

## Investigation of mental health principles and concepts and patterns used in designing hydrotherapy complexes

### Abstract

This research aims to investigate mental health principles and concepts as well as patterns used in designing hydrotherapy complexes. The research method is a descriptive-analytical one that uses library resources. Evaluations indicate that physically and mentally healthy people will feel more elation, and compared to depressed people, happy people are less likely to experience illnesses and death caused by them. One of the treatments for psychological trauma is exercise. Exercising in water reduces heartbeat rate, heart workload, and oxygen consumption during the exercise compared to exercising on land. This method also has preservative and preventive effects on people who are suffering from pains like spine pain, joint pain, muscle aches, or those who have undergone surgery. Therefore, the appropriate location of exercise spaces throughout the city seems essential. Construction of new exercise spaces requires accurate scientific studies in regards to setting locations, the dismissal of which, aside from the inefficiency of the spaces, will cause a waste of time, budget, and energy, and most importantly, it will directly affect the future performances, especially negatively impacting the quality of exercise activities and healthy recreations.

**Keywords:** *mental health, hydrotherapy complexes, exercise spaces, entertainment, water sports, healthy people, depression*

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### Introduction

Using water for various types of treatment (hydrotherapy) dates back to the early history of the human race. Hydrotherapy is one of the foundational treatment methods which was widely used by ancient civilizations of India, Egypt, and China. This natural treatment method is also known as aquatic therapy, Pooltherapy, balneotherapy, and water therapy. Using water in its various forms (solid, liquid, gas) and at different temperatures can have a multitude of effects on various body systems.

Hydrotherapy or water therapy refers to the use of water in different liquid temperatures (warm or cool), solid form (ice), and topical steam form (a certain surface of the body) or immersion (placement of the whole body in water except for the head, without movements such as swimming), and is aimed at improving health or treatment of various illnesses. Many existing studies have reported both the therapeutic and physiological effects of hydrotherapy.

An hour of immersion into the water at different temperatures of 14°C, 20°C, and 32°C has different impacts on the body. At 32°C temperature, the speed or the level of the body metabolism is unchanged, but there will be a reduction of 11-12 percent in blood pressure and a reduction of heartbeat rate by 15 percent. At 20°C temperature, metabolism speed increases up to 93 percent, but the reduction in heartbeat rate and blood pressure is the same as at 32°C. Immersion at 14°C causes an increase in metabolism speed up to 350 percent as well as an increase in heartbeat rate up to 5 percent and blood

pressure between 7-8 percent. During immersion and at different temperatures, there is a reduction of cortisol hormone (combating anxiety), which means that body enters a state of tranquility and needs less amount of this hormone. In situations where a person swims consistently, especially in winter, there is a reduction in nervous tension, fatigue, and negative mood changes during swimming. This also specifically reduces and soothes pain in patients suffering from rheumatism, fibromyalgia (a type of muscle disease), and asthma.

The World Health Organization (2004) defines mental health as a state of well-being in which a person is aware of his/her strengths and uses them effectively and productively, and is beneficial to his/her society. Generally speaking, mental hygiene is the creation of mental health through the prevention of mental illnesses, controlling their root-causing factors, early diagnosis, prevention of factors that lead to the relapse of the mental illness, and creation of a healthy environment in establishing proper human relationships (Milanifar, 2003). Mental health means the coordination of values, interests, and viewpoints in behavioral areas of people and, as a result, realistic planning of life and targeted realization of living concepts. Mental health is not the same as physical health; rather, it refers to the viewpoint and psychological level of a person's communication and environment. The core of health is mental health because all health-related interactions are carried out by the mind. Mental health is the capacity to live life to the fullest to enable us to comprehend our natural potential and, instead of separating us from the rest of the people who make up our world, creates a unison between us and others. Mental health is the ability to love and create, a

sense of having an identity based on our experience as the subject, and the factor of individual power, which is accompanied by comprehension of our inner and outer reality and growth of realism and reasoning (Milanifar, 2003).

