

Fatemeh Moslemi Najarkolaei 1, Fatemeh Rezaei2, Arezo kordian3

1. Department of Pediatric Nursing, Shahid Beheshti Nursing School of Rasht, Gilan University of Medical Sciences, Iran.

2. Assistant Professor, Nursing Department, School of Nursing and Midwifery, Islamic Azad University, Babol Branch, Mazandaran, Iran

3. Bachelor of science in Nursing , Mazandaran , Iran

Title: The effect of the way of solving The problem on prevention of mental disorders- reviewing studies.

Introduction: By expanding and industrializing the society the problems and concerns of the people also expanded. In most of researches the cause of mental disorders in people was family and spouse conflicts, property changes, sudden transfer of people from village life to city life, and economical problems. On The way to prevent mental disorders, problem solving methods was said one of The best ways. Such approach was presented by Dezarila and Gold frid. Solving The problem is decision which includes knowledge and collecting information and researching analysing and evaluation of the existing situation, consequences of behavior and getting the feedback.

The method: for getting the related information to mental disorders in nurses. Researchers in data bases of Johod Daneshgahi (academics Jihod) informatic Bases (SID). Magical and English languages (pubmed) and also Google Scaler were done from Parsi key words, prevention of relapse, psychiatric disorder problem solving method (problem solving, relapse prevention mental disorders, were used together and seperately.) 56 researches were found by Informatic bases and 10 Research's by Research list.

Finding: According to the collected information, the major causes of mental disorders in people are conflicts with family and spouse, low education levels. Economic problems changes due to puberty. One of The suggested solutions is The problem solving method that the person would learn how to behave due to the causative agent.

The Result: Due to researchers that were done and society's goal to prevent the mental disorders, the problems solving method is suggested on of the best ways. Such method could be studied by cyberspace group classes and counselling sessions.

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