

## تأثیر مقابله‌درمانگری بر کاهش تنیدگی زنان مبتلا به اختلال عروق کرونر

### Effect of coping-therapy on stress reduction of females with coronary artery disease

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#### Abstract

**Introduction:** The aim of present study was to evaluate the effect of coping-therapy on decreasing the stress of female coronary artery patients.

**Method:** The sample society was all patients referred to Farmanyeh heart clinic of Tehran during 2008-09. 100 females between 35 and 55 years old filled *McCabin* family stress and changes questionnaire. 40 females with the highest scores were chosen as samples. Participants divided to two test and control groups, randomly. Experimental group received 10 sessions of coping-therapy in individual form. Data analyzed by mixed ANOVA.

**Results:** Total scores of stress and Interfamily conflicts and problems as a source of stress decreased in experimental group, significantly. ANCOVA showed same results.

**Conclusion:** Coping-therapy may reduce stress among coronary diseases female patients and can predict decrease of the diseases by stress in long term periods, according to theoretical model.

**Keywords:** Stress, Coronary Artery Disease, Coping-Therapy

#### چکیده

**مقدمه:** پژوهش حاضر، با هدف مطالعه تأثیر مقابله‌درمانگری بر کاهش تنیدگی زنان مبتلا به اختلال عروق کرونر انجام شد.

**روش:** جامعه آماری، شامل همه بیماران زن مبتلا به این اختلال بود که در سال ۱۳۸۷ به کلینیک تخصصی قلب فرمانیه تهران مراجعه کردند. پرسش‌نامه رویدادها و تغییرات زندگی مک‌کابین توسط ۱۰۰ نفر از زنان بیمار در فاصله سنی ۳۵ تا ۵۵ سال تکمیل شد. سپس، ۴۰ نفر که بالاترین نمره تنیدگی را داشتند به‌عنوان نمونه انتخاب شدند. نمونه‌ها به‌طور تصادفی به دو گروه ۲۰ نفره آزمایش و کنترل تقسیم شدند. افراد گروه آزمایش، ۱۰ جلسه با استفاده از روش مقابله‌درمانگری تحت درمان فردی قرار گرفتند. داده‌ها به‌روش تحلیل واریانس با اندازه‌های مکرر تحلیل شدند.

**یافته‌ها:** نمرات کل تنیدگی و تنیدگی با سرچشمه تعارضات و مشکلات درون‌خانوادگی در گروه آزمایش به‌طور معنی‌داری کاهش یافتند. اجرای پردازش‌های آماری با روش تحلیل کوواریانس نیز نتیجه یکسانی داشت.

**نتیجه‌گیری:** مقابله‌درمانگری می‌تواند تنیدگی زنان دارای اختلالات عروق کرونر را کاهش داده و مطابق مدل نظری مربوطه پیش‌بینی می‌شود در دراز مدت سهم تنیدگی در تشدید این اختلالات را کاهش دهد.

**کلیدواژه‌ها:** تنیدگی، بیماری عروق کرونر، مقابله‌درمانگری

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