## **Theoretical Foundations of the Research**

### **Mental Health**

The World Health Organization experts define mental health as: “mental health is the ability to communicate with others harmoniously and consonantly, change and reform personal and social environment and resolve conflicts and personal desires in a reasonable, fair and appropriate manner (Milanifar, 2007). Mental hygiene is a technical field of psychology, and its objective is to create mental health through the prevention of mental illnesses, control the effective factors of mental illness incidence, early diagnosis of mental illnesses, prevention of side effects caused by the relapse of mental illnesses and creating a healthy environment for establishing appropriate human relationships. Therefore, mental hygiene is the science for welfare, social welfare, and rational coping with life events

Mental health can be defined using the general and more broad definition of well-being. Over the course of the last century, our understanding of well-being has been drastically altered. Above-average lifespan, human survival from deadly diseases through the discovery of antibiotics, and scientific and technical advancements in diagnosis and treatment have created the current meaning of well-being which not only indicates a lack of illness but also means a potential for reaching higher levels of well-being. Such a concept requires balance in all aspects of an individual’s life, including physical, mental, social, professional, and spiritual. These aspects are inter-connected in a way that each person influences and is influenced by the environment and other people. Therefore, mental health means not only a lack of mental health but points to a level of performance in which the individual is at peace and at ease with his/her lifestyle. In fact, it is assumed that a person should have control over their life, and it is only in a state like this that they can overcome challenges of their own problems or life issues (Hershensen and Power, 1988).

Some researchers believe that mental health is a state of welfare and the presence of this feeling in a person means that they can cope with society. Mental health means a feeling of satisfaction, a healthier mind, and social compliance with the norm of each society (Kaplan and Sadock, 2002). The World Health Organization considers mental health to be the ability to communicate harmoniously and consonantly with others, the ability to change and reform the social community, and finding suitable and rational solutions for instinctive conflicts

and personal desires in a way that the person can create a balanced formation out of a collection of contradictions.

Predominantly, a mentally healthy person can face the challenges of the growth period and is able to comply with the environment while gaining individuality. A satisfactory definition of mental health is for a person to have positive feelings, successful compliance, and appropriate behavior. Therefore, any criteria that are considered as the basis of well-being should include external behaviors and internal feelings (Banijamal Vahedi and Ahadi, 1991).

Well-being is a multi-dimensional subject; even today, other than the physical, mental, and social aspects, the spiritual aspect is also considered. And it should be noted that different dimensions of well-being or illness, affect and are affected by each other. Since physical illness affects the mind of a person and mental illness affects the body, both of which affect the society and its existing disorders, and societal disorders affect the other two dimensions; hence all the conducted acts for improvement of well-being should pay attention to all aspects of personal well-being and the general health of the society (Ganji, 1997).

### **Mental Hygiene Principles**

As stated previously, the main objective of mental hygiene is prevention, and this goal is achieved by creating a suitable personal and social environment. Therefore, everyone must be familiar with mental hygiene principles. Foundational principles of mental hygiene are as follows:

A) Respecting one’s own personality as well as others: One of the basic principles of mental hygiene is having self-respect and self-love; on the contrary, one of the symptoms of abnormality is self-loathing. Principles of mental hygiene are based on empowering individuals, not the assassination of their characters. According to these principles, there should be forgiveness and tolerance with respect to others, and instead of reprimanding, encouragement should be promoted and, in summary, have respect for individuals’ characters.

B) Knowing the limitation of oneself as well as other people’s: one of the important principles of mental hygiene is to face the realities of life directly. To achieve this, not only is it required to know and accept the external factors, but it is essential to accept our personality as who we really are. Conflict and hostility towards reality often cause mental disorders. While using their prominent and positive traits, a healthy person is also aware of their limitations and imperfections. Of course, it should be noted that although self-knowledge is difficult, knowing others is harder since human beings are different from each other in many ways (Milanifar, 2003).

