The relationship of Self-Differentiation with Stress-Coping Strategies and Suicide in Patients with Mood Disorders

Saeed Vaghee¹, Azam Salarhaji², Amir Rezaei Ardani³, Seyedreza Mazlom⁴, Nastaran Vaghei⁴, Farzane Alizadeh*⁵

¹- Evidence Based Care Research Centre, Instructor of Psychiatric Nursing, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran
²- Department of health, Neyshabur University of Medical Sciences, Neyshabur, Iran
³- Assistant professor of psychiatry, Psychiatry and Behavioral Research Center, Mashhad University of Medical Sciences, Mashhad, Iran
⁴- Evidence Based Care Research Centre, Instructor of Medical-Surgical Nursing, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran
⁵- Student Research Committee, Faculty of Medicine, Mashhad Islamic Azad University, Mashhad, Iran

*Corresponding Address: midwifery and nursing school, Ibn-e-sina St., Doctora Intersection, Mashhad, Khorasan razavi, Iran
Email Address: Email: alizadeh901@mums.ac.ir
Tel: 09155158328

Abstract

Background & Aim: Obesity Mood disorders are among the most prevalent psychiatric diseases which occur due to ineffective coping strategies; thus, investigation of its related factors is of importance. This study was conducted to determine the relationship of Self-Differentiation with Stress-Coping Strategies and Suicide in Patients with Mood Disorders.

Methods: In this correlational-descriptive study, 146 patients with mood disorders hospitalizing in Ibn Sina Psychiatric Hospital were selected by convenience sampling. Data were collected using Beck scale for suicide, Skowron & Smith's differentiation questionnaire and coping strategies (Billings & Moos). Data were analyzed through Spearman correlation coefficient and multiple linear regression tests by SPSS 11.5.

Results: There was a significant positive correlation between dimensions of self-differentiation and problem-focused coping strategies (p=0.001), while there was a significant inverse correlation between dimensions of self-differentiation with emotion-focused coping strategies and suicide (p=0.001).

Conclusion: Regarding the relationship between self-differentiation with coping strategies and suicide, psychiatric nurses and nurses are recommended to implement training in self-differentiation for patients with psychiatric disorders.

Key words: Adaptation, Psychology, Suicide, Mood Disorders