Title: Survey level of prediction of social support on subjective well-being in students in Guilan University of Medical Sciences in 2013.

Supervisor: Abdolhosein Emami sigaroudi

Advisors: Rabilah Farmanbar

Written by: Mansoure Kheiri

Abstract

Introduction: Health as a main Met paradigms of health theories is beside the concepts of man, environment and nurse and has objective and subjective dimensions that unfortunately its subjective dimension received less interest. Subjective well-being is a general concept and it is originated from person's cognitive and emotional perception of overall life. One the factors closely related to subjective well-being is social support. Its various aspects are good predictors of subjective well-being.

Objective: The present study aimed to survey level of prediction of social support on subjective well-being in students in GUMS in 2013.

Methods: This is a cross-sectional descriptive-analytic study conducted on 314 students of Guilan University of Medical Sciences. Stratified random sampling method was carried out with equal volumes of each Faculty (Nursing and Midwifery, Medicine, Paramedical, Dentistry) and 62 students were selected. Data collection instrument was a three part questionnaire. First part covered demographic data, the second part covered subjective well-being, including satisfaction with life scale questionnaires (SWLS) and negative and positive affect scale (PANAS) and the third part consisted of Norbeck social support questionnaire. Data were analyzed by SPSS version 21 using descriptive (Frequency, Mean and SD) and inferential statistical test (t-test, ANOVA, Pearson correlation, linear regression).

Result: Study findings showed a significant correlation between subjective well-being and gender, age, marital status and place of residence. Pearson correlation coefficient indicated significant relationship between total functional support with all aspects of subjective well-being and also between total loss and negative affect among students (p<0.05). A linear regression model showed that the total functional support (p=0.001) and structural support (p=0.039) and marital status (p=0.021) were predictors of life satisfaction and total functional support (p=0.01) was predictor of positive affect and gender (p=0.004), age (p=0/018) and total loss (p=0/012) were predictors of negative affect.

Conclusion: In attention to the point that all dimensions of social support do not have equal importance as predictive of subjective well-being but functional support has significant impact on increase of subjective well-being, therefore in attention to importance of subjective well-being, students’ health can be improved by considering this dimension of social support.

Key words: social support, health, students
Title: Study of agreement coefficient three method of self, peer and clinical instructor evaluation of clinical skills of nursing students in Shahid Beheshti College of Nursing and Midwifery in 2013.

Supervisor Prof: Rasoul Tabari

Advisor Prof: Maryam Niknamy

Written by: Neda Alimohamadi

Abstract

Introduction: Evaluation of learning is one of the major elements of educational programming and without it quality of education cannot be recognized. Evaluation of clinical practice in the nursing profession is very important. Although the academic literature on learner-based methods such as self and peer evaluation has also been proposed, but because of concerns about the accuracy of these methods are the custodians of education, clinical evaluation task in many educational institutions only have been responsible for nursing instructors.

Objective: Present study aims to survey the agreement between self, peer and clinical instructor evaluation of clinical skills of nursing student in Shahid Beheshti College of Nursing and Midwifery in 2013.

Method: In this descriptive cross-sectional study, 79 nursing students from second to eighth semester were chosen by stratified systematic random sampling and at the end of clinical training were evaluated by themselves, peers and clinical instructors. Data gathering instruments were evaluation forms used in Shahid Beheshti College of Nursing and Midwifery. Descriptive and inferential statistics were used for data analysis.

Result: Based on study results, there was a significant agreement on the specific form between three different methods of evaluation. There was a significant difference between clinical instructor and peer evaluation in the general form and general-specific form, which indicate weak agreement between the two methods in the general form and general-specific form.

Conclusion: In attention to significant agreement between three different methods of evaluation, especially on the specific form which is the basis of professional competence approval of students, it can be suggested in order to increase the accuracy of clinical evaluation scores and student satisfaction, self and peer evaluation be used in addition to clinical instructor evaluation.

