Abstract

Introduction: Adolescence is one of the most critical stages of human development. In which adolescence face a number of problems as well as Low self-esteem. Low self-esteem can cause psychological disorders (e.g. anxiety, depression and drug abuse).

Objective: This study aimed to investigate the relationship between self-esteem and perceived social support domains in high school adolescents in Rasht city in 2012.

Methods: Present study is a descriptive – correlation study. In this study, 489 high school students were chosen by random cluster sampling from high school in Rasht city in 2012-2013. Data were collected by standard self-esteem CooperSmith questionnaire including four domains: (General, social, Familial and Educational) Fleming perceived social support including five domains: (support from peers, neighbors, family, general, belief support) and individual and family factors questionnaire was completed and data were analyzed using SPSS software version 19, a descriptive statistics and Mann-Whitney U test, Kruskal Wallis and Spearman correlation coefficients and Backward Logistic regression ratings were used for data analysis.

Results: The results indicate that the dimensions of social support, self-esteem and family support (p<0/0001), peer support (p<0/04), and the individual - family variables income of the family (P<0/006) was statistically significant.

Conclusion: Family support, peer support and the level of household income found to predict self-esteem in adolescents. Recommendations are made for early identification and interventions for populations at risk of low self-esteem based on study findings.

Keywords: Adolescence, SchoolsStudents, Self-Concept, social support
Title: Survey level of innovation and its related factors in critical care nurses employed in Intensive Care units affiliated to educational-therapeutic centers in Rasht, 2013.

Supervisor Prof.: Rasool Tabari
Advisor Prof.: Kobra Sallamikohan
Written by: Elhameh Nasiri

Abstract
Introduction: Hospitals in order to promote quantity and quality of care, increase competition and efficiency and reduce costs need creative and innovative nurses. The need for such innovative nurses is more felt in intensive care unit that provide exclusive complex care to very ill patients.

Objective: The present study aimed to determine the level of innovation in critical care nurses and the individual and organizational factors associated with it.

Methods: This is a descriptive - analytical study and its samples included all employed ICU nurses of educational-therapeutic centers in Rasht in 2013. Samples were chosen by consensus. Data collection instrument included Kirton Adaption - Innovation Inventory with questions related to individual and organizational characteristics. Questionnaire rating was in form of five-point Likert scale and data were analyzed using SPSS software.

Results: Mean score of “innovations” in nurses was 120.88±15.15 and 95.24% of nurses were innovative. Also among personal factors, level of innovation was significantly related to variables such as gender, educational level and age and from organizational factors management experience, having education course on creativity and innovation and type of critical care unit employed were significantly correlated.

Conclusion: In attention to large proportions of innovative nurses, healthcare managers and policymakers must create a receptive, trusting and appropriate atmosphere to facilitate the implementation of original and creative ideas of nurses to solve some of health care system problems.

Keyword: Innovation, Nurses, Critical Care Unit
Title: Survey Internet addiction and its use in students of Guilan University of Medical Sciences in 2012-13

Supervisor Prof: Shahla Asiri
Advisor Prof: Atefeh Ghanbari
Written by: Fatemeh Fallahi

Abstract

Introduction: Internet, the new gift of technology, has many users all around the world. Internet addiction is a new issue that in recent years has emerged as addictive behavior – axis. Widespread effect of internet has affected many people especially students with negative consequences of Internet addiction.

Objective: This study aims to determine internet addiction and its use in students of Guilan University of Medical Sciences in 2012-13.

Methods: In this cross-sectional study, 592 students of Guilan University of Medical Sciences were chosen by stratified random sampling method. Data were collected by demographic questionnaire and Young's internet addiction inventory. Data were analyzed by SPSS16 software and statistical tests of Chi-square, Mann-Whitney, Kruskal-Wallis, Spearman correlation coefficient and ranked logistic regression.

Results: About 5.7% of the students were slightly dependent on internet and 44% were at risk of internet addiction. There was a significant relationship between the internet addiction and age (P = 0.001), gender (P = 0.0001), marital status (P= 0.0001), level of education (p= 0.001), major (P = 0.016), student's place of living (p=0.014), student job status (P = 0.001), mother's level of education(P = 0.02), history of mental disorder and addiction (P = 0.0001), purpose of internet use (P = 0.001) and fields used (P = 0.001). The most important goals of students in use of internet in order included: entertainment (29.2%), scientific (27.7%) and communication (24.3%) and fields most used were scientific search (22.07%), Facebook (20.5%) and download (14.92%). Age, history of mental illness and fields of use were predictors of internet addiction.

