



**Tehran University of Medical Sciences
School of Nursing and Midwifery**

International Campus

**COPING WITH SUICID'S BURNING SCAR'S
DISFIGUREMENT AMONG KURDISH WOMEN IN IRAQ
(KURDISTAN)**

**A thesis as fulfillment of the requirements for PhD degree in PhD Thesis in
Nursing**

By:

Pakestan Mohammad Amin

Supervisor:

Dr. Alireza Nikbakht Nasrabadi

July, 2018

ABSTRACT

Background: Suicide is one of the most important causes of death in the world. One of the most important problems that Iraqi women in Kurdistan are faced with is self-immolation. Deformity caused by burn can have many psychological effects on the individuals, including self-image disorder, loss of quality of life, low self-confidence, and disturbances in social interactions.

Aim: The aim of this study was to explain the process of coping to deformity caused by self-immolation among Kurdish women in Iraq.

Methods: Qualitative research method with underlying theory (Strauss & Corbin 1998) was used to achieve the research objectives. Sampling was started in a purposive way and continued with theoretical sampling until data saturation. In this study, 22 in-depth interviews were carried out with 19 participants that included women who had committed self-immolation in the past 6 months to 21 years.

Findings: After the data analysis, seven main categories were formed including; 1- Facing the unevitable harsh reality. 2- Anger towards one self and others. 3- Being judged by others. 4- Drowning in the vicious circle of hopelessness and regret. 5- A bitter journey in to the whirlpool. 6- Germination of the hope buds. 7- Rebuilding the weakened self-esteem.

Resistance to breaking free from deformity was one of the core variables in the study, and the results indicated the resistance against deformity.

Conclusion: The existing evidence suggests that, the process of adapting to deformity is such that, although people take some steps to adapt to the situation, they do not achieve the full acceptance of the present situation. In this process, the person who hopes to regain the lost beauty and life and does not easily accept the deformity, she will try everything to get rid of deformity and regain the lost beauty. In the process of adaptation, the nurses along with the health care providers, the family and the community have a unique role in accelerating or slowing the process of adaptation.

Key words: Coping, Self-immolation, Ground theory, Deformity, Iraqi Kurdistan