C) Understanding the cause of behavior: the principle of cause and effect should rule every action because, according to science, no phenomenon is created on its own. According to

psychologists, there is no good or bad behavior, but every behavior has a causing factor, and if a certain behavior is harmful to the person and society, it should be treated the way physical illness is approached. Hence, the first step in the elimination of a behavior disorder is to find its cause.

D) Understanding that behavior is a function of an individual's integrity: A person's behavior is his/her integrity. Meaning that every individual acts based on the connection of their mental and physical attributes. No behavior occurs separately and in a void, and no action is done independently of other actions and existing attributes. For instance, physical illness causes mental illness and vice versa; mental illness will lead to physical symptoms.

E) Identification of basic needs which cause human behaviors and actions: mental hygiene requires knowing and valuing the basic needs of the human being. Some of these needs are physical, like the need for food and water, and some are psychological, such as the need for progress. Mankind is always influenced by these needs and behaves according to their deprivation or satisfaction; as a result, his/her life is never in a still state, but he/she is always struggling and trying to find food, water, housing, and love for social progress and physical and mental safety. An individual who knows and accepts these principles will rationally confront life challenges and will have mental health (Shamloo, 1997).

**Characteristics of Mentally Healthy Individuals**

The research was conducted for the comparison of mental hygiene of single versus married students living in dormitories, the results of which are as follows: research sample includes 120 students (60 single and 60 married) who were chosen randomly, and the results show that there is no significant difference in the mental health (in terms of anxiety, depression, social disorders, and physical symptoms) total score of single students compared to married students. The researcher considers interfering factors such as both groups being far from their families and living in the same conditions in the dormitory, and dormitory-related and personal problems as the reason for the lack of significant difference in terms of the groups (Ekhtiari Amiri, 2004).

A conducted research titled "Investigation of the relationship of family's functioning and general well-being of the children" concluded that there is a significant relationship between

family's functioning and general well-being of students. Among the family's functioning variables, a significant and positive relationship was observed between the family's solidarity and the students' well-being. There was also a positive and significant relationship between the number of instrumentations of self-expression and the general well-being of the students. The acquired results, both in theoretical and research aspects, indicate that methods of interactions within families are related to the level of the general well-being of their children.

In another conducted research titled "The relationship between family compatibility and mental health and the level of satisfaction of the psychological needs of the adolescent children" the results indicated there is a positive and strong correlation between a family's performance in regards to the six dimensions of problem-solving, communication for emotional companionship and emotion control as well as performance in terms of mental issues (physical complaints, social maladaptation, anxiety, and depression). Such that the weaker the family's performance is, the more mental issues there will be. Also, the performance had a significant negative correlation with the emotional level of mental needs, freedom of action, competency, and communication. Namely, the weaker the performance of the family is, the more unsatisfied the mental needs, communication, competence, and freedom of action will be. Other findings indicated that there was no significant difference between the total performance, emotional attachment, and emotional companionship of the families but problem-solving of the relationship between behavior control and roles within the society had a significant difference and was weaker. The research results indicate the importance of children being influenced by parents' incompatibility and tense family environment, and also depicted that if families don't fulfill their duties, the daily mental health of the children, verbal and non-verbal communication of the members, proper behavioral patterns and lastly behavior control regulations will be performed poorly (Rahiminezhad and Paknezhad, 2014). Physical and mental health theorists' viewpoints are presented in table (1).

