

# *The efficacy of training life expectancy and effective coping styles with negative emotions on mental health of cardiac surgical patients*

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## *Abstract*

**Background and Aims:** Cardiovascular diseases are the most common causes of death in the world and mental pressure is the cause of many negative emotions. Surgery is one of these stressful situations and coping styles and life expectancy effect on person's mental and physical efficacy. The present study aims to determine the effectiveness of training life expectancy and effective coping styles to deal with negative emotions on the mental health of the cardiac surgery patients of AL Zahra Hospital in Isfahan, Iran in 2020

**Materials and Methods:** In this quasi-experimental study, 32 candidate patients for coronary artery bypass surgery referring to this center were selected using convenience sampling method. They were then randomly included into two 16-member groups, named experimental and control groups. Some stress management, anger management, and hopefulness training courses were held individually for 7 sessions. Before and after the intervention, the patients of both groups answered the questionnaires including the Ways of Coping Questionnaire (by Lazarus & Folkman), Snyder's Hope Scale, and the General Health Questionnaire-12 (GHQ-12).

**Findings:** Data analysis showed there is a significant difference between the average of general health in the experimental and control groups after training. Investigating the subscales of coping 3strategies in the experimental and control groups after training showed that there is a significant difference between direct coping, planned problem solving, and positive reappraisal in the two groups.

**Discussion and Conclusions:** In patients with coronary heart disease, high stress, and negative emotions (anger, anxiety, depression) who are also candidate for coronary artery bypass surgery, training life expectancy and efficient coping styles would be effective in improving their mental health.

**Keywords:** coronary artery disease, stress, coping styles, hope, mental health



## *Biography:*

Alma Karimi is an Afghan and completed her bachelor's degree in psychology from Isfahan Azad University as she was the Top Student of Isfahan Azad University in 2017, again she was the top Student of Isfahan Azad University in 2018, soon after that she was a Top Member of Psychology Association of Isfahan Azad University from 2015 to 2019, also a former member of the Iranian Young Researchers and Elite Club in Iran. She have published ISI article with the subject: Examining patience as a psycho-religious construct in Iranian patients with cardiovascular diseases: a pilot study. She has published ISI article with the subject: The relationship between dispositional gratitude and quality of life: The mediating role of perceived stress and mental health

## *Recent publications:*

1. "The relationship between dispositional gratitude and quality of life: The mediating role of perceived stress and mental health", Psychology, Personality and Individual Differences, Published 2019, DOI:10.1016/J.PAID.2018.12.014
2. "The Effectiveness of Group-based Rational Emotional Behavioral Therapy on Family Function, Incompatible Schemas, and Couple Burnout in Couples", Psychology, Published 2019, DOI:10.29252/jhc.21.3.192
3. "Examining patience as a psycho-religious construct in Iranian patients with cardiovascular diseases: a pilot study", Medicine, Published 2017, DOI:10.1080/13674676.2017.1367372

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