

# **The efficacy of the therapeutic program in decreasing State-Trait Anger of addict patients - a comparative experimental study**

**Dr. khaled M.Abdulwahab, Bani Swaif University**

**Mrs. Ibtam S. El Dossary. *Psychologist- Alamal Hospital***

*Reasons for this study:* Anger has a close relationship with, drug intake and dependence or relapse. It could be a reason for drug seeking behaviour, to help the addict to control himself (as a self medication), especially for whom suffering from anger drawbacks. As the addict is not able to understand the nature of anger emotion and how to deal with it, properly, relapse will occur.

*The aim of the Study:*

1. Trying to approach addiction problem through dealing with one of the main problems, which many addicts consider it responsible for relapse, (Anger).
2. Application of cognitive behaviour program to prevent further abuse of substance, continue recovery and prevent possible relapse.

*Study problem:*

- Can the cognitive behavioural program decrease the intensity of anger state and trait?
- Can the efficacy of the therapeutic program continue in reduction of anger after one month of the end of the program?
- Are there significant differences between addict patients and non addict in anger state and trait?

*Hypotheses:*

- There are significant differences between addicts and non addicts in State-Trait Anger, for addict patients.
- There are no significant differences between experimental and control group scores in pre test of State-Trait Anger.
- There are significant differences between experimental group scores on State-Trait Anger scale, before and after applying the therapeutic program.
- There are significant differences between experimental and control groups in post test of State-Trait Anger.
- There are no significant differences between control group scores in pre and post test of State-Trait Anger.
- There are no significant differences between scores of experimental group in post and retrospective test of State-Trait Anger after one month of the end of the program.

## *Methods and procedures*

1. *The main study sample:* 200 male, equally distributed in to 2 groups. (Addict , non addict , n = 100 ).This sample because to assure that there are significant differences between addicts and non addicts in State-Trait Anger . The equivalence in some important variables of both groups has been calculated as possible. The age of both groups ranges between 18-25 years m. = 20.34 s.d. = 1.6 .Both groups consisted of single and married subjects. Profession category: jobless, military, and technical work.
2. *Clinical and experimental study sample:* It consists of 60 subjects selected from a group of addict patients who recorded the highest scores in State-Trait Anger. They are categorized as the following, jobless, poly substance dependents, “cannabis, alcohol, amphetamine and benzodiazepine”. Usage period ranged from 1- 3 years, as they are the most patients who admitted the complex. They are distributed equally to 2 subgroups: The Experimental group: the therapeutic program will be applied on it. The control group. With attention to equivalence between both groups as possible.

## *Tools:*

1. *Anger scale:* *Researchers* depended on only one scale (State-Trait Anger). Spielberger,S. & London ,P., 1983.it was translated and prepared on the Egyptian society by Mohammed Al-Said& Fawqia Abdulhameed, 1998.It consists of two main parts, ( anger state & anger trait ) , each part consists of 15 items. Researchers revised the scale, and were sure of its psychometric characteristics on Saudi sample.
2. *Therapeutic program:* The program was prepared basically on Meichenbaum's model in how to establish a behavioural cognitive program for many psychological problems. *The program consists of:* 9 sessions, 2 sessions weekly the session period is 90 min; it can be applied individually or in group, in addition to Precursory individual session.

Researchers relied on some methods to present the therapeutic program as the following Questions ,Inquiry, conclusion, and summarizing ,Lectures and explanations and Group discussions .Therapeutic techniques that patients trained : Cognitively re-evaluate , Three questions technique , Not now Strategy, or time out , role Playing ,Relaxation and Homework's .

## *Results:*

- Study conclusion shows the correctness of all Hypotheses.
- Addict patients are angrier in both trait and state than non addicts at the level 0.01 of significance.
- The efficacy of the therapeutic program in decreasing anger state and trait significantly for experimental group is emphasized. The differences between pre and post test were at the level 0.01.

- The efficacy of the program was emphasized also after the comparison between the results of control and experimental groups. The differences between them were at the level 0.01.
- Also the results emphasized the permanence of efficacy of the utilized program after one month of finishing the program. (Retrospective application).

