old, 45.5% were between 31 to 40 years old, 16.7% were between 41 to 50 years old and 0.9% between 51 and 60 years old. In this statistical society, 9.8% did not have job satisfaction, 28.8% had low job satisfaction, 47% had moderate and 14.4% had high job satisfaction. 8% had a history of mental disorders. Among studied subjects, 50.5% of Zanjan lead and zinc company employees healthy in terms of GSI mental disorders and the other 50% were suspected of mental disorders, 36% of whom turned out to have mild, 12.1% moderate and 1.4% severe mental disorders. The most common disorder was paranoid thoughts, and the least was physical complaints. The prediction of the general severity index of GSI psychiatric disorders based on the level of exposure to heavy metals was not significant at $P < 0.05$, indicating that the level of exposure to heavy metals is not related to the overall severity of psychiatric disorders and the prevalence of psychiatric disorders.

Conclusion and recommendations: According to the results, there was no significant relationship between the level of exposure to heavy metals and the severity of GSI psychiatric disorders as well as psychiatric disorders. The best predictor of GSI in employees of Zanjan Lead Company is job satisfaction; income and marriage are the second and third predicting factors. Also, the results of correlation coefficients show that age and number of children, employment history, income, job satisfaction and wife's job have negative and reverse relationship with general GSI psychiatric disorders ($P < 0.05$), meaning that with increasing age, number of children, employment record, income and satisfaction from work, the overall severity of psychiatric disorders is decreased and vice versa.

Therefore, the following recommendations seem to be practical:

1. Psychological screening of people working in hard conditions every six months or once a year
2. Surveying the serum level of people working in mines in terms of heavy metals and its relation with behavioral disorders
3. Necessary presence of work place medication in areas where physical and psychological hazards are only threatening factors for individuals

Keywords: Psychiatric Disorders, Lead, Zinc, Zanjan

► Comparison of the Effect of Sertraline and Nortriptyline on the Quality of Life of Stroke Patients

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Abstract

Introduction: Stroke is a neurological disorder that causes the loss of quality of life of patients, in acute cases, and depression at varying degrees in these patients. Serotonin reuptake inhibitors and triangular antidepressants used to treat depression and improve the quality of life of these patients. The present study was conducted to compare the effects of sertraline and nortriptyline on various aspects of quality of life and prevention of depression in stroke patients.

Materials and Methods: The present randomized clinical trial was conducted on 55 patients with the first episode of stroke admitted in the department of Neurosurgery of Vali-e-Asr Hospital in Zanjan with no history of depression in the first place; the subjects were randomly divided into two groups and they were treated with sertraline or nortriptyline for 6 months. Two variables of the rate of depression at the end of the study (Beck questionnaire) and dimensions of quality of life before and after the study (Nottingham Quality of Life Questionnaire) were investigated.

Results: The mean of all dimensions of quality of life and its overall quality improved after treatment with sertraline and nortriptyline. At the end of the study 17.9% of patients treated with sertraline and 37% of patients treated with noreptyline developed moderate to severe depression (P value = 0.23).

Conclusions and recommendations: Administration of sertraline and nortriptyline improved the quality of life dimensions and its total rate in patients. Also, the two medicines were compared in terms of the effects of depression prevention, both of which turned out to be quite effective. Despite being effective, these two medicines were not statistically significant in comparison to each other; they were, rather, clinically significant and the effect of sertraline turned out to be stronger than nortriptyline; therefore, both medicines are recommended to treat cases of depression depending on the conditions of the patients.

Keywords: Sertraline, Nortriptyline, Stroke, Quality of Life, Depression

► The Effectiveness of The Mindfulness-Based Therapy in Self-Efficacy of Chronic Pain Patients

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Abstract

This study was conducted aimed at determining the effectiveness of the mindfulness-based therapy in increasing the self-efficacy of chronic pain patients in the city of Bushehr. The statistical population consisted of all chronic pain patients in the city of Bushehr. The research sample was selected by attending doctors' offices, physiotherapy clinics, and psychological counseling centers. The final sample was selected from among those individuals who had volunteered, and eventually 50 subjects met the criteria to be included in the group of intervention. The subjects were randomly divided into two groups (the experimental group and the control group). Both groups completed the research instruments at the pre-test and post-test stage. The instruments used included the Scherer general self-efficacy scale and the Nicholas pain self-efficacy questionnaire. Intervention was applied to the experimental group in 8 sessions of 90 minutes a week. The data were analyzed using the statistical test of MANCOVA. The results showed that the mindfulness-based therapy improved the pain self-efficacy of the experimental group compared with the control group. The findings also suggested that the mindfulness-based therapy approach could be used by mental health professionals as an effective interventional method to increase self-efficacy in chronic pain patients.

