

# **Comparison of Spiritual Intelligence, Meaningfulness of life and Optimism-pessimism in Coronary Artery Disease Patients and Normal People**

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**Diagnosis of coronary artery disease causes significant disturbances in patients' mental status, On the other hand, psychological factors play an important role in the development of cardiovascular disease. Therefore, identifying the effective factors on the patient's compatibility ability, including spiritual intelligence, meaningfulness of life and optimism-pessimism, that is important in these patients. Purpose: The purpose of this study was to compare spiritual intelligence, meaningful life and optimism-pessimism in coronary heart disease patients and normal people. Method: The statistical community of the study consisted of all coronary artery disease patients and their accompanying patients (1806 persons) who were referred to the Emergency Hospital of Heshmat Hospital in Rasht during 4 months in 2016-2017 ( April to July) ,that Among them, a sample of 200 people (100 cardiac patients and 100 normal individuals) were ed using available sampling method. This research is a causal-comparative and correlational study and in order to collect the data, a significant questionnaire of Mahulik and Crambaff's life (1969), King's Spiritual Intelligence Questionnaire (2008), and life orientation test (optimism and pessimism) by Shire and Carver (1985) was used. Discussion and Conclusion: The findings of this hypothesis showed that there is a significant difference between coronary heart disease patients and normal people and in terms of spiritual intelligence, meaningfulness of life and optimism among coronary heart disease patients were lower than the normal ones. Therefore, based on research findings, spiritual intelligence and meaningfulness of life and optimism can be considered as the protective and preventive factors of coronary artery disease. Therefore, according to the studies and the present study, it can be noted that psychological factors and especially negative emotions are a significant concomitant of coronary heart**

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**disease and along with medical interventions, special psychological interventions for prevention and rehabilitation of affected patients are required. Also one can refer to the strengthening of spiritual intelligence, meaningfulness of life and optimism.**

**Keywords : Key words: spiritual intelligence, meaningfulness of life, optimism and pessimism, coronary artery disease.**

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