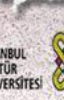
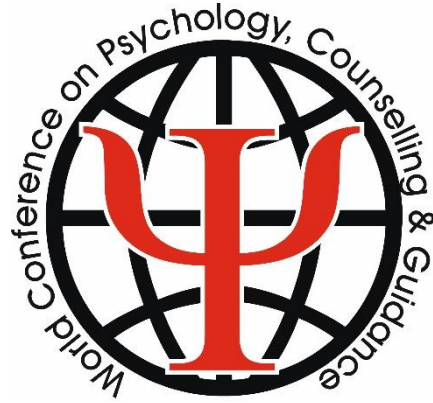


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ABSTRACTS

Perceived stress, sleep disturbances and cardiovascular health outcomes

Miroslava Petkova Petkova, Trakia University, Medical Faculty

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Abstract

Sleep is well defined as an important contributor to health. Sleep duration, mostly short sleep, and sleep quality have been assessed as being related to cardiovascular diseases. The purpose of this study is to investigate the correlation between perceived stress levels, sleep duration and sleep quality in connection of chronic diseases such as cardiovascular (Arterial Hypertension) and endocrine diseases (Type 2 Diabetes Mellitus). Thirty four patients diagnosed with arterial hypertension and 35 patients with type 2 diabetes were assessed. Methods: the MOS: SS (Stewart, Ware, 1992), the Perceived stress scale (PSS-14, Cohen et al, 1983), and pulse wave velocity determined with applanation tonometry. The results of the study were discussed in relation to the significance of perceived stress levels and established sleep disturbances with respect to PWV in patients with Arterial Hypertension and Type 2 Diabetes Mellitus.

Keywords: Perceived stress, sleeps duration, sleep quality, pulse wave velocity

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College drop-out – between school failure and professional reorientation

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Abstract

College drop-out is a phenomenon impacting both the individual and society. Drop-out that occurs before earning a BA plagues the educational systems in numerous European countries, and its effects are felt on multiple levels: at individual level, drop-out reduces the chance to become a competent and qualified employee, capable of coping with the challenges of the current labour market; at institutional level, a decrease in the number of students leads to financial loss and insufficient resources to support existing students; at social level, drop-out leads to lower productivity and decreased economic competitiveness. Analysing college drop-out in the Petroleum Gas University of Ploiesti revealed a drop-out rate of 40%. In this context, the University's Centre for Career Counselling and Guidance conducted a survey with the following objectives: elaborating a thorough analysis of the drop-out phenomenon in academia; identifying the main categories of causes and presenting the way in which these act; finding possible solutions to reduce the drop-out rate. The research methods were the questionnaire-based survey, the focus-group, and analysing the figures in the official documents; the target group was made up of freshmen. The analysis and interpretation of results allowed for the identification of the main risk factors at play in the case of college drop-out, and it also generated solutions meant to reduce the scope of this phenomenon.

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The effectiveness of mind fullness based cognitive therapy on Hopelessness of veterans spouses

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Abstract

War as a strenuous factor has had many axes and different effects After the end of the war and the return of the warriors to the family, the stress of the war and its devastating effects on the psyche of the people and the family, especially the spouse affected. This trial study aimed to evaluate the effectiveness of mindfulness-based cognitive therapy on Hopelessness of veterans' spouse. The population of 200 veterans' spouse were referred to the Veterans Counseling Center of shiraz and among them, 26 subjects randomly selected and assigned to experimental and control groups. The members of groups completed Beck Hopelessness Scale. Treatment group received mindfulness-based cognitive therapy and after eight-session group therapy on it, post-test was performed on both groups. Data were analyzed by SPSS 22 software. The results of multivariate covariance analysis indicated that there was a significant difference between the experimental group and the control group ($F= 10.52$, $P=0.001$). So mindfulness-based cognitive therapy is a suitable method to reducing Hopelessness of veterans spouses .

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