Keywords: Mindfulness-based therapy, self-efficacy, chronic pain

► Using psychodynamic formulation concepts to enrich the relationship between the therapist and the patient in psychiatry

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Abstract

As we know, establishing an effective therapeutic relationship between the therapist and the patient is the first and most basic step in the diagnosis and treatment of psychiatric disorders. In this regard, psychodynamic formulation is a method based on the principles of psychoanalysis and an analytical approach that, along with the usual psychiatric interview, can be helpful in improving the relationship with the patient and general attitude toward his problems. Psychodynamic formulations can be applied, not in a purely psychoanalytic way, but even in the approach of a non-psychoanalytic psychiatrist, which leads to a deep and comprehensive understanding of the patient's problems and psychosocial processes, enabling admission to a more rigorous and deeper relationship between the therapist and the patient. In this method, the primary goal is not to treat the disease, but to help you understand the patient as a human being. In this approach, psycho-psychological forces are explored in the depths of the psyche of the individual in order to reveal resistances and penetrate into the subconscious mental depths, transfusion and interplay effects, and defense mechanisms; it tries to predict probable issues that are present in the treatment process and take necessary measures to manage them, and establish a safe and proportionate relationship with the patient through understanding the meaning of the treatment from the patient's perspective. In this regard, the therapist should be able to put patient issues in form of formulation models, including Ego psychology, self-psychology, Object-Relational Model; the he/she must implement the appropriate process to form the most effective therapeutic relationship. Given the importance of dreams in accessing unconscious psychology, this aspect should also be used in the psychodynamic approach.

Conclusion: Psychodynamic formulation is an effective and efficient way of understanding the patient and his problems comprehensively; by providing a profound understanding of the patient's mental health, this approach helps the therapist to adopt a technique that leads to more patient collaboration and more effective treatment.

Keywords: psychodynamic formulation, therapeutic relationship, psychosocial model, conflict

► The effect of post-clearance care of patients with acute psychological diseases on caregiver burn out in Qods Hospital in Sanandaj

Abstract

Introduction and background: caregivers of patients with

psychological diseases are in fact the backbone of health and treatment services; they, actually, can be considered as patients themselves because their commitment and obligation to take care of a patient in the family can lead to psychological deterioration. The present study was conducted to determine the effect of post-clearance care (home visit) of acute psychological patients on caregiver burn out in Qods hospital in Sanandaj.

Materials and Methods: The present pre-test and post-test study with a control group was conducted on 72 individuals, in two groups of case and control each with 36 subjects, who took care of psychiatric patients discharged from Sanandaj Psychiatric Hospital in 2016. The case group included patients who had received home visit after discharge, but the control group received only normal post-discharge services; collected data has been presented using descriptive-analytic indexes.

Findings: The results of the present study showed that the majority of caregivers (95.8%) suffer from moderate to severe burnout after hospital discharge. Using the Kolmogorov-Smirnov test, the scores of the two groups in the pre-test indicated the hypothesis of the normalization of the data ($p = 0.55$). Also, the significance level in the covariance test ($p = 0/000$) indicated the effectiveness of the intervention during post-test phase.

Conclusion: The majority of caregivers of patients with severe psychological diseases in our study turned out to suffer from moderate burnout, which seems to be higher than other similar studies; this inconsistency can be due to differences in the studied population, cultural differences and regional specific conditions, as well as the type of questionnaire used in the study. However, despite the mentioned points, consistent with other similar domestic and external studies, home visit turned out to have a significant effect on reducing the burnout of caregivers after one year of intervention.

