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کودک و نوجوان

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Mental disorders in adolescence are associated with health problems in the community with other serious consequences, including impaired social relationships, poor school performance and physical illness. The aim of this study was to determine the relationship between depression, anxiety and life style in female students.

Methods: This was a cross-sectional study conducted on 407 high school female students selected by two stage sampling method (cluster-convenience). After being informed about the aim of the study, students completed the demographic/Family Characteristics, Depression, Anxiety Standard Questionnaire (dass21). SPSS version 14 was used to conduct statistical tests such as independent t-student, ANOVA, correlations and linear regressions for data analysis.

Results: The results revealed that 56.5% of students were 14-16(yr), 75% had daily sleep time of 2>hr, night sleep of 6>, 36.6% had weekly physical activity and 87.7% had moderate socio-economic status. The mean(SD) of the total score of depression and anxiety was 7.02(.02), 4.4(0.01), respectively. Also, 21.7% had depression, and 24.3% had anxiety; of whom, 21.7% had severe and very severe depression and anxiety. There was no significant correlation between depression, anxiety and daily, night sleep and physical activity time.

Conclusion: Considering the results of the study and the percentage of upward mental disorders and unbalanced life style in female students, it is recommended that training classes be designed by counselors and school officials to promote a healthy lifestyle for adolescent girls and their parents.

Key words: Depression, Anxiety, Life style, Student

P42- Meta-analysis of Mental Health and Perceived Social Support in Adolescents

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Introduction: One of the factors that influence adolescents' mental health is social support. Social support is the welfare, care, respect and dignity that a person receives from others. Perceived social support is the individual perception of love, support from family, friends and relatives.

Objective: Considering the importance and role of perceived support factors and their impact on adolescent's mental health, the present study has combined the results from different researches and assessed the overall effect size of perceived social support in mental health of adolescents.

Methods: Studies were evaluated using meta-analysis of 28, and effect size of 13. Studies used in this research were collected from different databases. After reviewing the input and output criteria, quantitative data from different studies were analyzed with software cma2. Research instrument was Czech List of Meta-analysis.

Results: Results showed that the obtained effect size Cohen's, effect size according to the interpretation of the relationship between mental health and perceived social support is significant. In other words, research findings suggest that mental relaxation and The coherent p

psychological and practical, Decreasing trend in high-risk behavior is influenced.

Key words: Meta-analysis, effect size, perceived social support, mental health

PM43- Evaluation of Relation between Marital Satisfaction and Mental Health in Married Men Residents of Jondishapur University of Medical Sciences in Ahvaz

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Introduction: People with mental health have more logical and satisfactory relations in the unmarried life.

Objectives: The purpose of this study was to evaluate the relationship between communication skills and marital satisfaction in married students of Clinical Psychology and Counseling Shahid Chamran University in Ahvaz and Ahvaz University of Science Research and Technology.

Method and Materials: The sample of this study included 75 married students of Clinical Psychology and Counseling, studying in Ahvaz Shahid Chamran University and Ahvaz University of Science Research and Technology who were selected by Convenience sampling. The mean and standard deviation (SD) age of the subjects were 27.33 and 6.31, respectively. Data were collected using Enrich Marital Satisfaction Inventory, and Queendom Communication Skills Inventory. Data were analyzed using Pearson correlation and Logistic regression (by SPSS 16 versions).

Results: There was a significant positive correlation between communication skills and its subscales with marital satisfaction.

Conclusion: This study revealed that improving communication skills leads to marital satisfaction improvement. Intervention in communication program can be used as an important factor in increasing spouse marital adjustment.

Key words: Communication skills, Marital satisfaction, Married students of Psychology and Counseling

PM44- Developmental Assets and Moral Identity: The Mediating Role of Self-regulation

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This study sought to determine the influence of developmental assets on moral identity as mediated by self-regulation in adolescents. Participants were 440 high school freshmen girls (M = 15/2, SD = 0/68) in public schools. Students completed measures of developmental assets, moral identity and self-regulation.

The results showed that internal and external assets had indirect effect on internalization dimension of moral identity via self-regulation. Self-regulation played a mediating role in the impact of developmental assets on the symbolization dimension of moral identity. Self-regulation had a positive effect on internalization and symbolization dimensions of moral identity. These results may have implication to understand how to promote adolescents' moral identity by fostering their assets and self-regulation.