# **The psychic intervention is in disaster naturalness- A field study for operation by victim earthquakes in Boumerdes – Algeria.**

**Dr. Hachelafi Hamid**

Enseignant chercheur sur la santé mentale.

Introduction: following the earthquake which with touched the centre of Algeria ( Alger , Boumerdes ) in 21 may 2003 , and within the framework of solidarity, a teaching operation of framing at summer to initiate by the state for the pupils who prepare the examination of the baccalaureate and thus they have summers accommodated in the cottier's cities .

## Subjects:

- Diagnosis of the secondary psychic disorders to the traumatic event.
- Catch of load psychology of the victims.
- Academic framing of the speakers concerning the psycho- trauma.

Methodology: descriptive study realised about 131 victims' student of the seism during the period of their stay (02 to 15 august 2003).

We used for our study:

- Post-Traumatic Stress Disorder symptom scale (PTSD ).
- Hopelessness Scale realised by Beck A.T. (1974).

## Conclusion:

In spite of passed time, our intervention with licence to charge this suffering collectively shared through the debriefing and the psychotherapy of relieving. The psychometric tools enabled us to detect and diagnose 2 cases of traumatic neuroses.

Psychology constitutes one of the pillars of the public health and thanks to these services it offers a framework of progress and prospects positive for a better mental health.

# Psychology of Communication & Human Behavior

Khawla Qaisi & Abdel-Wahab Younis:

سيكولوجيا الاتصالات والسلوك الانساني

أ. د. خولة عبد الوهاب القيسي

م. فيصل يونس محمد

مديرة مركز البحوث التربوية النفسية

جامعة بغداد

يعد الاتصال من ابرز القضايا المحورية في العالم كونه يمس بصورة مباشرة حقوق الانسان وقضايا الاتصال ، وهو ايضا مجموعة معقدة من التفاعلات والعلاقات بين الفرد ومكونات النظام الاتصالي الذي يعيش في داخله وتفاعلات النظم الاعلامية المختلفة في البيئة الدولية.

ان البحث في هذا الموضوع المعقد المترامي الاطراف وما تنعكس فيه من صراعات فكرية وتناقضات سياسية واجتماعية وثقافية لا سيما اذا اردنا ان نتصوره في تعدد ادوار الفرد ازاءه يصبح اشد ما نخشاه ان يتحول الى فكر يخلق في افاق الواقع الذي نعيشه أو في المستقبل الذي قد لا يعدو سوى حلما ، وهنا ينبغي مراعاة العلاقة الوثيقة بين الاتصالات وبين الجوانب المتعلقة بحقوق الانسان واهتمامات الفرد ومصالحه.

وكون الاتصال يأخذ جوانبا نفسية واجتماعية وحياتنا تقوم عليه، يمكن اعتباره حركة مستمرة بدون ان يفقد الانسان استمراره النفسي والزمني والاجتماعي، وقد يساعد ذلك على تحقيق الاتزان أو ان يتعرض للتعقيد والاضطراب .. وقد تحدث الكثير من الامراض العقلية والانحرافات السلوكية نتيجة الاتصالات لذا تستدعي معالجة النظر الى الاتصال وانظمتها.

ويهدف البحث الى تسليط الضوء على الاتصال في ضوء الادبيات المعاصرة وتأثيراته على السوك الانساني لا سيما نحن نعيش تفجر واتساع تكنولوجيا الاتصالات وتعدد اتجاهاتها واغراضها.

ويتناول البحث عملية الاتصال وعناصره، وهي ( المصدر) ويمكن ان يكون شخصا أو هيئة و( الرسالة) وقد تكون مكتوبة أو على الهواء أو عبر وسيلة متعددة الاغراض و (الهدف) ويمكن ان يكون شخصا او مجموعة او جمهور أي كان..وما ينطوي ذلك من نشاط اتصالي لبث الافكار والمعلومات والمواقف باختلاف وتنوع اتجاهاتها ومصالحها وتأثيراتها المقصودة أو غير المقصودة على الجماهير .