Keywords: Caregiver, Psychiatric Diseases, Caregivers' Burnout

► Changes in Brain Wave Pattern after Medical Treatment of Aggressive Behaviors in Patients with Major Depressive Disorder

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Abstract

Introduction: Depression-stimulated aggression is a very common and problematic disorder that puts a huge burden on the families that have depressed patients. Therefore, the diagnosis

and effective treatment of this disorder is very important. The brain wave of patients suffering from this disorder was compared before and after successful treatment and the differences were interpreted. Although brainwaves have been studied abundantly in the domain of depression, there was no study conducted to assess depression and aggression simultaneously.

Methods: Twenty-three patients diagnosed with the standard of aggression and major depression, as determined by a psychiatrist, were successfully treated by medication (a clinical trial published in 2017). Brain recording of single-channel brainwaves was performed from the C-point before and after treatment, and frequency bands were measured by quantitative analysis of brain waves and compared before and after treatment.

Results: Significant changes in brainwaves included the increase in Theta / Beta, SMR, Beta, Theta, Delta, and Wide Band after treatment. Other cases did not change significantly and were similar before and after the treatment.

Conclusion: Based on the findings of the present study, brain wave pattern indicates significant changes which, overall, confirms the decrease in arousal and increase in attention and concentration after the treatment of depression-stimulated aggression. These changes, if approved in more extensive studies, can be helpful in designing a neuro-feedback treatment protocol.

Keywords: Aggression, Depression, Brain Waves, quantitative brain wave, Neuro-feedback

► Different Patterns of Personality Elements in Iranian Patients with Major Depression

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Abstract

Introduction: Depression is one of the most common psychiatric disorders which put a huge burden on individuals and society. Personality elements are based on the nature and character of depressed patients in different countries. Since the pattern of personality elements have varied considerably among people of different nations, including Iranians, one wonders whether or not these elements differ among depressed Iranian patients.

Methods: 160 patients diagnosed with standard major depression, determined by a psychiatrist, and 145 healthy subjects with similar characteristics participated in the present study as the control group. The participants were all Iranian; the mean age of the patients was 31.31 ± 9.15 years and that of the control group was 32.72 ± 10.15 . Personality elements were evaluated by TCI-125 questionnaire and these elements were compared between the case and control group subjects.

Results: Novelty seeking elements in the nature and self-expression in the genus were similar in patients and control group. Other elements shows significant or very significant changes;

these elements included increasing risk aversion, rewarding and persevering in nature, as well as self-directed and cooperative nature of patients.

Conclusion: While, similar to the present research several studies have associated risk aversion and self-directed behaviors associated with depression, the present study suggests the relationship between high rewarding and persistent relationship, and low cooperation with depression among Iranian patients; this difference can be due to the cultural and social differences of Iranians, especially in the field of relations of people in our country.

Keywords: depression, personality elements, nature and traits, Iranian patients

► Celecoxib Added to the Mood Stabilizer to Treat Acute Mania: A Randomized, Triple-Blind, Placebo-Controlled Trial

Main title: Celecoxib Added to the Mood Sabilizer to Treat Acute Mania

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Abstract

Background: The inflammatory processes of brain contribute to the aetiopathogenesis of acute mania. Cyclooxygenase-2 (COX-2) inhibitors such as celecoxib reduce the production of pro-inflammatory cytokines. The purpose of the present study is to assess the efficacy of celecoxib in treating acute mania.

Methods: A triple-blind and placebo-controlled trial was conducted for 58 patients who met the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) criteria for acute mania screening to participate in the trial used by the study. Twenty three patients were assigned to a study group and were given valproate sodium 200 mg /BD as well as celecoxib 400 mg/day (200 mg BID). The control group included 22 patients who were administered with valproate sodium 200 mg /BD and placebo. The patients were assessed by a psychiatrist at baseline 0, after 9, 18 and 28 days from starting to receive the medication .The data were analyzed using the Statistical Package for Social Sciences)SPSS (version 11.5 ,the two-way repeated measure analysis of the variance ,the Fisher's exact test ,and the t-test .P ≥0.05 was considered to be statistically significant.

Results: A total of 58 patients were screened, and 45 patients were randomized. Most of the participants in celecoxib group were male (55%), and most of them in the placebo group were female

(75%). There were no statistically significant differences among the groups regarding the number of episodes, gender, marital status, the past medical history and the family history (P value ≥0.05). A significant difference was observed in the change of the scores on the Young mania rating scale (YMRS) at week 4, compared with the baseline in the groups of patients (P value= 0.04).

