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COPING STYLES AMONG POST-MYOCARDIAL INFARCTION PATIENTS WITH DEPRESSIVE SYMPTOMS

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Objective: Although the adverse impact of post-myocardial infarction (MI) depressive symptoms on prognosis of heart disease has been found, the link between coping strategies and post-MI depressive symptoms has yet been unclear. The aim of this study was to determine the relationship between coping styles and post-MI depressive symptoms.

Methods: In a cross sectional study one hundred consecutive patients following MI admitted to the CCU wards of hospitals in Isfahan were selected in respect of inclusive and exclusive criteria. The patients completed Jalowiec Coping questionnaire, Hospital Anxiety and Depression Scale and Norbeck Social Support questionnaire. Then the data was analysed by using MANCOVA and Covariance.

Results: The findings indicated that 31% were the MI patients with depressive symptoms. The results of MANCOVA showed significant difference between two groups with and without depressive symptoms in coping styles ($F= 2/185$, $P= 0.036$). Also, the results of covariance indicated significant differences in coping styles including optimistic coping style ($F=3.754$, $P= 0.05$) and supportant coping style($F=6.66$, $P= 0.019$). However, there was no significant difference in other coping styles between two groups.

Conclusion: The low tendency toward optimistic and supportant coping styles seem to play an important role in experiencing depressive symptoms among post-MI patients. Lack of optimism in dealing with life events is one of equivalents to hopelessness in Attribution theory explaining depression. Investigation of relationship between religious beliefs and effective coping styles would be worthwhile.