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Efficacy of group training using Gross model-based emotion regulation strategies in reducing suicidal ideation in patients with major depression disorder who had attempted suicide, Bushehr, 1396

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Abstract:

Background: Major depression is one of the century's most common mental illnesses, affecting 15% of the population. Many factors contribute to depression including age, gender, occupation, traumatic event, genetics, etc. This illness is more common in single and divorced people than married ones. Due to suicidal ideation in patients, major depression is among the priorities of treatment. This illness causes many problems in the families and imposes a considerable economic burden on governments and families. Purpose: The present research aimed at determining the effectiveness of group training using Gross model-based emotion regulation strategies in reducing suicidal ideation in patients with major depression who had attempted suicide.

Methods: In this research, a quasi-experimental pretest posttest design with a control group was used. Statistical population included patients with major depression disorder who had attempted suicide and were referred to centers of psychotherapy in the city of Bushehr. From the statistical population, 20 volunteers were selected and randomly assigned to two equal groups (treatment and control). Following that, eight sessions of group training using Gross model-based emotion regulation strategies was run on the treatment group twice a week each 90 minutes. The sessions were designed based on raising conscientiousness, detecting stressful situations and promoting behavioral components such as individual growth and adaptability. In this sessions, communication, conceptualization, awareness and managing positive and negative emotions were instructed. Individuals were supposed to learn how to comprehend the difference between types of emotional functioning, communicate with others, and regulate their mood and emotions. Training on emotional drain, relaxation and reverse action and finally, assessing and applying learned skills in natural situations were not included in the sessions. The control group did not receive any intervention.

Results: Findings revealed that suicidal ideation was less in the treatment group than the control group and the difference was statistically significant (p -value <0.001).

Conclusion: Difficulty in regulating emotions is one of the problems patients with major depression tackle with. Training such patients how to express and manage emotions can help reducing their problems. Therefore, it can be resulted that Gross model-based emotion regulation strategies is effective on decreasing suicidal ideation in patients with major depression and can increase their power of coping and adaptation.

Keywords:

Emotion regulation, Major depression, Suicidal ideation

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