Conclusion: The results of the current study suggested that celecoxib can be an effective adjuvant agent in managing patients with acute mania and that anti-inflammatory therapies should be further investigated in treating patients.

Keywords: Celecoxib, clinical trial, acute mania

► Torsades de Pointes on Chronic Methadone Use

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Abstract

Introduction: Torsades de pointes may occur secondary to medication-induced prolonged QTc interval on ECG. Number of medications makes the patient prone to this deadly tachycardia.

Case presentation: We report four cases of methadone-induced Torsades de pointes.

Conclusion: ECG was normal after slow, gradual discontinuation of methadone and the patients were ready for discharge.

Keywords: Torsades de pointes, methadone, prolonged QTc, ECG

► The Effect of Melatonin on the Sleep Quality of Patients at Post CUU

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Abstract

Background: Melatonin is effective in reducing insomnia, reducing the delay in going to bed, reducing the number of wake-ups when asleep, and treating insomnia and sleep disorders. It is also more effective than benzodiazepine. Using this medication can be very effective in reducing the sleep length and setting the biological clock in patients. Therefore, considering the

above-mentioned points and the importance of sleep in patients with a history of illness, this study has been designed and implemented on patients suffering from sleep disorders, admitted to the Post CCU of Sayyad Shirazi Hospital.

Material and Method: This study is a clinical trial performed on patients admitted to the Post CCU department of Sayyad Shirazi Hospital in the city of Gorgan, in 2017. In this study, 110 patients were enrolled. In the end, 12 patients were excluded from the study, and 98 patients were included who were examined. The samples were randomized. The samples were randomly divided into two groups and received melatonin and placebo. The first patient entered the melatonin group and received medicine, and the second one entered the placebo group and did not receive medicine. This process continued until the end of the sampling process. A checklist was also provided to complete the demographic attributes of the patients. The instrument used to determine the sleep quality of the patients was the Pittsburgh sleep quality questionnaire.

Results: In each group, 30 patients (61.2%) were male and 19 patients (38.8%) were female. The mean age of the melatonin group was 55.04 ± 8.12 years, and it was 56.02 ± 7.8 years for the placebo group. In this study, the overall score of the sleep quality for the melatonin group before intervention was 14.95 ± 1.48 , and the average score of that factor after intervention was 11.66 ± 1.50 , being statistically significant based on the T-paired test. In the placebo group, the overall scores of the sleep quality before and after intervention were 15.48 ± 1.47 and 15.24 ± 1.71 , respectively, not being statistically significant ($p = 0.129$). Also in the melatonin group, the score of the overall sleep quality was 11.65 ± 1.50 after intervention, being lower than that of the placebo group, i.e. 15.24 ± 1.71 , based on the independent t-test ($p = 0.0001$). In the placebo group, the score obtained for the sleep time, sleep efficiency and sleep disturbances was significantly higher for the period after intervention than before the intervention, being statistically significant. However, in terms of the mental quality of the sleep, the score was less before intervention, being statistically significant ($p = 0.000$). In other subscales, the changes before and after intervention were not significant. However, the scores for the melatonin group decreased in all subscales after intervention, with all of them being statistically significant. In addition, the correlation between the effect of melatonin on the patients' sleep quality and various factors such as age, gender, reason for hospitalization, and the living place were investigated, and after evaluation, it was demonstrated that the effect of these factors on the sleep quality was not statistically significant, being unaffected by those variables.

Conclusion: Based on the results of the current study, the sleep quality score of the patients admitted to CCU improved before and after 14 weeks of using melatonin compared to the placebo group, and it demonstrated a quality improvement. According to this finding, Melatonin can be used by patients suffering from sleep disorders to improve their treatment quality and life quality as a result of the improvement in their sleep quality.

Keywords: Melatonin, Post CCU, sleep disorders

► The Effect of Methylphenidate (Ritalin) on Intelligence Quotient (IQ) in Children with Attention Deficit-Hyperactivity Disorder (ADHD)

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Abstract

Background: The Attention Deficit - Hyperactivity Disorder is described as a repetitive pattern of hyperactivity, impulsivity, and inattention that often begins before the age of seven. Children with ADHD are reported to be 9 points lower in the IQ score than children without ADHD. Therefore, the present study has been conducted to compare the IQ scores before and after treatment with Ritalin in children with ADHD and their IQ scores with those of non-ADHD children in the city of Gorgan, in 1396.

