

P02-73 - STRESS AND MENTAL HEALTH IN CRIMINALS SERVING A SENTENCE IN PRISON AND SERVING ANOTHER ALTERNATIVE PUNISHMENT: A COMPARATIVE STUDY.

S.A. Musavi¹, **M. Rahimnia**², M. Ebrahimzadeh³

¹Psychology, *Salamat Gostar (Addiction Treatment and Rehabilitation Center)*, ²Psychiatry, *17 Shahrivar Hospital*, ³Psychology, *Tonekabon University, Borazjan, Iran*

Aims: To compare stress and mental health in criminals serving a sentence in prison and serving an alternative punishment.

Method: 120 offenders were randomly selected (60 in prison (imprisoned group=IG), 60 undergoing an alternative punishment (Not Imprisoned Group=NIG)), and were assessed using SCL90-R and Coudron's Stress Scale.

Results: All of 9 Symptom Scales of SCL90-R and levels of stress in the Stress Inventory were significantly higher in IG than NIG.

Conclusion: These findings suggest that other alternatives for prison (fines, punishment suspension, deprivation of social rights, restricted liberty...) have the advantage of better mental health and less stress experience by convicts; factors crucial for the criminals' rehabilitation and social adjustment.