وهناك مداخل بحثية تتناول وظائف الاتصال من اهداف معرفية واقتناعية وترويجية والمشاركة الثقافية وتنمية القدرة على التقمص الوجداني فضلا عن وجود تقسيمات تبعا للموضوع الاتصالي ، وهي جميعها تمثل وجهتي نظر (المرسل والمستقبل) وقد تلتقي او تختلف ، وهذا يتطلب معلومات سيكولوجية وثقافية للاتصال تساعد في التغلب على الحواجز النفسية والثقافية للأفراد والجماعات وخلق حالة من تفاعل العناصر النفسية والثقافية والتأثير في ذات الفرد وشخصية المجتمع.

كما يسلط البحث تأثيرات الاتصالات لخلق مناخات ملائمة للتعبير وتبني القيم والاتجاهات الجديدة ونماذج السلوك الملائمة للتحضر ، ورفع مستويات الطموح لدى الافراد والعمل كمحفز لهم ، وخلق قيم وتحقيق الانسجام وتنفيذ برامج التنمية ، وجعلهم يتعرفون على اهميتهم في المجتمع، فضلا عما يوفر الاتصال من معلومات قيمة تساعد على اتخاذ القرار وفق استراتيجيات موضوعية علمية ازاء مشكلة واختيار البدائل والمعلومات المناسبة لحلها.

ان تأثيرات الاتصالات في السلوك الانساني لها اوجه عديدة ، وهي جميعا تؤثر فيها عوامل معينة لإدراك رسالاتها والتي تعتمد على ( الخلفية الثقافية) لكل فرد وطريقة ادراكه للامور ، و(توقعاته) التي يستعملها لتحليل رموز الرسالة ،و(التربية ) التي اثرت في قدرته على فهم بعض التعبير والمصطلحات وتشكيل شخصيته البنوية، و(الموقف) الذي يتم فيه الاتصال وطريقة تعامله مع الرسالة الاتصالية ، و (قيم الفرد واتجاهاته) وهي التي تنعكس على طريقة تواصله مع الاخرين وعلى طريقة فهم الرسالة والاصغاء اليها بشكل موضوعي عقلائي ، فضلا عن اثر الاتصال ( بالاداء والرضا عن العمل) وهو ما يوفر فرص مشاركة ايجابية فاعلة . ويبين البحث السوك الانساني وامكانات الاستفادة من الاتصالات واستخدام المعرفة لإدراك السلوك ومايدفع الافراد له ، وفهمه كتعبير عن مشاعر وحوافز وما ينطوي عليه من مفاهيم.

**Policing the Frontline:  
PTSD, dissociation and resilience in Iraqi police recruits**

**Victoria Snell**

**Forensic Psychologist**

*Department of Psychology,*

*University of Leicester, UK [snell\\_yb@yahoo.co.uk](mailto:snell_yb@yahoo.co.uk)*

In recent decades, life in Iraq has been characterized by traumatic events affecting many lives. Previous exposure to multiple traumas is common among those joining the nascent Iraqi Police Service for what has become 'the most dangerous job in the world' (The Washington Times, February 23, 2005). Psychological responses can include PTSD and dissociation, which could influence learning styles and long-term job performance. This study assessed levels of PTSD in Iraqi police recruits at the time of training at the Jordan International Police Training Center (JIPTC) in Jordan. Measures of PTSD symptoms, dissociation, trauma history, recent stress, and emotional approach coping during the past week or month were privately administered in Arabic to 315 Iraqi recruits; a subset were given an in-depth trauma history screen and asked to complete two scales using an alternate time frame reflecting symptoms during the last week or month spent in Iraq. Data were also collected from a control group of 28 Jordanian Police officers. Iraqi recruits had high levels of past trauma exposure and recent stress, and 54% showed elevated levels of PTSD symptoms. Given these findings, the ability of Iraqi police recruits to learn and function well in their new jobs may be compromised by current symptoms.

