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THE EFFECTS OF PSYCHODRAMA ON DEPRESSION AMONG WOMEN WITH CHRONIC MENTAL DISORDER

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Introduction: At present, the management of chronic mental disorders at psychiatric health associations has attracted high attention.

Purpose of study: Determining the effect of psychodrama on depression among women with chronic mental disorder.

Methods: This study was a quasi-experimental study that was done in RAZI comprehensive psychiatric center. The community of this research consists of chronic mental patients bedridden at RAZI comprehensive psychiatric center that among them 30 women with chronic mental disease possess the entry criteria selected and with randomized permuted blocks' allocation to two control and intervention groups. Then their depression was examined with Beck Depression Inventory (BDI). Then 12 sessions, 90 minutes long of psychodrama, twice per week, 6 weeks for the intervention group were enacted but the control group received routine treatments. When the program ended, the depression of the subjects was reexamined with the study instrument and analyzed with independent T test, paired T test, Kolmogorov-Smirnov, Levene and covariance analysis tests.

Results: The mean of depression before and after intervention in the control group was not significant but in the intervention group was significant ($P=0.000$).

The differences in depression between the two groups after intervention were significant ($P=0.000$).

Comparison between the mean of depression after psychodrama even after modification of age and before intervention depression effect by covariance analysis at two groups showed significant differences.

Conclusion: Psychodrama leads to a decrease of depression in the intervention group.