Key words: Educational Measurement, clinical Competence, Nursing Faculty, Self Assessment, Nursing Students
**Title:** Survey the conditions of diabetic patients' foot referring to Razi Educational-therapeutic center in Rasht city, 2013

**Supervisor:** Farahnaz Joukar

**Advisors:** Saghi Mousavi

**Written by:** Pegah Piran

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**Abstract**

**Introduction:** Foot ulcers are the common, serious and costly complications of diabetes and increases the risk of death in diabetic patients 2-4 times. The diabetic foot is one of the major causes of disability in patients with diabetes mellitus and also considered as one of the chronic and preventable complications in these patients.

**Objective:** This study aimed to determine the status of the foot in diabetic patients referring to Razi Educational-therapeutic center in Rasht city in 2013.

**Methods:** In this descriptive cross-sectional study 355 diabetic patients who referred to Razi educational-therapeutic center in Rasht city in 2013 were randomly selected. Data was collected through interviews and a questionnaire that included individual characteristics, disease characteristics, foot skin condition, structural abnormalities, sensory-motor neuropathy, foot pulses and diabetic foot. For data analyses, SPSS software version16 and descriptive and inferential statistical test Chi-square and logistic regression were used.

**Result:** From patients surveyed, 16.1% of patients had foot ulcer. Based on Chi-square test there was a significant relationship between foot ulcer and dry skin without sweating (P=0.01), fissure (P=0.004), impaired growth toenails (P=0.02), blister (P=0.008), hammer toe (P=0.05), clawing toe (P=0.001), Charcot joint (P=0.02), superficial pain and vibration sense (P=0.001), right and left dorsal pedis and posterior tibia (P<0.001), scar of ulcer (P=0.001), cause of hospitalization and history of hospitalization due to foot problems and injuries (P=0.001). Final analysis based on logistic regression showed that the variables associated with diabetic foot conditions are blister, clawing toe and cause of hospitalization due to diabetes.

**Conclusion:** Since blister, clawing toe and cause of hospitalization due to diabetes affects foot ulcer, nurses can play an important role by identifying risk factors in prevention and treatment of foot ulcers.

**Key words:** Diabetes mellitus, Diabetic foot, Foot ulcer
**Title:** Diagnostic evaluation of delirium with objective and subjective tools in hospitalized patients in Intensive Care Units, 2012-2013.

**Supervisor:** Ghanbari Atefeh

**Written by:** Rajabpur Nikfam Maryam

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**Abstract**

**Introduction & aim:** Delirium is the most common neurological diagnosis among patients in intensive care units (ICU). Therefore early and exact diagnosis of delirium is necessary. ICU nurses are more important than other member of healthcare team in the prevention and detection of disorders because they spend more time with patients and are more prompt in identifying it. So a useful tool in identifying this disorder is necessary. The aim of this study was to evaluate delirium diagnosis with objective (CAM-ICU) and subjective tools in hospitalized patients in intensive care units of Poursina hospitals.

**Methods and Materials:** In this study evaluating diagnostic tests of 81 patients hospitalized in trauma, General ICU and neurology ICUs were selected by convenience sampling. Samples were included using objective tool (CAM-ICU) and subjective tool of delirium and finally compared with DSM-IV tool as the gold standard. Data were analyzed by descriptive and analytical statistics and SPSS 21 software.

**Result:** Findings showed no significant difference between the objective and subjective tools as regard to sex with subjective tool (P = 0.004) and scores of APS (P = 0.048) and age (p = 0.0006) with an objective tool. Kappa coefficient (Kappa) obtained was 0.563, which indicated a moderate agreement between the two instruments. The objective tool had 95% sensitivity, 95.08% specificity, LR + equal to 19.32 and LR-equal to 0.5 and subjective tool had 55% sensitivity, 98/36%, specificity, LR + equal to 33.55 and LR-equal to 0.46.

**Conclusion:** The findings suggested that CAM-ICU tool compared with the subjective tool was a more valuable tool because it had high sensitivity and specificity.

**Key words:** Delirium, Intensive Care Unit, Objective tool for delirium, Subjective tool for delirium
Abstract

Introduction: Attachment styles are important factors in determining psychological harms, especially aggression in people.