## **Altruism and Religiosity: Cross Cultural Study**

**Mohamed Hadidi & C. Dominik Güss**

**University of North Florida, Department of Psychology**

**Prof. Adnan Farah, University of Jordan**

**Department of Psychology**

**Amman, Jordan**

Behaving altruistically is highly regarded in many religions around the world. According to the Christian bible, for example, “Love Thy Neighbour” is indispensably linked with being close to God and alms-giving as one of the five Pillars of Islam is linked with strong Muslim faith.

This study investigated altruism in a U.S. Christian sample (N= 187) and a Jordanian Muslim sample (N=174). 44 students from both countries were not included in the further analyses because they had many different religious affiliations.

Due to the essential role of altruism in both Christianity and Islam, we did not expect differences in altruism between the two samples. We expected however, that attitudes towards empathy, religious ideology, and extrinsic religious orientation would correlate with altruism in both countries.

Altruism was measured with the Altruism scale (Johnson et al. 1989) and with four scenarios consisting of daily life situations: Studying for an exam and receiving an urgent phone call from a good friend; problems due to living together with other students in dormitories, problems arising during preparation of a group presentation for class, and problems with the landlord. Participants choose one out of five possible answer options in each scenario representing low to high altruistic behaviours. Empathy was measured with the Interpersonal Reactivity Index (Davis, 1983). Religious ideology was assessed with the Dimensions of Religious Ideology (Putney & Middleton, 1961), and extrinsic/intrinsic religious orientation was measured with the Intrinsic-Extrinsic Religious Orientation Scale, (Allport and Ross 1967). Additionally a demographic questionnaire was administered.

Since the two samples differed significantly regarding gender and age, both variables were controlled for in further analyses. Excluding gender and age, correlations were calculated in both countries. In Jordan, extrinsic and intrinsic religious orientation correlated significantly with altruism. In the United States, orthodoxy, fanaticism, (fantasy) and empathy and extrinsic religious orientation correlated significantly with altruism.

Comparing the Jordan and U.S. sample, Jordan participants showed higher altruism in three of the four decision scenarios, and U.S. participants' higher altruism in the altruism scales. Possible explanations for the sometimes inconsistent results will be discussed.



## **Positive Impact of Engagement in Times of Hardship:**

### **Why the Silence?**

**Serdar M. Degirmencioglu,**

**Beykent University, Turkey**

Mainstream psychology has been very silent regarding contexts where individuals have to engage to cope with hardship. An important example is large-scale disasters. Many individuals experience positive change following disasters (often called post-traumatic growth). Most research, however, has focused on negative consequences among both survivors and those who experienced consequences of disasters indirectly (e.g., relief workers).

This paper presents evidence regarding positive effects of relief work on volunteers across a broad age range. In 1999 two major earthquakes devastated densely populated areas in Northwestern Turkey. Many people volunteered for relief efforts. Firsthand observations pointed to a noticeable positive impact of relief work on volunteers. This study – the first study of its kind – was initiated to capture these changes.

In a pilot study domains paralleling dimensions of post-traumatic growth were identified via a content analysis and a 30-item inventory was developed. 500 volunteers (50% women, median age = 27, range: 16-55) took a questionnaire, beginning 9 months after the first earthquake.

Relief work was perceived to an important life experience. More positive change was perceived in self-efficacy, compassion and significance of community solidarity. Younger participants reported more positive changes, particularly in self-efficacy.

Results are discussed in the context of other disasters (e.g., post-tsunami experiences in the Indian Ocean) and the role of psychology in public issues.

**Leadership Competencies as Perceived by  
The Leaders and Their Subordinates in Kuwaiti Public and Private Sectors**

**Othman Khader**

**Dept. of Psychology**

**Faculty of Social Sciences**

**Kuwait University**

The aim of the present study was to identify the generic leadership competencies needed for leadership positions as perceived by the leaders and their subordinates in the public sector and leaders in the private sector in Kuwait. As well as to identify the relative importance of these competencies for each group, and whether there are any differences in ranking these competencies between the leaders in the public sector and the leaders in the private sector, and between the leaders in the public sector and their subordinates. The study used 627 Kuwaitis working in Kuwait (387 males and 240 females), out of which 446 working in the public sector (104 leaders and 206 subordinates) and 181 in the private sector (104 leaders and 77 subordinates). Each group ranked the relative importance of 40 leadership competencies presented to them by the author. The results showed that there are 12 competencies perceived by the three groups as the most important competencies for leaders. These competencies are: Self-confidence; Trustworthiness; Taking decision in the right time; Adaptability; Commitment; Accurate self-assessment; Planning; Influencing others; Emotional awareness; Self-control; Change catalyst; and Achievement drive. No significant differences were achieved between the ranking of the leaders in the public sectors and their counterparts in the private sector, or between the ranking of the leaders in the public sector and their subordinates.