Material and Method: Based on the inclusion criteria, 41 children with ADHD and 41 non-ADHD children were included in the study. All children went through Wechsler's IQ test. After the test, children with the hyperactivity/attention deficit disorder were treated with standard Ritalin. Six weeks after the treatment, Wechsler's IQ test was repeated for the affected group. Data were analyzed using SPSS software version 18.

Results: In the group with the hyperactivity/attention deficit disorder, 29 individuals (70.7%) were male and 12 individuals (29.3%) were female, and in the non-affected group, 24 individuals (58.5%) were male and 17 individuals (41.5%) were female. The scores of the Wechsler Intelligence Scale were evaluated before and after treatment with Ritalin (based on the paired t-test). In general, the IQ score, the total verbal intelligence score, the total functional intelligence scores, and all sub-scales increased significantly. The Wechsler Intelligence Scale in the ADHD group was evaluated and compared with a healthy group (the independent t-test) after treatment. The total IQ score, the total verbal intelligence score, and the total functional intelligence scores, and all sub-scales increased significantly. The scores of the ADHD group were significantly lower than those of the healthy group after treatment.

Conclusion: The results of the current study indicate that methylphenidate may increase the ADHD children's intelligence, and the increase was clearly seen in the total intelligence and verbal and functional IQ sub-scales, but the IQ scores of the treated group were less than those of the healthy children, before and after treatment. These findings may be crucial in treating ADHD children and suggest that drug therapy can affect many aspects of these children, including their cognitive aspects.

Keywords: Methylphenidate, Ritalin, Intelligence Quotient, Attention Deficit-Hyperactivity Disorder

► Assessment of the Relationship Between the Severity of Psoriasis and the Prevalence of Depression in Patients with Psoriasis and Healthy Subjects Referred to Dermatology Clinics

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Abstract

Background: Psoriasis is a systemic inflammatory disease and the most prevalent recurrent chronic skin disease that affects almost 2% of the population and may occur at any age. This chronic disease changes the patients' appearance, impairs their mental image of themselves, and leads to rejection from society, isolation, personality disorders, depression, low self-esteem and weakened position within the family. As no permanent recovery is obtained by the patients through using medications, psychiatric interventions can lead to improvements in these patients' life quality. An accurate assessment of the relationship between the disease severity and its psychopathology has not been made so far in the Iranian society, so the researchers of this paper decided to assess the relationship between the disease severity and the depression rate in patients with psoriasis who referred to dermatology clinics in the city of Gorgan in 2016-17 and compare the results with the healthy subjects.

Material and Method: In this case-control study, 68 patients with psoriasis referred to dermatology clinics in the city of Gorgan in 2016, and 68 normal controls were examined for depression using the standard Beck (Beck II) test. The severity of the disease was calculated based on the Psoriasis Area Severity Index Score (PASI Score). The data gathered were analyzed using statistical tests at the confidence level of 0.95 and the statistical power of 0.9, using SPSS software (version 18).

Results: The current study evaluated 70 patients with psoriasis who referred to dermatology clinics in the city of Gorgan in 2016-17 and 70 healthy subjects as controls. In each group, 22 subjects were male (31.4%) and 48 subjects were female (68.6%). The average disease severity was $35/17 \pm 27\%$. With an increase in the severity of psoriasis, the rate of depression increased among the patients ($P=0.0001$). The mild, moderate, and severe depression rate was higher in the case group than the control one. This difference was statistically significant ($p=0.0001$).

Conclusion: Depression symptoms are remarkably observed in psoriasis patients and the rate of such symptoms has been higher in patients than healthy individuals; moreover, these symptoms have had a significant correlation with the severity of psoriasis.

Keywords: Depression, psoriasis, Beck II

► Comparison of Satisfaction with Marital Life Before and After Couple Relationship Quality Improvement Educational Interventions in an Iranian Sample

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Abstract

Objective: The present study was conducted to compare satisfaction with marital life before and after couple relationship quality improvement educational interventions in an Iranian sample.

