

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

Saeed vaghee<sup>1</sup>, azam salarhaji<sup>2</sup>, Amir Rezaei Ardani<sup>3</sup>, Seyedreza Mazlom<sup>4</sup>, Nastaran Vaghei<sup>4</sup>, Farzane Alizadeh<sup>\*5</sup>

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

6- MS in Psychiatric Nursing, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran

**\*Corresponding Address: midwifery and nursing school, Ibn-e-sina St., Doctora**

**Intersection, Mashhad, Khorasan razavi, Iran**

**Email Address: Email: alizadehf901@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