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Effect of Psychiatric Drugs on Improvement of Insight in Hospitalized Patients in Qods Educational-Medicine Center

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Objective: An important issue that should be considered in psychiatric interview, is to measure patients' insight level and awareness of own health state. Insight level is an important factor in prognosis, drug compliance, and treatment history. Outline of this survey study is about the effect of psychiatric drugs on psychiatric patients' insight in Qods Educational Center of Medicine.

Method: This research is an experimental study that assesses patients' insight level before and after drug treatment. The statistical population was consisting of all psychiatric Patients, who were hospitalized in Qods Educational Center of Medicine. The sample covers 200 randomly selected hospitalized patients (100 mood disorder spectrum and 100 psychotic disorder spectrum), and their insight level was rated by psychologists in 6 levels before drug treatment and after treatment right before they were discharged.

Results: Results indicated that there is a significant difference between insight scores rated before and after drug treatment. Mean insight scores were 1.93 in psychotic disorder group and 2.34 in mood disorder patients, before treatment. Mean insight scores after treatment were 4.17 for psychotic patients and 4.9 for mood disorder patients.

Conclusion: Medical treatment can be useful in patients with poor insight who deny their psychiatric disorder. Medical treatment can be effective as the primary way to prevent remission and rehospitalization.

Key words: Psychiatric drugs, improvement, insight

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Comparison of Psychological Resilience and Emotional Intelligence in Post Traumatic Stress Disorder Patients and Normal People

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Objective: It is no doubt that stress, trauma, unpleasant events and response to such situations are integral part of human life. The aim of present research was to make comparison of coping strategies between Post Traumatic Stress Disorder (PTSD) patients and normal people.

Methods: This is an observational causal – comparative case research. The statistical population includes 60 selected inpatient and outpatient cases diagnosed to suffer PTSD disorder and normal people selected from Sanandaj city. Connor & Davidson's Resilience Scale, Shots' Emotional Intelligence Scale and MCCP Post Traumatic Stress Disorder Scale were used. Data was analyzed using multivariate analysis of variance (MANOVA).

Results: The results of MANOVA with adjusted alpha (0.01) showed that two groups were significantly different with respect to resilience ($F(1,58)=141.95, P<0.001$) and emotional intelligence ($F(1,58)=95.5, P<0.001$).

Conclusion: PTSD patients had decreased emotional intelligence and psychological resilience when compared with normal individuals. In contrast normal people who were facing everyday events had better emotional intelligence and resilience. Those findings can implicitly be a useful guide for primary semiology and treatment as well as improving patients' coping skills in such conditions.

Key words: Coping skills, Posttraumatic stress disorder, trauma

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