P-429 - THE EFFECT OF FAMILIARITY WITH QURAN ON THE MENTAL HEALTH

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Introduction: The holy Quran is the curative that after its cure ,there is no fear of disease anymore.One of the miracles of Quran is its effect on sevice and medical care duties.

Objectives: Regarding the key role of nurses in offering health service to patients and the importance of the nurses´ mental health, thisc study was conducted.

Aims: To assess the effect of Quran on the mental health of nurses.

Methods: This educational trial was done on 55 nurses at educational hospitals of Arak University of Medical Sciences through randomized simple sampling .Intervention was attendance in the workshop of familiarity with Quran . Before and after intervention ,the GHQ-28 questionnaire was completed by the participants.Data were analyzed by descriptive statistics ,paired t-test ,and Chi square.

Results: The mean age of the nurses was 34.45±6.3 years .30 participants (68.2%)were married .The mean mental health scores before and after intervention were 27.75±9.76 and 22.34±7.83 respectively which indicated the significant difference (P< 0.014).

Conclusions: The intervention has been effective in reducing mental health scores and somehow ,in improving the nurses´ mental health status . On the other hand ,participation in the familiarity with Quran workshop can improve the nurses´ mental health.