**The Right Person in the Right Place: an Ideal or Reality**

**Ali Faqeeh:**

**Saudi Arabia**

**Is the 12-Step Addiction Model Culturally Appropriate for Muslims?**

**Asma Masri and Paul E. Priester:**

**Psychology of Terrorism: An Arab view**

**Mohammad Rimawi:**

**Sex differences and the relationship between body esteem, depression, social phobia and self-esteem among college students.**

**Moh'd A. Shoqirat**

**Dept. of Psychology**

**Mutah University, Jordan**

This study aims to investigate sex differences and the relationship between body esteem, depression, social phobia and self-esteem among college students. The sample consisted of 487 (159 male and 337 female) university students. Four scales were used to measure body esteem, social phobia, depression and self-esteem. The results showed no significant differences between the two sexes in body esteem and self-esteem. However, the females' scores were significantly higher than the male scores in social phobia and depression. The results showed significant correlation in both sexes between body esteem and depression and self-esteem, although it is weak for the females, and significant correlation between social phobia, depression and self-esteem with males showed stronger correlation. Finally, the results showed significant correlation between depression and self-esteem with females showed stronger correlation.

The results were discussed in relation to available results from other cultures.

# Psychology of Value and Communication between Self-Development and External Projection

Salim Mawash

Faculty of Art and Human Sciences

Lebanon University (5<sup>th</sup> Branch)

سيكولوجيا القيم والاتصال

بين النمو الداخلي والإسقاط الخارجي

إننا اليوم في زمن سرعة انتشار المعرفة، ولا عجب أن سمّي زمن المعلومات أو عصر المعلومات.. حيث أصبح الاتصال ركيزة أساسية من ركائزه وأصبحت المقومات الاجتماعية تعوّل على هذا الجزء الأهم من العلم، بل المعلوماتية والإعلام..

وأصبح لزاماً على دارس علم النفس مثلاً، أن يبحث في أسس هذا الاتصال ومكوّناته وأبعاده ومضامينه ليجد العلاقة بين الواقع الإنساني وبين ما طرأ من تغيير على تناول هذا العلم في مناهجه ونظرياته وطرق إيصاله إلى الناس، لاسيّما في ظلّ شيوع استعمال الحاسوب والانترنت والآلات العارضة والهواتف النقّالة والشبكات المتعدّدة المنتشرة في فضائنا..

ولعلّ التربية القيمية تكون في أول سَلَم المتأثرين بهذه الوسائل الاتصالية الحديثة، حيث أضحت الحاجة إلى إعادة النظر في نظرياتها أمراً في غاية الأهمية. ذلك أنّ أساليب كثيرة فيها قد تراجعت وحلّت محلّها أخرى جديدة كانت الآلة العنصر الرئيس في عملية إيصال المعلومات، بل أصبحت جزءاً لصيقاً بالنلميذ على المستويات كافة.. وأصبح بمقدوره أن يخزن من المعلومات الكمّيات الهائلة التي قرّمت ما كان يتلقاه تلميذ الأيام الغابرة، لاسيّما بعد بروز التعلّم الذاتي وتبادل التكوين بين عقل الإنسان والعقل الإلكتروني في محاولة لاقترب كلّ من الآخر في جمع المعارف وتخزينها وطرق استعمالها..

لذلك كان الحرص الشديد على إيجاد الطرق الملائمة للاقترب من تربية ناصحة تجيد استعمال الوسائل الاتصالية الحديثة التي تكاثرت إلى الحدّ الذي ملأ حياتنا نحن سكان هذا الزمن الراهن..

