

P03-427

THE SURVEILLANCE OF MENTAL HEALTH AND THE STRATEGIES THAT FAMILIES OF THE PATIENTS WITH SEIZURE NEED TO COPE WITH STRESSES

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Introduction: Seizure is a common disease happening in all countries that surely affects life style of patient and his/her family; such patient needs helps of others to obviate his/her needs and delayed help leads to mental health impairment of the patient and his/her family.

Method & materials: This was a descriptive-correlative study in which 150 ones of patients families were selected via the systematic sampling method.

We used three kinds of questionnaires to gather data including personal information questionnaire, General health questionnaire and Carver-Scheier-Veintrab's questionnaire of stress coping Strategies.

Findings: The results showed that 56.7% of investigated units had inappropriate state of mental health and 92% used moderate-level guidelines to cope with stresses.

The majority of family members of the patients with seizure (93.8%) had moderate level of mental health and similarly used moderate-level stress coping strategies($P=0.000$, $S=0.3$).

Conclusion: The findings of this study can result in a new plan to elevate the mental health level and also can train families of the patients with seizure and other chronic diseases how to cope with stresses.