

عنوان مقاله:

Coping Styles of Stroke Survivors based on Patients' Demographic Features

محل انتشار:

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خلاصه مقاله:

Background & Aims: stroke is a stressful event associated with numerous physical, psychological, social and economical problems that can complicate the balance of different life aspects, but after a period of time, patients try to benefit from different coping styles to reduce their problems and retain to a normal life. The aims of this study were to investigate coping strategies used by stroke survivors, and to identify their distribution based on demographic factors. **Methods:** In this cross-sectional descriptive study, all stroke patients in Kerman city were considered as study population. Finally, ninety-five patients were selected by convenience sampling method and based on the study inclusion criteria. Data were gathered by demographic questionnaire and Folkman & Lazarus Coping Questionnaire. The severity of symptoms was measured by National Institutes of Health Stroke Scale (NIHSS). Data analysis was performed by using descriptive and referential statistics (t-test, ANOVA) and through SPSS ۱۶ software package. **Results:** Maximal means were achieved for seeking social support and planned problem solving, while minimal means were achieved for escape-avoidance and self controlling. There were significant relationships between coping styles and some demographic features such as age, level of education and severity and duration of the disease ($P < .05$). Gender did not have a role on use of coping styles. **Conclusion:** According to the results of this study, stroke survivors use problem-focused coping strategies more than emotion-focused coping strategies. The results of this study in regard to the relationship of age and educational level with the adopted coping style and using emotion-focused coping strategies by patients with more severe disease should be considered in the patients; treatment planning and process.

کلمات کلیدی:

Stroke, Psychological adaptation, Demography

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