Methods: The present case-control study was conducted with control group in Kermanshah health centers on women experiencing their first 5 years of marital life. After final drop, 67 subjects were categorized in the intervention and 64 subjects in the control group. Initially, demographic information questionnaire, the Enrich and CTS2 paired scales was completed. Then, 3-hour two sessions, a class and a marital satisfaction enhancement workshop were presented for the subjects in the intervention group. Immediately after training, the Enrich and CTS2 paired questionnaire were completed again by the intervention group subjects. A month later, both groups were re-evaluated using these two questionnaires.

Results: There was no significant difference between the two groups in terms of demographic characteristics and quantitative and qualitative scales of the questionnaires prior to the intervention of the implementation. However, the subscales of negotiation, aggressive negotiation and CTS2 victim negotiation increased significantly one month after the intervention in the case group in comparison with the control group (P. Value of 0.013, 0.282, and 0.008). Based on the qualitative categorization, there were significant differences between the two groups in the subscales of negotiation and CTS2 victim negotiation with p. value of 0.034 and 0.007, and a greater percentage of the case had strong negotiation potentials. The changes in scores of Enrich questionnaire were not significant in any groups of control and case.

Conclusion: Despite significant improvement of the conflict resolution indices during the study period in the intervention group, there was no significant difference in Enrich marital satisfaction scale between the two groups, indicating the effect of other factors other than education and participation in the educational class.

Keywords: Satisfaction, Marital Life, Educational Interventions

► Investigating the Mental Health of Addicts and the Role of Storytelling in Group Therapy of Addiction

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Abstract

Introduction: Is there a one-to-one relationship between physical states and biological factors? Are psychological problems contributing to disease progression? Does one's thoughts, emotions and motivations possibly contribute to the disease or its improvement? Who do someone gets passive while others endure and overcome disasters?

This branch of psychology was first recognized in 1979 by the establishment of the Department of Psychology of Health (Section 38) at the American Psychological Association.

Generally speaking, this science can be defined as the systematic application of psychology in the fields of health, disease and health care systems. The American Psychological Association defines this science in more detail: a series of educational, scientific and professional contributions to psychology to promote and maintain health, prevent and treat illness, diagnose causative and diagnostic health, disease and relevant functional disorders, as well as analyzing and improving the health care system and shaping health policies.

Health psychologist needs information about medical terms to understand diseases better and communicate with medical professionals more effectively. By exploring the meanings of various verbal derivations, such as roots, prefixes, and combining them with medical terms, the psychologist seeks to understand the meanings of the medical vocabulary easily. Also, this chapter discusses the following physical devices: skeletal system, muscle, cardiovascular, respiratory, digestive, nervous and immune systems. The other part of this chapter is devoted to research methods used in this science, including true, correlational, retrospective, prospective, transverse, longitudinal, and field-based experiments. Evaluation methods, such as desk review, interviews, questionnaires, and observation of objective situations, are discussed.

Keywords: Addiction, Mental health, Storytelling therapy, group therapy, health psychology

► Sex Education for Patients with Severe Mental Illness-The Role of the Family: A Qualitative Study in Iran

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Abstract

Background: The aim of this qualitative study is to explore the role of the family in sex education for patients with severe mental illness in Iran.

Method: A total number of 20 interviews were conducted with 4 patients, 5 family members, 6 psychiatrists, 1 general practitioner, 2 nurses and 2 psychologists. The interviews have been conducted by 2 psychiatrists and a Ph.D. degree specializing in reproductive health care. All participants were recruited through purposive sampling. Conventional qualitative content analysis was done.

Results: In this qualitative study, the mean age of patients and families were 33 years old (17-49) and 50 years old (29-60), respectively. The mean age of clinicians was 59 (49-70). The clinicians have more than 5 years of experience in treating patients with severe mental illness.

The role of family is described in 2 categories which are: "Family members` attitude to the sexuality of the patient" and "the role of the family in assisting patients."

Furthermore, the category "family members` attitude to the sexuality of the patient" consists of 2 subcategories: "Obtained information from the community" and "incorrect personal beliefs."

The families have obtained their information from various sources such as acquaintances, others family members, the media, informal social activists networks and health care providers. Also, "the role of family in assisting patients" consists of 2 subcategories: "The role of family members in relation to the patient" and "the role of family members in relation to themselves."

Some other sub subcategories are "support", "supervision" and "acceptance of the patient's capabilities".