ما يطرحه هذا البحث هو إيجاد السبل لالتقاط لحظات التكوين هذه في السنّ الأكثر تأثراً من حياة الإنسان وهو الطفولة والصبا والشباب. وان كان التعويل في ذلك كلّهُ على الطفولة، فإنّ هذه المرحلة من حياة الإنسان مشرّعة الأبواب على التأثيرات المختلفة التي تتناوب أفعال التكوين في مجتمع عالمي متفاوت الاستيعاب والاستعمال والانتشار لهذه الآلة الاتصالية التي تتسلّل إلى كل دار وتستوطن فيه بطرق مختلفة وعلى أشكال متعددة..

من أجل هذا كانت أهمية السيكولوجيا في التعاطي مع هذه الآلات الجديدة، حيث تمسّ الحاجة إلى التأثير فيها بدل أن تؤثر فيها على سحيّتها.. يسلّط هذا البحث الضوء على هذه الناحية السيكولوجية الاتصالية التربوية متناولاً موضوع العلاقة فيما بين العناصر الثلاث: علم النفس والاتصال والتربية القيمية.

وفي السياق نفسه يجدرُ البحث في تبيان أثر القيم القديمة والجديدة في مفاهيم التربية والأخلاق وسبل الاتصال وانعكاساته وتأثيراته، ويركز على سيكولوجيا الاتصال بحدّ ذاتها ويتناولها من زوايا متعددة، متنقلاً بين مفاهيم الاتصال في الإسلام وفي القديم عموماً متوقفاً عند مفاهيم النفس والسلوك ومنطلقاتها في الإسلام، وعارضاً مفاهيم السيكولوجيا الاتصالية المعاصرة، لاسيّما العولمة وما قبلها وما يحيط بها.. متخذاً من الحالات النفسية مداراً يقوم عليه علم النفس، خصوصاً في مسائل مثل النموّ النفسي الاتصالي في تناوبه بين الداخل والخارج، محدداً إشكالية النموّ الاتصالي التربوي عند العرب والمسلمين.. لينتقل البحث بعد ذلك إلى سيكولوجيا الإسقاط الاتصالي عموماً والتربوي خصوصاً.

وهذا ما أتاح للمزيد من الاستنتاجات حول مقولتي النمو والإسقاط، حيث تتبدى في زمن العولمة أحادية النمو والإسقاط الاتصاليين وما ينتج عنهما من حرب الهيمنة ووسائلها المستعملة ومن سيكولوجيا الغائبة وسيكولوجيا العجز وتحكم الخارج بالداخل وسيكولوجيا الضياع وحال سيكولوجيا التربية والاستعمار وتأثير ذلك كله في العرب والمسلمين

وهو ما ركز البحث عليه في مولدات النمو والإسقاط ووجد نتائجه تتمثل في انقلاب الدواخل الإنسانية وحيرتها في اختيارات الإسقاط. وهي نتائج تمس الحاجة فيما إلى إيجاد سيكولوجيا خاصة بوسائل الاتصال لرعاية التغييرات النفسية التي تحصل من زحف هذه الآلة إلى حياتنا، حيث تتفاعل في نشنا أنواع من البنى النفسية تنتقل بين الإحجام والمبادرة والثقة بالنفس والضياع والانحراف واللهات وراء لذات آتية واللهو المفرط في استعمال الخيال والتسلية.. بالإضافة إلى الميل الجدي إلى العلم الصحيح وضروب تلقيه..

في ذلك كله ينطلق البحث دائماً من مجريات الواقع العربي والإسلامي وما لديه من إمكانيات وما يسوده من اتجاهات وما يتخبط فيه من أزمان، ليصل في النهاية إلى جملة من الاقتراحات الآيلة إلى الإسهام برأب الصدع مع ثلة الآراء التي تتضامن من أجل حسن استعمال الآلة الاتصالية في حياة العرب..