**Table 1: Theorists**

| No. | Theorist      | Year of Theory | Category of Theory                 | Theory   |
|-----|---------------|----------------|------------------------------------|--|
| 1   | Sigmund Freud | 1856           | Mental Health                      | Take a look inside, gaze at the depth of your being, and learn to know yourself first.   |
| 2   | Adler         | 1870           | Mental health in mental-social and | Mental health is to have defined goals in life, having a firm and solid life philosophy, consistent and suitable family and social relationships, being of use to other people, boldness and courage, determination, having control over |

|   |              |      |                                  |   |
|---|--------------|------|----------------------------------|---|
|   |              |      | biological theory of Adler       | emotions and feelings, having the final goal of perfection and self-realization, admission of imperfections and attempting to make up for the mistakes as much as possible  |
| 3 | Carl Rogers  | 1902 | Mental Health                    | The healthier the mind of a person, the more freedom of action and choice they will feel.   |
| 4 | Ericsson     | 1963 | Health                           | Mental health is described in relation to me, and its variables are defined according to my category.   |
| 5 | Ryff         | 1995 | General Well-being               | Explains self-discipline using variables such as autonomy, independence, inner control resource, individuality, and regulated inner behaviors.  |
| 6 | Kiss Valley  | 2000 | Components of General Well-being | A person with autonomy must be independent in regards to inner behaviors, be regulated, and be resistant to social pressures.   |
| 7 | Ryff Pattern | 1989 | Components of General Well-being | Describes having positive communication with others as true intimate inner communication and her feeling about inter-personal communication and kindness. Also introduces dominance over the environment as a choosing ability for her own physical situation. Moreover, has defined personal growth as an ability to grow, and having a positive outlook on the self is a major psychological functioning trait. |
| 8 | Kurt Levin   | 1890 | Mental Health                    | It is known as field theory. He believes that the field theory is not limited to a specific area but includes concepts through which various psychological facts can be exhibited.  |

#### **Method:**

**The working method in this research was descriptive-analytical and with library studies and reference to databases and related research .**

#### **Result & discussion**

##### **Hydrotherapy**

Hydrotherapy is a suitable non-pharmacological treatment method that can alleviate pain, increase muscle and bone flexibility and, as a result, reduce musculoskeletal spasms and increase the power and strength of a person. Performing exercise in water reduces heartbeat rate, heart workload, and oxygen consumption during the activities compared to exercising on the land. Research results of Barker et al. (2003) indicated that engaging in hydrotherapy twice a week for eight weeks managed to reduce fatigue in patients with chronic backaches caused by pain, muscular spasms, and inability to perform daily tasks. Besides alleviating fatigue and tranquilizing the exercising individuals, hydrotherapy can be used in other areas as well. The most important uses of hydrotherapy in sports are as follows. As a part of instant sports injury treatment, cold water at 8-12° C should be used; for example, placing the injured ankle or hand in a bowl of cold water prevents swelling and inflammation at the site of injury and alleviates pain. In the treatment of chronic sports injuries, like bruising, sprains of the joints, inflammation, or swelling of the tendon or the hamstring, hydrotherapy can be used. However, it is recommended to also use warm water at the initiation stage of a serious injury. In the post-operation stage

of sports injuries, hydrotherapy can be used for regaining joint movements. Other notable uses of hydrotherapy in sports include creating movement and flexibility in muscles and joints. In this method as well, we place the intended body part in a suitable tub or bowl. If possible, a pool of warm water can be used. The warmth of the water softens the tissues, muscles, and joints, and this increases the quality of the movements in the injured body part. Hydrotherapy can also be used as a part of athletes' readiness plans. Meaning that hydrotherapy can be used before starting the exercise to strengthen and preparation of the body to warm up the body's muscles, increase the blood flow in the tissues, and improve the nutrition of cells. Other uses of hydrotherapy in sports include cleansing and removing foreign material from wounds, abrasions, blisters, and other skin-related injuries.

##### **Hydrotherapy in the Field of Iranian Architecture**

From the marketing point of view, strong gravitation toward hydrotherapy complexes is considered an emphasis on health and fitness, and this is rooted in a tradition within many cultures that use hydrotherapy complexes for specific diseases, that is usually health tips come with diets, exercise equipment, and various exercising activities in many hydrotherapy complexes. It also includes seminars about mental peace or self-healing. From long ago, a strong emphasis has been put on the relaxation of the mind, and this subject is emphasized in the health that is promoted in hydrotherapy complexes as a method of anxiety reduction.

