

Abstracts

THE EFFECTS OF INTENTION FOR PILGRIMAGE IN THE MENTAL HEALTH OF THE PILGRIMS

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This research aims to study the effect of the intention for pilgrimage in the mental health of the pilgrims. One hundred pilgrims (58 males and 42 females) were selected from a group of pilgrims. One week before flying to Mecca and starting the pilgrimage, subjects filled out the General Health Questionnaire (GHQ) as the pre-test. At the end of the pilgrimage, they filled out the GHQ again, in the day before flying back to Iran, as the post-test. Paired t-test analysis revealed that the subjects' total scores on the GHQ, as well as their scores on the Physical Symptoms, Anxiety and Sleeping Problem subscales, were significantly increased in the post test.

Keywords: *pilgrims, intention for pilgrimage, mental health, Macca, GHQ.*

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**RELIABILITY AND VALIDITY OF THE REVISED CHILDREN'S MANIFEST
ANXIETY SCALE (RCMAS)**

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The purpose of the present research was to study the reliability and validity of the Revised Children's Manifest Anxiety Scale (RCMAS) for use in Iran. To evaluate the RCMAS's reliability, it was completed by 196 students. The reliability of the RCMAS by test-retest and split-half methods were .67 and .66 respectively. To study the validity of the RCMAS, 45 anxious children and adolescents and 45 normal controls, who were matched for age and sex, participated in another study. The discriminant validity of the RCMAS was quite satisfactory and the test significantly distinguished anxious patients from normal controls ($p < .001$). In add to total score, all 3 subscales of the RCMAS could significantly discriminate the anxious group from the normal controls. In sum, results of the present study showed that the RCMAS could be used for clinical assessments and psychological research with Iranian Children.

Keywords: *Rivised Children's Manifest Anxiety Scale (RCMAS), anxious children and adolescents, validity, reliability.*

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**THE EFFECTS OF THE BLOOD GLUCOSE CONCENTRATION
ON THE LEVEL OF ATTENTION**

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In natural circumstances, nearly all energy consumption by brain cells is provided by glucose. One of the factors which might be influenced by the amount of accessible glucose of brain, is attentional activities. In a normal person, the 24 hours blood glucose concentration is not the same. The blood glucose concentration in 4-5 a.m. is in the minimum level. The peak work time for nightworker nursing personnel occurs in this time. Any decreasing in the amount of blood glucose concentration during this time can influence attentional activities, which is a necessary factor for nursing personnel work. This study, determined the effect of blood glucose concentration on the nursing personnel attentions. Sixty persons of nursing personnel of the Damghan Hospitals were divided into two experimental and control groups. At first, the blood glucose concentration, the means of Bonardel-test and the persons attention were measured. Then for the experimental group, glucose was administered orally (1.75 mg/kg) and the control group received placebo. After one hour all persons' attentions were measured by means of Hanrypearn Test. This procedure was repeated 3 times. The results were analysed by independent t-test method. It was found that increasing of the blood glucose concentration can significantly increase the level of attention in the nursing nightworker personnel.

Keywords: *attention, blood glucose concentration, nightworker nursing personnel.*

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**THE EFFICACY OF GROUP COUNSELLING AND TOKEN ECONOMY IN
REDUCING BEHAVIORAL PROBLEMS IN MENTALLY RETARDED STUDENTS**

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This study compares the efficacy of group counselling and token economy in reducing behavioral problems in a group of mentally retarded students. Four special schools for mentally retarded students were randomly selected in Mashad. The Rutter's Questionnaire (1967) were administered and according to it's results, thirty students with behavioral problems were identified. The subjects were randomly divided into three groups (ten in each group): Two experimental groups and a control group. The first experimental group, participated in sixteen sessions of the group counselling. The second experimental group received token economy for eight weeks. The control group did not receive any kind of treatment. The Rutter's Questionnaire were administered again as a post-test. The results revealed that the mean scores of the three groups significantly differed in the post test. There were significant differences between both experimental groups as compared with the control group. But there was no significant difference between the experimental groups.

Keywords: *group counselling, mentally retarded students, token economy, behaviral problems, Rutter's Questionnaire.*

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***A COMPARATIVE STUDY OF STRESSORS AND COPING BEHAVIORS AMONG
RUNAWAY AND NON-RUNAWAY GIRLS IN TEHRAN***

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Azadfallah, * Ph.D.***

The purpose of the present study was the comparison of stressors, and coping behaviors, among runaway and non-runaway girls in Tehran. Ninety subject participated in the study: A) 45 runaway girls (15-25 years old), including the imprisoned ones, those who were conserved in the conservation centers of the well-being organization in Tehran, and those who had escaped only once and were returned to their homes. B) 45 nonrunaway girls (almost matched with the runaway girls) were randomly selected from a high school in district 6 of Tehran. All subjects were assessed by Adolescent Life Events Scale, Ways of Coping Questionnaire Social. The results revealed that, there were significant differences among runaway and nonrunaway girls in stressors and coping behaviors.

Keywords: *adolescence, runaway girls, stressores, coping behaviors.*

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***AN ANALYSIS OF NATURE OF INTELLIGENCE IN AGING PERIOD AND ITS
RELATIONSHIP WITH THE SUCCESSFUL AGING***

Abdollah Motamedi Shalamzari, * Ph.D. & Javad Ejei, ** Ph.D.

Analysis of the nature of intelligence in aging period and its relationship with the successful aging were the aims of this study. Two hundred subjects (all over sixty years old) from Shahrekord city were randomly selected. From this group, 60 successful and unsuccessful elders were distinguished. Then, the intelligence function of the successful and unsuccessful elders, were measured by the Intelligence Cattle's Test. Results showed that the intelligence function of the successful elders was significantly higher than the unsuccessful elders. Datal analysis also showed that the intelligence function of the elders does not vitally decrease after sixty years old.

Keywords: *elderly, aging, successful aging, intelligence, crystallized intelligence, fluency intelligence.*

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