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SURVEY OF RELATIONSHIP BETWEEN ATTITUDE AND PRACTICE TOWARD PRAYER AND DEPRESSION IN STUDENT OF KURDISTAN UNIVERSITY OF MEDICAL SCIENCES OF IRAN, IN 2009

F. Ranaie¹, F. Zaheri¹, F. Ardalan²

¹Midwifery, ²Nursing, Nurse and Midwifery Faculty of Sanandaj of Medical Sciences University of Kurdistan of Iran, Sanandaj, Iran

Background and aims: Mental disorders are of diseases that modern societies encounter with and among them depression is one of the most common disorder especially in young people as prayer and blessing has positive effects on different aspects of life, this study was done to determine relationship between attitude and practice toward prayer and depression in students of Kurdistan university of medical sciences.

Subject and methods: This was a descriptive - analytic study. The study population consisted of 400 students of Kurdistan university of medical sciences that were selected through stratified random sampling method. The data were collected by 2 questionnaires, one that contained questions related to attitude and practice toward prayer and another was beck test.

Results: 37.5% has depression (mild to severe). 71% had positive attitude and 29.5% had good practice toward prayer. There was significant relations ship between attitude toward prayer and depression ($p=0/03$). So that depression average ranking was lower in those who had positive attitude toward prayer.

With higher mean scores of practice toward prayer depression rates were lower but these. Differences were not significant.

Conclusion: As depression rate is high in these students and because of positive effect of prayer on decreasing prevalence and severity of depression so not only exploring for risk factors of depression in university students is necessary but also reinforcing and promoting doing prayer and religious duties: it is recommended to pay more attention to student's mental health.