Conclusion: Since nearly half of students were at risk of Internet addiction, planning educational and preventive programs may be considered necessary with focus on predictors of Internet addiction (low age, male gender, smoking and other addictions history, singleness, field of use).

Keywords: internet, medical students, internet addiction, method of use
Title: The study of clinical competency indicators and it’s priority based on nurses’ views in educational and therapeutic centers in Guilan.

Supervisor Prof: Atefeh Ghanbari
Advisor Prof: Kobra Salami Kohan
Written by: Fateme HasanDoost

Abstract

Introduction: Nursing as a clinical discipline is developing daily in emergency wards. The health care system should assess and prioritize clinical competence indicators in these wards continuously. The lack of clear standards in determining clinical competence indicators challenges evaluation. Evaluation and prioritization of these indicators is necessary to consider in the system.

Objective: The purpose of this study was to determine clinical competency indicators and its priority based on nurses’ views in educational and therapeutic centers in Guilan.

Methods&Material: This is a need assessment study conducted by Delphi method in three phases including: the first phase (determine the clinical competence indicators), phase II (classify clinical competence indicators by members of the expert panel) third phase (prioritize clinical competence indicators) and samples were chosen by convenience random sampling among nurses working in emergency wards affiliated to Guilan Educational and therapeutic centers. And finally used prioritized clinical competence indicators and exploratory factor analysis.

Results: In prioritizing phase, data were collected from 710 nurses over a period of two months. The five factors with 30 general competencies found in three domains; communication, disaster - emergency management and personality characteristics and the six factors with 37 specific competencies found in two domain; specialty- scientific capability and basic clinical skills that shows prioritization of clinical competence in emergency nursing in Guilan

Conclusion: One option to close the theory and practice in the nursing profession is determination and prioritizing clinical competence indicators in different wards including emergency. Factor analysis can be used to prioritize these indicators. Further research on the health care system in order to achieve reliable and valid instrument is needed.

Keywords: Clinical Competence, Emergency Service, Hospital., Nursing Staff, Hospital
**Title:** Survey level of vascular complications after coronary artery angiography and its related factors in hospitalized patients in Dr. Heshmat educational-therapeutic center, Rasht, Iran

**S Advisors prof:** Mojgan Baghaee  
**Supervisore prof:** Mitra Sedghi Sabet  
**Written by:** Golnoosh Benvan

**Abstract**

**Introduction:** Post coronary angiography vascular complications (PCAVC) may cause patient suffering and sometimes even serious life threats. Many literatures have shown various risk factors related to these complications, but results were different. Thus, identifying effective factors in incidence of these complications and its prevention in high risk patients is crucial.

**Objective:** This study aimed to determine the level of incidence of post coronary angiography vascular complications and its related factors.

**Material and Method:** This cross-sectional descriptive study surveyed 400 PCAVC patients and its related factors chosen by sequential sampling method from start till discharge from angiography ward. Data were gathered using a 4 part tool including socio-demographic information, clinical, technical factors and recording sheet of vascular complications (ecchymosis, hematoma, bleeding) by observation, assessment and recording information in patients’ charts. Data were analyzed using SPSS version 18 by descriptive statistical tests (Frequency, Mean and SD) and analytical (T test, Chi-square and logistic Regression).

**Results:** Findings revealed that majority of samples were men (59.2%) with mean age of 59.21±11.9. Vascular complications were observed in 24% of samples and majority had ecchymosis (71.4%). Logistic regression test showed history of HTN (p=0.005), systolic BP before sheet removal (p=0.023), anticoagulant use (p=0.027), sheet size (p<0.0001) and angiography time (p=0.0001) as predictors of incidence of vascular complications.

**Conclusion:** High incidence of vascular complications in patients after coronary artery angiography and its direct relation with history of HTN, level of systolic BP before sheet removal, use of anticoagulant, sheet size, number of angio-catheter stick and CAG time highlights the importance of attention to these factors.

**Keywords:** Coronary Artery Angiography, Coronary Vessels, Inpatients
Title: Evaluation of intensive care unit nurses' knowledge of evidence-based guidelines for preventing ventilator-associated pneumonia and constraints of its performance in medical - health centers of Guilan University of medical science and health services in 2013

Supervisor Prof: Mohammad Reza Yeganeh
Advisor: Rabiollah Farmanbar
Written by: Hamid Yekta Khotbesara

Abstract

Introduction: Evidence-based care is a result of application of the best research, along with knowledge, expertise, clinical experiences and considering patient's values while providing care. Therefore, applying evidence-based guidelines and evaluating quality of evidence-based clinical care guidelines in intensive care units are essential in most common side effects in the ward in order to improve care. Applying these principles needs to be considered at the first step toward awareness of the constraints. In this regard, one of the most important problems in intensive care unit is ventilator-associated pneumonia, which is the most common nosocomial infection occurring 24 hours after intubation or mechanical ventilation.

