

# **Study of thought fusion , thought control strategy and thought rumination in patients with panic disorder referring to Psychiatric Clinic of Fatemi hospital in 1395-1396**

## **Abstract**

**Background and objective:** The purpose of this study was to investigate the kind of thinking and thought blending of thought control and rumination in patients with panic disorder referring to psychiatric clinic of Fatemi Hospital in 2016-2017.

**Methods:** The research method is fundamental and cross-sectional. The statistical population included all patients with panic referring to Fatemi Hospital. A total of 60 patients with panic disorder using the Cochran formula as an accessible sample from patients referred to the psychiatric clinic of Fatemi Hospital are reviewed. To collect information, intellectual mixing, rumination and intellectual control questionnaires were used. All questionnaires are standard and have high validity and reliability. To analyze the data of the present study, statistical indices such as frequency, percentage, mean and standard deviation were used. Also, to test the research hypothesis, T-test and Pearson correlation coefficient were used.

**Results:** The results indicated that the rumination rate in this group was lower than the cut-off point and was reported moderate. The level of intellectual control in this group was higher than the cut-off point and was reported to be high. The rate of rumination in this group was higher than the cut-off point and was reported to be high.

**Conclusion:** The results showed that the type of thought fusion with the intensity of rumination and thought fusion with thought control method and also type of thought control method with the intensity of rumination in patients with panic disorder was significant.

**Keywords:** thought mixing, thought control, rumination, panic disorder