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The road towards social inclusion with dignity in Egypt

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Psychosocial model is new to the Egyptian system. The biological model of pharmacological treatment within hospital setting is the dominating model of intervention in Egypt. Change and reform are met with resistance especially from the professionals' side and integration of mental health within PHC continues to be a battle in Egypt. Remedy project provided for the first time in Egypt psychosocial rehabilitation model implemented by NGO with collaboration of Italian psychosocial experts along with local experts and volunteers. The project utilized many aspects of the well-experienced Italian recovery model. Outcomes of this project and evaluation by "the process of recovery Questionnaire" (QPR) will be presented. The presenting work has successfully led to a further step that just starting on the road towards social inclusion with dignity in Egypt by setting the first social enterprise to be run by the users. A short video clip will be also presented.

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The effectiveness of training techniques to deal with worry on the reduction of worry areas of patients with cancer

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The present study is aimed to investigate the effectiveness of training techniques to deal with worry on the reduction of worry areas of patients with cancer. This is a semi-experimental study along with post-test and pre-test. The participants of the present study consisted of 30 patients suffering with cancer and those presenting to Omid hospital in Mashhad in the winter of 2014, who were randomly selected and placed in to case and control groups. 14 out of 15 subjects in case group completed the treatment. Training techniques to deal with worry was conducted in 12 sessions of 90 minutes in 3 months in case group. Controls didn't receive any treatment concerning the treatment interventions. All the subjects completed the questionnaires of the study before and after the treatment. The obtained data were analyzed using SPSS software and covariance statistical analytical method. The findings showed that training techniques to deal with worry has been effective in reducing the worry and worry areas of patients with cancer. Training techniques to deal with worry can reduce the worry and worry areas of patients with cancer.

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