

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

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### ***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