In a luxurious hydrotherapy complex, marketing is more oriented toward personal facilities like massage and cosmetic services and products. In a hydrotherapy complex with a limited budget, emphasis on mental relaxation is replaced by basic activities and features, and the naturalness of the hydrotherapy complex. In a lot of cases, attractive marketing for hydrotherapy complexes is encouraging for the non-locals and people unfamiliar with the area.

There are two theories in regards to the construction of hydrotherapy complexes, the first of which is about providing everything for everyone, and the second is about the construction of specialized hydrotherapy and combining medical services with hydrotherapy services. There are two viewpoints for the first theory, which is providing everything for everyone. The first viewpoint includes offering a wide range of services like (face massage, body massage, yoga, illness treatment, Chinese treatment, hair, and so on) in one salon, but the problem with this viewpoint is that there will be a contrast of activities in a single space. The second viewpoint is about using a wide range of services in separated spaces which gives it the advantage of attracting more people to this complex. Today people have a significant level of gravitation toward fitness, alleviation of pain, stress management, and improving mental, spiritual and physical health. On the other hand, the rising cost of medical services in the developed nations and the process of globalization has accelerated the growth of medical tourism and has transformed it into one of the most flourishing sectors of the tourism industry. World tourism organization defines health tourism as using services that improve or elevate a person's mental health (using mineral water, climate, natural or environmental factors, or medical interventions) and takes place somewhere away from the residing area of the person and lasts for more than 24 hours. In other words, "health tourism" is the provision of cost-effective facilities and medical services that is in balance with the tourism industry and is offered to people who travel to other countries for surgery, for the elevation of mind and spirit, or to receive other types of treatments. However, it must be noted that the concept of health tourism is beyond medical tourism and includes other concepts such as elevating the health of the body and mind, using natural resources, and warm and mineral water.

## **Successful Hydrotherapy Complexes Around the World**

### **1- France**

In France, the mineral water centers of "De Von – Le Ben" in the vicinity of Paris owe their fame to creating recreational facilities. However, the construction of these facilities can be justified by the lengthy stay of the visitors even though clients visit these places for various reasons (treatment, resting, recreation, participating in cultural and sports events, etc.). Therefore, it can be said that throughout history, hydrotherapy

complexes have attracted various types of visitors. Even when the hydrotherapy complexes had neither many services nor fame, people used them as vacation spots during holidays. Today in many countries, with the help of social security insurance, even the least fortunate of people can spend holiday time in hydrotherapy complexes. There are camps around the hydrotherapy complexes in France where tourists can receive treatment while living in cheap tents. Due to the variety of activities in hydrotherapy complexes, the organization of such complexes requires precise planning, and their administrative system should consist of skilled and seasoned personnel.

### **2- Japan**

Hydrotherapy complexes are called Onsen in Japan. A Japanese hot water therapy complex (OPSEN) consists of natural underground water without added chemicals which may be naturally or artificially warmed up to provide a desirable bathing temperature. Usually, underground natural water contains certain minerals which may be suitable for medical purposes. A wide range of minerals is very suitable and essential for Onsens. Generally speaking, these minerals may not be suitable for drinking. Onsens are especially very hot; this formal definition includes hot water springs with a temperature of 120°C and higher. The idea of Onsen is based on traditional bathing rituals in Japan, and a wide range of people find it interesting.

### **3- America**

Existing examples in the United States indicate that hydrotherapy complexes have developed into diverse organizational systems, which include resorts within private properties, restaurants, government parks, and a multitude of health organizations. Hot water treatment centers are established and based on springs or wells. It is probable to heat or cool down the mineral water or mix it up with urban water. In the coastal areas of Hawaii, mineral water is usually salty.

