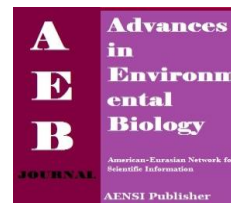




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Study the Psychological Involvements in Medical Following and Therapy of Diseases and Health Rising

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ABSTRACT

This research titled, Study the psychological involvements in medical following and therapy of diseases and health rising, was studied the psychological involvements and its roles in therapy of disease and health rising, this research is descriptive and correlation coefficient of Spearman was used to analyze data. Results of analyzes show that 58 percent of subjects had good medical following and 42 percent had weak following. Based on responses of subjects we could identify some factors of lacking medical following that are as following: long time in consume medicine- have not reason to consume medicine- disability in buying medicine and so on. Measuring reliability and validity confirm the correctness of Analyzes.

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INTRODUCTION

Indeed one of the successful methods to therapy is psychology involving. There are many researches in this field that confirm the role of psychology involving in health rising and therapy of diseases. Today, psychology of patients is very important in medical following and if patients not prepare in aspect of psychology, they can't have a good medical regime and indeed the have any motivation to it. In extend discussion of medical following; attention to psychology of patients is fundamental base of discussion. So nurses must been educated about psychological features of patients. By using findings of table of Murisky, [9], nurses by considering various aspects can make cooperation patients in design of involving. Regarding to results of research in field of personal understanding of obstacles of medical regimes, clinical nurses can help them by change the patient understandings. As it show in researches of Stewart and Caranasos, there is emphasize on understanding of obstacles and understanding advantages as main indexes of prediction behavior. Designing appropriate programs to decrease cross results of medicine, none involving of medical programs and daily programs of patients, indicate new methods to remembering consume medicine are some factors to guarantee success in design. Since this research is about medical regimes, it is recommend that a similar research be performing to feed regime- body activities- program of decrease weight and other activities. This research was done in Ilam city of Iran and was studied the psychological involvements and its roles in therapy of disease and health rising, this research is descriptive and correlation coefficient of Spearman was used to analyze data. In continue we have research method that in it we discuss about how collecting data and analyze them, after that we have findings that indicate results of research in form of graphs and tables, next section is conclusion and discussion and finally we indicate some recommendations to next researches.

Research method:

This research is correlative and studies the medical following id and its impact on health rising and therapy of disease. In this research, 380 subjects were selected that suffer from disease and their suffer time was more than 6 months and uneducated subjects were rejected. Data were obtained from patients themselves, and study situation was Imam Hospital of Ilam. Questionnaire of medical following that is containing 5 questions was distributed to collecting data and each question had negative and positive answer, score of positive answer is 1 and score of negative answer is zero. In this questionnaire, questions were designed in this way that higher scores means less medical following and lower scores means higher medical followings. So scores 0-1 show good following and scores 2-5 indicate weak following. Second questionnaire is including 27 questions that was

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used to variables in related to psychological involvements. First, 5 answers were scored to each question as following: personal understanding of injuring of disease (1-4), personal understanding of disease sharpness (5-10), personal understanding from advantages of medical following (11-18) and personal understanding of obstacles of medical followings. (19-27). these questions were organized based on Licker test from complete disagree to complete agree. Questions 1-18 were organized from complete agreement (4) , agreement (3), no idea (0), disagree (2) and complete disagree (1). Scoring of questions 19- 27 was vice versa. Respondent score was obtained by total of scores and then scores of each part were organized as following:

Personal understanding of disease injuring	Weak (0-5)	Middle(6-10)	Good(11-16)
Personal understanding of disease sharpness	Weak (0-5)	Middle(6-10)	Good(11-16)
Personal understanding of advantages of medical following	Weak (0-5)	Middle(6-10)	Good(11-16)
Personal understanding of obstacles of medical following	Weak (0-5)	Middle(6-10)	Good(11-16)

Method of content validity was used to determine science validity of devices of collecting data. Runbacks coefficient Alpha was used to determine science reliability.

Table 1: frequency of sample based on their medical following.

How medical following	frequency
Good (0-1)	24(228)
Weak (2-5)	35(152)
Total	94(380)

Researcher was in Imam Hospital in both times of morning and afternoon and give questionnaires to subjects directly. After collecting, questionnaires were coded and results were analyzed by software SPSS. Descriptive statistics were used to analyzing data.

Table 2: frequency based on medical following based on personal understanding of disease sharpness

Personal understanding of advantages	Weak (0-7)	Middle (8-16)	Good (17-24)	total
How following medical regime	frequency	frequency	frequency	frequency
Good (0-1)	(34/3)26	(31/2) 2	(59/10) 195	(57) 223
Weak (2-5)	(44/7)29	(62/5)4	(25/2) 114	(35) 147
Total	(100) 55	(100) 6	(100) 319	(100) 380
Results of spearman test		P=0/06	R=0/0124	

In this table, correlation coefficient of Spearman was used

Findings:

Results of this research show that 24/5 percent of subjects are 34-45, 54/4 percent were females and 75/45 percents were married. In females, 52 percent had high school education and 35/4 percent were house holders. In 58/9 percent of subjects, their family was 1-4 subjects. Among subjects, 25/4 percent had medical consumption two times in a day. Medical following in 24 percents was good and in 35 percents was weak. Indeed results show that there is a meaningful relationship between personal understanding of disease sharpness and medical following.

Table 3: frequency of medical following based on personal understanding of obstacles of medical followings.

Personal understanding of obstacles	Weak (0-7)	Middle (8-16)	Good (17-24)	total
How following medical regime	frequency	frequency	frequency	frequency
Good (0-1)	(45)1	(42) 95	(59/10) 121	(57) 196
Weak (2-5)	(47/7)1	(62/5)105	(21/24) 63	(36) 169
Total	(100) 2	(100) 198	(100) 180	(100) 380
Results of spearman test		P=0/0001	R=-0/23	

Statistic test of correlation coefficient of Spearman was used to study relation between personal understanding of obstacles and how medical following

Conclusion and discussion:

In this research, 58 percent of subjects had good medical following and 42 percent had weak following. Based on responses of subjects we could identify some factors of lacking medical following that are as

following: long time in consume medicine- have not reason to consume medicine- disability in buying medicine and so on. So nurse must educate patients to this and prepare them in physical and mental conditions. Indeed costs of medicines is one of the most important factors to lacing medical following and also fear from cross sectional results of consume medicine is other important factor in this subject. Today, psychology of patients is very important in medical following and if patients not prepare in aspect of psychology, they can't have a good medical regime and indeed the have any motivation to it. In extend discussion of medical following; attention to psychology of patients is fundamental base of discussion. So nurses must been educated about psychological features of patients. By using findings of table of Murisky, [9], nurses by considering various aspects can make cooperation patients in design of involving. Regarding to results of research in field of personal understanding of obstacles of medical regimes, clinical nurses can help them by change the patient understandings. As it show in researches of Stewart and Caranasos [5], there is emphasize on understanding of obstacles and understanding advantages as main indexes of prediction behavior. Designing appropriate programs to decrease cross results of medicine, none involving of medical programs and daily programs of patients, indicate new methods to remembering consume medicine are some factors to guarantee success in design. Since this research is about medical regimes, it is recommend that a similar research be performing to feed regime- body activities- program of decrease weight and other activities. Also based on findings of this research, following subjects are recommended:

- 1-rising factors of medical following
- 2-study the impact of medical on life quality
- 3-study the impact of education on rate of medical following

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