Objective: This study aims to determine the level of aggression in different kinds of Attachment styles in 14-18-year-old high school students in the academic year of 2013-2014 in the city of Rasht.

Methods & Materials: This cross-sectional descriptive study was conducted on 692 students aged 14 to 18 studying in first to third grade public and private high schools in first and second districts of Rasht in 2013. These students were selected by Cluster Random Sampling method. An Aggression Questionnaire by Arnold and Mark Perry and an Adult Attachment Style Questionnaire by Hazan and Shaver were used in order to collect data. Data were analyzed using SPSS 21 software and descriptive statistics, Regression and Pearson correlation.

Results: Findings showed a significant relationship between attachment styles and total score of aggression (p < 0.02). People with an avoidant attachment style and mean and standard deviation of 74.75 ± 18.39 showed the highest level of aggression and people with a secure attachment style and mean and standard deviation of 69.52 ± 15.82 indicated the lowest level of aggression. There is a significant relationship between the physical aggression and attachment styles (p < 0.05). People with an avoidant attachment style and mean and standard deviation of 19.95 ± 6.05 obtained the highest score of physical aggression and people with a secure attachment style and mean and standard deviation of 19.96 ± 6.05 obtained the lowest score of this style. There is no significant relationship between sex, level of family income, field of study, number of siblings, parents' level of study and total score of aggression.

Conclusions: According to the study findings, people with a secure attachment style had lower aggression as compared to people with avoidant and anxiety attachment styles. Secure attachment style in adolescents indicated the highest frequency and the avoidant attachment style showed the lowest frequency. Also, there is no significant and positive relationship among the demographic variables such as age, level of study, field of study, parents' income, number of sisters and brothers, parents' job and aggression. The quality of a person's attachment can predict the kind of his/her relationship in the future, rate of growth, health, method of coping with emotions and stresses, independency as well as mental disorders.

Keywords: Aggression, Attachment Styles, Adolescence
Title: Survey age of menarche and its associated factors among 11-14 yearold students in Rasht in 2013

Supervisor: Sedigheh Paksresht

Advisor: Noshaz Mirhaghjo

Written by: Shiva Salehi

Abstract

Introduction: Process of maturity is the most important event of one's life. Puberty means the onset of adult sexual life during which the secondary sex characteristics occur and ability of sexual reproduction is obtain. Genetics is undoubtedly the main factor determining the onset of puberty, but it seems that a number of factors affect both on the age of onset and the progression of growth and maturation.

Objective: The purpose of this study was to survey age of menarche and its associated factors among 11-14 year old students in Rasht in 2013.

Methods: In this cross-sectional study 700 elementary and middle school girls in Rasht were randomly selected and 49 patients were excluded. Random sampling was done two-stage cluster and 30 clusters (30class) were selected randomly and from each school, one class was selected randomly. The questionnaire was made by researcher questionnaire consisted of three parts. The first part covered demographic factors and second part covered factors related associated with age at menarche, both parts are filled by student. Third part covered factors related to age of menarche and were filled by the students ' mothers. Data were analyzed by SPSS version 20 using descriptive (Frequency, Mean and SD) and inferential statistical test (t-test, k-square, kaplanmaier, cox regression and logistic regression).

Result: The results showed that Mean and Standard deviation age of onset of menarche was 12.093±0.051 years. Among the individual factors exclusivity and height and weight at puberty and mother and sister's menarche were statistically significant (P ≤0/05) In socio - economic factors, only father's job was statistically significant (P=0/022). Among environmental factors using mobile and computer, frequency of use of mobiles during the week, time of use the mobile during the day per minute and previous record use mobiles per year, time of use computer during the day per minute, previous record use computer per year and type of exercise are predictors of age at onset of menarche (P ≤0/05). Significant difference was observed between age of onset of menarche with spring. Parental education, maternal age at menarche and use of mobile phones during the week (P ≤0/05) with delayed age at menarche status are predicted.

Keywords: Menarche, Sexual maturation, Students
Title: Study of care seeking behavior and related factors in patient with acute coronary syndrome referred to Heshmat Center in Rasht in 2013.