Conclusion: Families are concerned about the patient's sexuality

and cultural issues may impose challenges in Iran. Families may feel ashamed to make inquiries from the patient in regards to sexual issues. They may have the same feeling in transferring these concerns to clinicians. Family education about patient's sexuality should be integrated in a comprehensive rehabilitation program. Family awareness on sexuality in patients with severe mental illness and a good relationship between patients and caregivers can facilitate patient- clinician communication. Although patients should be supervised by families, it is necessary to be aware of excessive protectionist behaviors towards the patient and developing an emotionally super charged environment.

► A Comparison of Rumination and Self-Conscious Effects in Patients with the Obsessive-Compulsive Disorder and Overweight and Normal People

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Abstract

This study is conducted aimed at comparing the rumination and role of self-consciousness among obsessive-compulsive, overweight, and normal individuals. The present paper is a causal-comparative study. The statistical society is comprised of all individuals diagnosed with the obsessive-compulsive disorder in Avicenna Hospital, and those who have referred to nutrition clinics in Shiraz (1396). From among them, a sample of 90 people, including 30 obsessive-compulsive, 30 overweight, and 30 normal individuals was considered for the research. The 30 obsessive and the 30 overweight individuals were selected through the available sample, and the 30 normal subjects were selected by random sampling. The instruments for measuring the research were Nullen Huxima's rumination questionnaire and Tangeni's Atefeh Qobah's questionnaire distributed among the sample population. In order to analyze the data at the inferential level, the multivariate analysis of variance was carried out to examine the hypotheses. The data analysis results showed that there was a significant difference between obsessive-rumination and obsessive-compulsive subjects with normal people. In addition, the findings showed that there was a significant difference between the obsessive-compulsive individuals and overweight patients with normal people.

Keywords: Rumination, self-conscious effect, obsessive-compulsive disorder, overweight

► The efficacy of Adding Folic Acid to Sodium Valproate in treating patients with Acute Mania

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Abstract

Background and purpose: Acute mania attack in type 1 bipolar disorder (BMD I) is a serious psychiatric emergency with adverse and personal and social adverse effects. Several clinical studies have also been conducted on the role of folic acid in mood disorders. These studies have shown that not only depression symptoms are the most common neuropsychiatric manifestations of folate deficiency, but also many patients with major depression and both bipolar disorder have low serum folate concentrations. Studies on the efficacy of this folic acid regimen are very limited in the treatment of mania in patients with bipolar disorder. Therefore, the aim of this study was to determine the effect of simultaneous use of folic acid and sodium valproate in the treatment of acute mania in patients referred to the Gorgan-Azad hospital in 2017-2018.

Materials and methods: In this clinical trial study, 60 patients with inclusion criteria and no exclusion criteria will be included in the study. In both case and control groups, sodium valproate starts at 400 mg / day and at most up to 20 mg / kg / day or the highest dose that the patient can withstand will increase. In addition to sodium valproate, the case group will receive one tablet of folic acid 5 mg daily and the control group will receive one placebo tablet (lacking medicinal properties). Since the study is designed in a blind way, therapists and prescribing nurses do

not know the type of medication prescribed to patients all of the patients at the beginning of the study, at the end of the third week and at the end of the sixth week, tested with Young Mania Rating Scale (YMRS) and Mini-mental state examination -1.

Results: Of the 49 patients under study, in folic acid group 11 (45.8%) cases were male and 13 (54.2%) were female. In the placebo group, 12 (48%) were male and 13 (52%) were female. The mean age of folic acid group was 35.12 ± 10.97 and in the placebo group was 34.00 ± 7.98 years. The mean score of Mini-mental state examination-1 test at the beginning and the third week was not statistically significant between the two groups, but at the end of the sixth week, there was a significant difference in the folic acid treated group compared to the placebo group ($p = 0.0001$) Mean Young Mania Rating Scale scores did not differ significantly between the two groups at the beginning, but at the end of the third and sixth weeks, there was a significant decrease in the folic acid treated group compared to the placebo group ($0.0001 = p$) In the group treated with folic acid, the reduction in the Young Manic Test score was significantly higher than the placebo group. ($P = 0.0001$), which was significantly lower among men and age more than 33 years of age. ($P = 0.0001$)

Conclusion: Highly folic acid (5 mg / day) supplementation in patients with type 1 bipolar disorder in a manic phase that is treated with sodium valproate is recommended at least six weeks after the onset of treatment and due to the lack of a negative effect on the cognitive problems of patients and the absence of significant side effects, it can be used as an adjuvant for the treatment of acute mania.

