

P-244 - ON THE RELATIONSHIP BETWEEN COPING STRATEGIES AND MENTAL HEALTH OF DIABETIC PATIENTS

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Introduction: Diabetes Mellitus is one of the common chronic illnesses, which endanger patient's mental health.

Objectives: We think there is a meaningful relationship between Diabetes and occurring the Mental diseases.

Aims: The present study was planned to assess the relationship between diabetic patients' mental health and coping strategies.

Methods: In this cross-sectional study 193 patients who were referred to diabetes clinic of Imam Khomeini hospital of Ardabil city in north western part of Iran were selected by available sampling method and assessed by GHQ-28 and Folkman-Lazarus questionnaires .Data were analyze by SPSS version 13 software ,using logistic regression analysis and independent t tests.

Results: Results showed that 54% of diabetic patients are suspected to have a mental disorder and need more diagnostic assessments .Escape-avoidance ($P < 0.001$), confronting ($P < 0.001$) and plan-full problem solving coping strategies could predict the mental health in diabetic patients.

Conclusions: Inappropriate and emotion-based coping strategies against medical illnesses-such as escape-avoidance method as a predictor of diabetic patients' mental health-throw patients in vicious cycle of medical and mental illness.