Objective: The aim of this study to review the knowledge on these evidence-based guidelines and constraints of its implementation

Materials and Methods: This is a descriptive –analytical cross-sectional study. The sample size was estimated by census. This study consists of three parts: the first part includes personal-social information of participants and characteristics of intensive care unit, the second part involves nurses' knowledge on evidence-based guidelines for preventing ventilator-associated pneumonia, and the third part discusses constraints of implementation of these principles.

Results: 171 nurses out of 219 (78.08%) participated in this research. Mean score was 4.63. Correct answers were given to one questions from the questionnaire (fowler's position, using), which were the most frequent answers in using evidence-based guidelines. Two questions from the questionnaire that showed the most wrong answers were periodicity of replacing ventilator set and periodicity of replacing humidifier.

Conclusions: The results indicate that the mean and standard deviation of nurses' knowledge was 4.63±1.708. One questions of questionnaire had the most wrong answers and two questions had the most correct answers. No significant relationship was found between the mean awareness and variables. In 14 sections, administrative factors affecting the implementation of evidence-based guidelines were not perfect and existed not at all in some cases (endotracheal tube with subglottic suction and Kentic bed).

Keywords: Awareness, Ventilator-Associated Pneumonia, Evidence-Based Nursing, Nursing staff Hospital, Intensive Care Units
Abstract

Introduction: Coronary artery disease is one of the most common forms of cardiovascular disease and is a major cause of death worldwide. According to high prevalence of cardiovascular disease, coronary artery bypass grafting is a common technique for its treatment. However, coronary artery bypass graft surgery is a temporary and indefinite treatment. Some patients believe their cardiovascular disease has come to an end by CABG but this method has comforting effect and does not reduce the chance of risk incidence to zero. According to this, adherence to care instructions after surgery is very important. Several factors can affect the adherence to care instructions. These factors include individual characteristics, underlying diseases, perception of disease and beliefs on medications.

Objective: The purpose of this study was to determine the status of adherence and its related factors in patients undergoing coronary artery bypass surgery.

Material & Methods: In this cross-sectional study, 217 patients who had coronary artery bypass surgery for over 6 months were selected by systematic random sampling method and interviewed by telephone using a questionnaire consisting of four sections including socio-demographic, instrument of adherence to care instructions, medication beliefs instrument and illness perception instrument. Data were analyzed using descriptive statistics (frequency distribution, mean and standard deviation) and inferential statistics (Chi-square and Fisher's exact test and Mann-Whitney). Also multiple logistic regressions were used to determine the factors associated with adherence.

Results: Study findings indicated that the majority of patients had appropriate adherence to smoke cessation, physical activity and medication, but had inappropriate adherence to diet. Regression results showed that in association with adherence to smoke cessation only sex (P=0.003) and disease perception (P=0.04), in association with adherence to physical activity sex (P<0.0001) and illness perception (P=0.057), in associated with adherence to diet only sex (P=0.048) and related to medication adherence educational level (P<0.0001) and history of other disease (P=0.003) and family history of cardiac disease (P=0.082) were predictors.

Conclusion: According to the results, adherence to care instructions (smoke cessation, physical activity, diet and drug adherence) is not complete. Therefore rehabilitation of these patients after CABG should be considered. Health care systems can prevent additional costs for the patient and the community by creating rehabilitation system.

Key words: coronary artery bypasses, Compliance, Patients, Self care
**Title:** Survey the effect of behavioral parent training on sleep status of school age children with attention deficit hyperactivity disorder, 2013.

**Supervisor Prof:** Minoo Mitra Chehrzad

**Consulting prof:** Tahereh ziacce

**Written by:** Mahboubeh Mehri

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**Abstract**

**Introduction:** Attention deficit and hyperactivity disorder is the most common behavioral disorders of childhood. One of the common problems of these children are sleep problem. In order to reduce the problems of these children, behavioral training is needed. Therefore the present study aimed to determine the effectiveness of behavioral parent training on sleep status of school age children with attention deficit hyperactivity disorder.