**The Effect of Media at the time of Ware  
On Psychological Disorders among Children**

**Prof. Khalid Fakhrany &**

**Chairman of Psychology Department**

**Dr. Hiba Rebee**

**Psychology Department**

**Tanta University**

The current study aims at investigating the extent to which war broadcasting impact children and the extent to which that might end in psychological disorders along with, exploring that impact on PTSD and supplementary disorders such as depression and anxiety. Participants were (n = 416) children, male (n = 246), female (n = 170). According to their age the sample was divided into early childhood participants (n = 123) and preadolescence participants (n = 293). PTSD, depression and war broadcasting perception scales were administered. We hypothesized that the PTSD disorders vary with age and gender, PTSD disorders vary with war broadcasting perception and there are significant relationships among war broadcasting perception, anxiety and depression. Results showed that the first hypothesis was accepted and there were significant differences between male and female children with  $p < .01$ . Nevertheless there were no significant differences among early childhood and preadolescence stages. Besides, there were significant correlations among PTSD, depression and anxiety.

## **Psychodynamic assumption of responsibility**

### **In mental health with work**

**Dr. Hachelafi Hamid**

**Enseignant chercheur sur la santé mentale.**

**Adresse : Service de Médecine du Travail – EHUOran 31000 –Algérie**

Problems: the conflict crises happened in pediatry hospital by the simultaneous deposit of 9 medical certificates of exemption of guard by its general practitioners La asks emanating from the employer with an aim of expertise us in to contribute our share to solve this conflict crisis in work context.

Methodology: the psychodynamique one with an aim of dealing with the psychological suffering with the work of the hospital personnel by integrating in the group the two opposite parts.

Meetings are organized with a successive aim:

- Making of contact, to alleviate the tension, presentation of the problems and to begin the debate.
- Individual discussions with "the doctors" allowing the entry of charge of the constraints work, nature of the working relationships...
- To express this suffering within the group and the solutions considered.

Results: - The recourse of the parts of the conflict to the mediatisation or boards of inquiry to be ceased by supporting the dialogue by comprehension in particular during meetings of entry of charge of the psychic sufferings.

- Solutions are proposed by exempted concerning organization and improvement of the working conditions.
- Better followed mental health to work.
- Rehabilitation of the majority of exempted in the pool of guard with a good motivation and satisfaction.

Conclusion: The contribution of psychology "Psychodynamique" is remarkable in the field of health at the work.

Keywords:

Suffering – Psychology – Psychodynamique – Work – health

# **Cultural Differences among Omani and Kuwaiti Undergraduates on Health Problems**

**Ali M. Kazem,**

**Associate Professor**

**Chairman, Psychology Dept. Sultan Qaboos University**

**Prof. Bader Alansari**

**Kuwait Univeristy, Dept. Of Psycology**

This study examined cultural differences among Omani and Kuwaiti undergraduates on health problems. The Health Problem Checklist (Schinka, 1989) was administered to determine prevalence, cultural, and gender differences in health problems among 522 subjects (222 Omani and 300 Kuwaiti). The results reveals high rates of health problems among Kuwaitis in the problems of history of diseases, endocrine/ haematological, and negative behavioural habits, while the high rates of Oman's were in mouth/ teeth/ neck, history of diseases, and ear/ nose. Furthermore, the examination of cultural differences showed that Kuwaiti's had higher means in endocrine/ haematological, negative behavioural habits, genitourinary for men, and brain/ neurological than Omani had. As expected, females were significantly higher than males in the problems of general health, dermatology, vision, cardio/ pulmonary, gastrointestinal, brain/ neurological, orthopaedics, and endocrine/ haematological.

Key words: health problems, culture differences, undergraduates' students.



**Role of Health Related Quality of Life Assessment in Enhancing the Process of Health Care Delivery:**

*A Psychological perspective*

**Dr. Wael Mustafa Abu-Hassan,**

**Department of Health Sciences,**

**The Arab American University.**

This paper comes to shed the light on the concept of Quality of Life - QOL in relation to health and illness, and show how variation in patients' responses and coping behaviour styles do matter in the process of health care delivery. Furthermore, discussing the client – health care provider relationship and the role of Health Related Quality of Life - HRQOL assessment for optimizing client's health status will be of great emphasis in this paper.