

P02-340 - THE EFFECTS OF PSYCHODRAMA ON DEPRESSION AND MENTAL STATE AMONG WOMEN WITH CHRONIC MENTAL DISORDER

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Introduction: At present, the management of chronic mental disorders at psychiatric health associations needs 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 entrance 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 enactment but the control group received routine treatments. When the program ended, depression was reexamined with the study instrument and analyzed with independent T test, paired T test, Kolmogorov-Smirnov and Levene and covariance analysis tests.

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

At two groups after intervention, depression differences were significant ($P=0.000$). Comparison between 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 decrease of depression at the intervention group.

Keywords: Psychodrama, depression, and chronic mental patient.