**Method:** In this clinical trial study, 56 children of 6 to 12 year olds with attention deficit disorder and hyperactivity with their parents were divided into two groups of experiment and control by block randomization. Data collection instrument included: demographic characteristics and children's sleep habits questionnaire, parental depression anxiety stress scale which was completed by the parents in both groups before training. Then the experiment group received grouped behavioral training (three Sessions of face to face and two sessions Telephone followup(but no intervention was done for control group. Also immediately and two months after the end of sessions, questionnaires were completed by parents in both groups.

**Results:** No significant difference between the mean scores of sleep status in different domains in two groups of case and brefore training, but immediately after training there was a significant difference only at bedtime resistance area, (P =0.035), and two months after the traininga significant difference was indicated in area of sleep duration(P=0.016)and total sleep score(p=0.038).But there was no significant statistical difference between severity of anxiety, depression, and stress of parents in both groups before immediately after and two months later.

**Conclusion:** Behavioral parent training improves sleep of children with attention deficit disorder and hyperactivity and it can be used for non-pharmacological treatment of sleep problems in these children but behavioral training had no effect on parental depression anxiety stress.

**Key words:** Attention Deficit Disorder with Hyperactivity, Child, Education, Sleep.
Survey caregiver burden and its related factors in caregivers of hemodialysis patients referring to Razi hospital in Rasht in 2013

Nasrin Mokhtari Lakeh
Mitra Talebi

It is necessary for family of end stage renal disease patients to support their patients at home and outpatient centers such as dialysis ward in hospitals. Caregivers of these patients often spend a lot of time caring for them and withstand fatigue and burden.

This study aimed to determine caregiver burden and its related factors in caregivers of hemodialysis patients referring to Razi hospital in Rasht in 2013

In this cross-sectional and analytical study, 154 hemodialysis patients referring to Razi Hospital in Rasht were chosen by gradual sampling method. Data were collected through interview by completing two questionnaires of Zarit caregiver burden and demographic questionnaire of patients and caregivers and analyzed by SPSS software version 22 using descriptive and inferential statistical tests (T-test, one-way ANOVA, Pearson and Spearman and logistic regression).

74.7% of caregivers had severe burden. There was a significant relationship between caregiver burden and age of caregiver (p=0.005), duration of care (p=0.005), caregivers' marital status (p=0.005), caregivers disease (p=0.005), type of housing (p=0.005), living with patient (p=0.005), caregiver's educational status (p=0.005), income (p=0.005), kinship with patient (p=0.005), ability of patient (p=0.005), patient's need for care (p=0.005) and being a member of dialysis association (p=0.005). Logistic regression models were used to determine the predictive effect of patient and caregiver's socio-demographic characteristic. Results showed that the caregiver's marital status, living with the patient, vigor of patient and duration of care had significant relationship with care burden of caregivers. Thus caregivers who were married and lived with patient had more care burdens. Also caregiver burden increased with decrease of patient's strength in doing activities and increased length of caregiving.

In this study result showed that some of socio-individual characteristic such as caregiver marital status, living with the patient, vigor of patient and duration of care have a significant relationship with care burden of caregivers and these factors are predictors of caregiver burden. It is recommended for caregivers with such conditions to receive more attention concerning care burden and needed interventions conducted to reduce the burden.

Keyword: care burden, caregiver, hemodialysis
**Title:** Survey factors associated with specific quality of life in postmenopausal women referred to Retirement fund in Rasht city in 2012-13.

**Supervisor Prof:** Mokhtari N.

**Advisor:** Rafat F.

**Written by:** Monshipour SM

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**Abstract**

**Introduction:** Menopause is one of the most critical stages of women's lives and is a physiological event that occurs in middle age women between 40-59 years which result in physical, mental and social wellbeing of individuals and influences their quality of life. Paying attention to postmenopausal women’s quality of life can guarantee health for more than a third of their lifetime.

**Objective:** This study aimed to determine the factors associated with specific quality of life in postmenopausal women referred to Retirement Fund in Rasht city in 2012-13.

**Materials and Methods:** This cross-sectional study was conducted on 180 postmenopausal women who referred to Retirement Fund in Rasht selected by incremental sampling. Data were collected by a two part questionnaire including: 1) researcher-made questionnaire on personal and social factors, 2) Quality of Life Questionnaire Specific to Menopause (MENQOL). Results were analyzed using descriptive statistics (frequency distribution, mean and standard deviation) and analytical (using multiple logistic Regression Backward LR) using SPSS version 16.