Key words: Adolescents, Developmental assets, Self-regulation, Moral identity

PM45- Relationship between motor performance and Sustained Attention in 7-10 years old children with Attention Deficit Hyperactivity Disorder in comparing with normal children

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Objective: The present study compares the relationship between motor performance, sustained attention and impulse control in children with Attention Deficit Hyperactivity Disorder and normal children.

Methods: Twenty one boys with ADHD and 21 normal boys in the age range of 7- 10 years participated in this descriptive_ analytic study. Motor performance was evaluated using Bruininks Oseretsky Test of Motor Proficiency, and sustained attention and impulse control were determined using Continuous Performance Test.

Results: Data analyzed by T_Test and Mann_Whitney revealed a significant difference between ADHD group and normal group in gross, fine and battery motor performance and also in sustained attention and impulse control ($P < 0.0001$). Analysis by Z_Fisher test indicated no significant difference between correlation coefficient of inattention and gross motor performance in the two groups ($P = 0.276$), but significant differences were observed between correlation coefficient of inattention and fine ($P < 0.0001$) and battery ($P < 0.0001$) motor performance. Correlation Coefficient impulsivity and gross ($P = 0.379$), fine ($P = 0.92$) and battery ($P = 0.562$) motor performance displayed no significant difference between the two groups.

Conclusion: According to the study results, a relationship existed between sustained attention and impulse control and most of motor performance in both groups. Therefore, these findings help occupational therapists to determine rehabilitation priorities and to use exact strategies to enhance motor performance in children.

Keywords: ADHD/ sustained attention/ impulse control/ motor performance

PM46- The Relationship between Self – esteem and Scruple among Female High School Students

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Introduction: Self- esteem has a role in the quality of human behavior and action in all stages of life, and is very effective in physical and mental health. Low self –esteem causes a lot of mental disorders including: stress, depression and quarrel. Therefore, the present research was conducted to control the relation between self – esteem and scruple among female high school students.

Objective: The aim of this study was to examine the relationship between self-esteem and obsession in high school female students.

Methods: In this descriptive correlational study, 240 high school students of Torbat–e-heydarieh in 2006-2007 were selected in the way one phase race more sampling.

First among, these girl high school, some high school were chosen accidentally and in these chosen high school in each grade according to the number of the students. The numbers who were in need were chosen accidentally. For data collection, KoperEsmi Self-esteem Questionnaire, and Obsession Questionnaire (Madesly) (MOCI) were used. Data were analyzed using Pearson correlation coefficient.

Results: No meaningful relation was observed between the average and birth with self – esteem. However, the relation between the number of children in the family and grade of education was meaningful.

Conclusion: Students with low self – esteem face much danger like full in education. Raising self – esteem among senior high school students needs more attention from their parents and school authorities.

Keywords: Self-esteem; Obsession; Student girls.

PM47- Stress, Anxiety, Depression, Communication Patterns and Adjustment in Adolescents who Attempted Suicide

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Introduction: This study examines the communication patterns, stress, anxiety, depression and adjustment of adolescents who attempted suicide and referred to a consultant in Shiraz. **Methods:** This was an observational case study including 120 individuals who had committed suicide (75 females and 45 males) as well as 120 individuals in the control group. The students were randomly selected from the population and some of their demographic variables were compared. Data were collected through the following questionnaires: Personal Characteristics, Family Communication Patterns (Kvyrnr and Patrick Fitzgerald, 2002), Emotional Problems DASS, and Resiliency (Connor and Davidson, 2003). Data were analyzed in SPSS16 using descriptive statistics such as T-test and chi-square test.

Results: The results showed that suicidal individuals exhibit conformity-related communication patterns more than the controls. The individuals attempted suicide suffered from anxiety, depression and stress more while they showed less adjustability to their family. Speaking/listening communication patterns refer to situations in which the family encourages family members to participate freely and simply in dialogues about various topics, while the members interact with each other freely, continuously and spontaneously. This communication pattern was not observed in suicidal adolescents. Parental behavior plays an important role in mental health of adolescents. Seeking independence and growing into adulthood, adolescents need freedom of