



**INTELLECTBASE INTERNATIONAL CONSORTIUM**  
Academic Conference, Bangkok -Thailand, Mar. 15-17, 2012  
Intellectual Perspectives & Multi-Disciplinary Foundations



**Oral presentation**

**Effect of Teaching of Coping Strategies on Level of Depression, Anxiety and Stress in Yasuj Special Patients**

**Mohammad Zoladi\***, Fazlollah Fatemian Rad\*\*, Hessameddin Nabavizadeh \*

\*Research Center of Social Factors Affecting Health, Yasuj University of Medical Sciences, Yasuj, Iran

\*\*graduate from Islamic Azad University Arsenjan branch, Arsenjan, Iran

**Introduction:** lack of awareness and having fear for treatment, lack of assurance for returning to the health condition, changing the mental image from body original, from therapeutic methods and the probability of making problems and familial difficulties cause the mental reactions such as stress, anxiety and depression be created in chronic patients. Since, the specific patients are considered as chronic patients, so the present study has been accomplished for the purpose of determining the effect of training methods against depression, anxiety and stress in specific patients.

**Methods:** This study was accomplished on 30 persons of specific patients who've gone to shahid Beheshti hospital of Yasuj in 2008-2009 and this study was done through a quasi-experimental design. The used tools were the specialized questionnaire of depression, anxiety and the stress Doss- 42 along with a demographic questionnaire. Five one and half an hour sessions of coping strategy were held for the test groups .The statistical couple T-tests and independent tests were used for investigating the data.

**Results:** There was no significant statistical difference in the range of depression , anxiety and stress between two groups before interference , but after interference , a significant difference was observed in the range of stress and anxiety in the groups of test and witness ( $p<0/05$ ) .

**Conclusions:** With respect to above, training coping strategy has been effective and statistically significant for decreasing the stress and anxiety of specific patients and can't decrease the depression of these patients relatively.

**Key Words:** specific patients, coping strategy, depression, anxiety, stress