**Results:** Findings showed that the overall quality of life of postmenopausal women in 4.54% of cases (98 patients) was good (score below 29) and 45.6% of cases (82 cases) reported it as moderate (score ≥ 30). Also samples’ quality of life in vasomotor, psychosocial and physical domain was satisfactory but sexual domain was unsatisfactory. There was a significant relationship between quality of life and age (P=0.004), educational level (P=0.039), exercise (P=0.036), marital satisfaction (P=0.023), employment after retirement (P=0.011), the organization of retirement (P=0.004), spending time with friends (P=0.001), high cholesterol (P=0.036), and arthritic disease (P=0.006).

**Conclusions:** Identification of factors associated with quality of life in postmenopausal women is important in explaining the need for training, counseling, care and treatment of postmenopausal women and serves as basis for formulation and implementation of health care programs and further planning to improve their quality of life.

**Keywords:** Quality of life, menopause, specific Quality of life
Title: Survey condition of health promotion behaviors and its related factors in high school students in Rasht city, 2013

Supervisor Prof: Afsaneh Pasha

Written by: Azrasadat Musavian

Abstract

Introduction: One of main determining criteria of health condition is health promotion behaviors which is known as a factor in prevention of many diseases and these behaviors are related to health promotion and prevention of disease.

Objective: Since adolescents are capital resource and the most valuable sources of community, therefore this study was conducted to investigate the status of health promotion behaviors and its related factors in high school students in Rasht. Material and Methods: This cross-sectional descriptive study was performed on 432 high school students. Samples were selected by the multistage sampling design. Instruments for data collection included self-report questionnaire which consisted of two parts, demographic questionnaire and Adolescent Health Promotion Scale. Data was entered in SPSS 16 software and then they were analyzed using statistical (Mean and Standard Deviation) and analytical test (ANOVA, t-test, Mann-Whitney and the Kruskal-Wallis tests and liner regression) and the significant level was determined as (p<0.05).

Results: The mean overall score of Adolescent Health Promotion Scale was 3.58±0.52 (possible range was 1–5). Highest score was in life appreciate dimension (3.99±0.068) and lowest mean score was in health responsibility dimension (3.26±0.75). There was a significant relationship between age, gender, school grade, father’s educational level, mother’s educational level and mother’s job and mean overall score of Health Promotion behavior (p< 0.05). Age, gender and mothers’ job were negative predictors of these behaviors.

Conclusion: High school students in Rasht usually practiced health promotion behaviors. Therefore, in order to increase of health promotion behaviors, it is necessary to introduce appropriate educational programs in schools and continuously evaluate these behaviors, especially in high risk groups.

Keywords: Health promotion, Health promotion behavior, Adolescents
Title: Study marital satisfaction and its related occupational factors in employed nurses in educational – medical centers in Rasht, 2012-2013.

Supervised by: Farzaneh Sheikholeslami

Written by: Saeedeh Askarian Omran

Abstract

Introduction: Marital satisfaction is an indicator of family strength, and enhances physical, mental health, economic development, job satisfaction and overall life satisfaction. In attention to nurses, exposure to various stressors in the workplace for the purpose of providing health and welfare to patients, professional responsibilities in the home environment, and multiplicity of roles in several psychological and physical injuries makes them vulnerable to direct and indirect injuries; so understanding the factors related to employment such as shift work can improve the validity and efficiency of this force is important in human.

Object: Determine level of marital satisfaction in employed nurses in educational - medical centers of Rasht city.

Methods: In this descriptive study, 500 married nurses employed in 8 educational medical Centers in Rasht were selected using stratified random sampling. Information were collected by ENRICH and social- demographic characteristic questionnaire and analyzed using SPSS version 16 and descriptive analytical statistical tests (Independent t test, One way Anova, Pearson's test, Regression Logit Ordinal Model).

Findings: Most (61.6%) subjects had relative marital satisfaction. Most (76.28 + 19.38) components of marital satisfaction than the idealistic distortion and lowest (54.63 + 24.72) which is related to personality issues between marital satisfaction and age (P = 0.002), age consort (P = 0.001), history job (P = 0.0001), personal income (P = 0.002), the place of service (P = 0.0001), shift work, employment status (P = 0.0001) number children (P = 0.001) there is a significant relationship. But between marital satisfaction with marriage age, job degree, sex, marriage, educational level, was not significant relationship found.

Conclusion: Results showed that occupational factors (history job, income, place of service, employment status) had a significant relationship with marital satisfaction for nurses and thus these factors can affect the level of marital satisfaction.

Key Words: Marital Satisfaction, Nurse, occupational factors