Supervisor: Noshaz Miraghjou

Written by: Tahereh Taghizadeh Valdi

Abstract

Introduction: Acute Coronary syndrome is one of the most diagnosed and causes of death in the world, and treatment seeking behavior at the time of onset the symptoms and the time spend on arriving to the hospital is important in these patients, which effective on treatment and prognosis.

Objective: The aim of this study was to determine treatment seeking behavior and related factors in patients with acute coronary syndrome referring to Heshmat Educational-Therapeutic center in Rasht.

Methods: This cross-sectional study was conducted on 370 patients with acute coronary syndrome, who were admitted to emergency, CCU and cardiac units, who were chosen by sequential sampling method during four month. The instrument was a 3-part questionnaire consisting of demographic and social information, disease information and questions to determine treatment seeking behaviors. Data were analyzed using descriptive analytical statistics such as Chi-square, Man-Whitney and logistic regression by SPSS software version 16.

Results: The most common appropriate treatment seeking behaviors in the study population were rest (70%) and referring to heart related center (56.2%) and the most common inappropriate behaviors were not calling emergency medical services (85.9%), not using Aspirin (85.9%), not using sublingual TNG (68.6%), delay for hours or days (60%), rubbing chest (59.7%) and not attention and reaction to onset the chest pain (52.2%) respectively. Regression analysis results show that lack of attention and reaction to onset of chest pain and delay of referring was 1.7 times more likely in women than men (CI: 95% (1.06, 2.71), B=0.53) (CI:95% (1.09,2.65), B=0.53). Also not calling 115 emergency medical services and delay of referring in patients with unstable angina and patients with STEMI were 2.8 and two times more likely respectively (CI: 95% (1.41, 5.66), B=1.04) (CI:95% (1.26,3.30), B=0.71).

Conclusion: In attention to inappropriate behaviors and transfer methods in most of research samples in this study, educating at high risk people is necessary.

Keywords: Therapeutics, Acute Coronary Syndrome, Patient Acceptance Of Health Care
**Title:** Survey level of self-directed learning readiness and its relative factors in students of Guilan University of Medical Sciences in educational year of 2012-13.

**Supervised by:** Rasoul Tabari

**Consulted by:** Ata ollah Asadi

**Written by:** Fatemeh Zaersabet

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**Abstract**

**Introduction:** Inrecent decade’s growth of life-long learning skills is determined as primary objective of adult instruction. In other point by development of academic fields and universities, self-directed learning is considered as one of the necessities of satisfaction in professional domain. In modern learning, activities are less-constructed and more self-directed. Self-directed learning is a process in which students try to identify learning demands with or without the help of others for learning objectives and also identify material and human resources for learning.

**Objective:** The goal was to determine related factors to level of self-directed learning in medical students according to demographic features.

**Material & Methods:** In this cross-sectional study, data were collected using Guglilmino self-directed learning readiness questionnaire. This scale consists of 8 domains including 58 items with 5-point likert type. The validity and reliability of scale was confirmed in different studies. Study sample consisted of 490 students of Guilan University of medical sciences majoring in different fields who were chosen by systematic random sampling method. Data were analyzed by SPSS 21 using descriptive statistics (frequency distribution, mean and standard deviation) and inferential statistics (Anova, t-test).

**Results:** Findings indicated that self-directed learning readiness level was moderate (%4%). Regression results showed that self-directed learning readiness in master degree program (P=0.014), time of study between 3 to 4 hours (P=0.006), group discussion as method of teaching (P=0.018) and also those whose mothers had education level of diploma and higher (P=0.006) and undergraduate (P=0.41) were considered as predictive factors in self-directed learning.

**Conclusion:** According to study results it seems necessary to have codified program to promote this skill in students through educational workshops and including fundamentals and principles in lesson courses. Creating and reinforcement of self-directed learning by considering attitudes. Competencies and capabilities in learners based on continue learning lead to qualitative change in education particularly in medical education.

**Keywords:** learning Students, medical education, programmed instruction.