

## COPING STRATEGIES OF DEPRESSIVE PATIENTS WITH STRESS

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**Introduction:** Recent researches on depression attach importance to the possibility of complex and reciprocal relations between stress and depression.

**Aim:** The purpose of this study is to compare the attitudes of coping with stress of patients with depression according to the healthy control group.

**Methods:** The sample of the study was composed of patients applying to psychiatry out-patient clinic of Bezmialem Vakif University Medicine Faculty Hospital (n=50) and healthy controls (n=50). Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I), Coping Strategies with Stress (COPE), Beck Depression Inventory, Beck Anxiety Inventory and Sociodemographic Data Form were applied to the participants.

**Results:** While scores of Positive reinterpretation and growth, Use of instrumental social support, Active coping, humor, Restraint and Planning subscales of the COPE were significantly higher in the control group, scores of Acceptance, Behavioral disengagement and Substance use subscales were significantly higher in the depression group.

**Conclusions:** As a result it could be argued that negative coping attitudes might be related to depressive disorder.