Keywords: Bipolar mood disorder, sodium valproate, folic acid

► **A**

A Armani kian	168
A Esmailzadeh	168
Ahmad Ali Noorbala	165
Alireza Farnam	171, 172
Alireza Heidari-Bakavoli	173
Alireza Khoshdel	165
Ali Reza Shafiee Kandjani	164
Ali Talayi	173
Arezoo Mehrara	172
Arsia Taghva	165
Aso Zarei	175
Atefeh Zandifar	168
Azadeh Rahavi	158, 159
Azar Heidarzadeh	171
Azita Manshoori	158

► **B**

Behrang Shadloo	160
Bentolhoda Mousavi	169
Borzooyeh Naji	168
B Vahdani	168

► **E**

Elham Razagh Karimi	172
Esfandiar Siahkamari	167

► **F**

Farbod Fadai	162
Farhad Avakh Kisomi	165
Farhad Faridhosseini	173
Fariba Tabe Bordbar	176
Fatemeh Dehghani Arani	159

Fatemeh Hosseini	162
Fateme Hosseini	164
Fateme Hosseini Biouki	164
Fazaelipour Zahra	162
Firoozeh Derakhshanpoor	174, 176

► **G**

Ghasem Dastjerdi	158
Gholam Reza Chalbianloo	172

► **H**

Habib Shoja	164
Hamideh Esmailnejad	158
Hamidreza Toufghi	160
Hossein Ali Pahlevan	168
Hossein Dadashzadeh	172
Hossein Ebrahimi	165
Hossein Ghafeleh Bashi	167
Hossein Namdar Areshtanab	165
Hossein Shekary	163

► **J**

Javad Alaghband-Rad	160
---------------------	-----

► **L**

Leila Hosseini	173
Lida Ali-Akbar Shirazi	159

► **M**

Mahboobeh Eslamzadeh	173
Mahshid Khazaei	167
Majid Khadem Rezaeian	173
Majid Zare Bidaki	169

Maryam Akrami	164
Maryam Sheykh Harooni	159
Maryam Vahidi	165
Marzie Assareh	168
Masood Rahmanian	158
Masooome Zamanloo	172
Mehri Nejat	159
Meysam Poorgholami	173
Mina Shabani	169, 170
Mitra Farhoodi	161
Mitra Judy	174
Mitra Molaei	161
Mohadeseh Besharati	158
Mohammad Ahmadi	163
Mohammad Alinazari	172
Mohammad Ebrahim Ghanei	164
Mohammadreza Hosseinpour	164
Mohammadreza Mokhtaree	158
Mohammadreza Shafipour	158
Mohammad Talebpour	164
Mohammad Talebpour Ardekani	164
Mohammad Zaman Kamkar	173
Mohsen Zamir	167
Mojtaba Yasini	162
Monirehsadat Mirzadeh	167

► **N**

Najmeh Shahini	173
Najmeh Vadiee	176
Narges Ghanei	159
Navideh Nezami Majd	161

► **P**

Peyman Rad	173, 174, 176
------------	------------------

► **R**

Rahim Badrfam	168
Reza Bidaki	158, 159, 162, 164
Reza Kazemi	160, 161
Reza Rostami	159, 163
Rosa Alikhania	169
Roya Noursrati	160

► **S**

Saeid Mohtasham	161
Sajad Yosefi	163
Salman Safa Khanloo	172
Samira Ahrari	173
Samira Masumian	167
Sara Hosseini	173
Sara Mashhadinezhad	173
Sara Sardashti	163
Seyede Asma Hossein Ashrafi	173
Seyyedeh Atefeh Hosseini	174
Shokooh Shahsavarfard	158
S Mazloomzadeh	168
Somayeh Shokrgozar	161
Somayyeh Nozari	159
Sonia Dideh Roshani	160, 161
S Zenoozian	168

► **V**

Vandad Sharif	160
---------------	-----

► **Z**

Zohreh Rafezi	168
---------------	-----