### **4- Iceland**

An example of converting a hot water therapy center for maintaining health is the Blu Lagoon in Iceland. In this location, the medical use of hot and salty water that comes out of the land through equipment and pressure is as interesting as normal recreations. Blu Lagoon is well-known among the locals as well as tourists and is used by all of them.

### **5- Baden Baden Hydrotherapy Complex in Germany**

One of the most equipped hot water treatment centers and tourism spots is located in Baden Baden in the black forest in southeast Germany. This is a place to get rid of daily stress and forget the problems of the world. Baden Baden is easily accessible; Baden Airpark has a distance of 9 miles from the city or bigger airports in Frankfurt, Stuttgart, or Strassburg, and the rest of the route to Baden Baden can be taken by the train or rental cars. The therapeutic effects of the hot springs of Baden Baden were first discovered by the Romans 2000 years

ago. They built a Roman-style hot water therapy center. The arthritis pains of the Roman emperor were relieved in the Caracolla hot water therapy center. In the 19<sup>th</sup> century, Baden Baden turned into a social leisure spot for the European aristocrats.

**Iranian Examples**

**1- Ardebil Province Mineral Waters**

The existing constructed hydrotherapy complexes and pools, as well as related facilities on the mineral springs of Ardebil and principled operation based on the primary safety and hygiene requirements, are only acceptable in hydrotherapy centers of Sabalan, Bash Bajilar, Shafa, and, to some extent, Gavmish Goli and Kosar Khalkhal. Constructions for welfare and accommodation like hotels, one-day and less than a day accommodations like pavilions and motels, apartment hotels, villas, suites, Cafeterias, coffee shops, shopping centers, service and communication buildings, and recreation centers, sports complexes, physiotherapy, Skiing, and bicycle riding and rally trails, suitable restaurants and the like exist only in Sarein and are non-existent in other suburban population areas and around hot and mineral water spots like Ghootorsooei, Shabil, Sardabeh, Ghinerjeh Meshkinshahr, Borjaloo nir and even Kosar Khalkhal and Villadareh village. Plans for hydrotherapy villages of Ghinerjeh and Borjloo Nir and Yadi Bolook, Ghahveh Sooei and Abcheshm, Sarisoo and Ghareh Soo and Ghootoo Sooei are under study, and Shabil, and Sardabeh and Ghinerjeh Meshkin Shahr complexes have been finished including infrastructure facilities by the water department. Out of 100 identified mineral water springs, 44 can be developed and invested in, and 22 of them are under operation with a flow rate of 215 liters per second. These springs are located in areas of Ardebil province that, in many easy ways, can be accessed and used. At the moment, they are distributed in the cities of Ardebil, Khalkhal, Meshkinshahr, Sarein, and Neir, which receive many international and domestic tourists every year.

**2- Sabalan Hydrotherapy Complex**

This complex includes a physiotherapy department, an active buffet, a praying room, and a waiting room for each of the pools. Currently, the number of visitors during the summer and holiday seasons is so high that inevitably the customers have to wait for a long time, and this peak season shows that there is no balance between demand and supply, especially during the high season. The complex has first aid equipment. In the meantime, caregivers are stationed within roofed salons so that they can provide necessary services when required.

**3- Shabil Hydrotherapy Complex**

The site is located 90kms from Ardebil city and 20kms from Meshkinshahr city. This complex is constructed on a land of

224000 square meters between two rivers. The building of this complex is 1500 square meters and is built on two stories which include two men’s pools, a women’s pool, a sauna, a jacuzzi, restrooms, public showers, restaurants, and so on.



Figure1: Site Plan of Shabin Hydrotherapy Complex

**4- Sardabeh Hydrotherapy Complex**

The site of this complex is located 30kms from Ardebil city. This complex is constructed on 50000 square meters of land, and the building of this complex has an infrastructure of 1700 square meters on 1.5 stories that includes a men’s pool, women’s pool, sauna, jacuzzi, restrooms, public showers, restaurants, and so on. Other facilities like temporary accommodations, accommodation pavilions, parking, etc., have been considered.

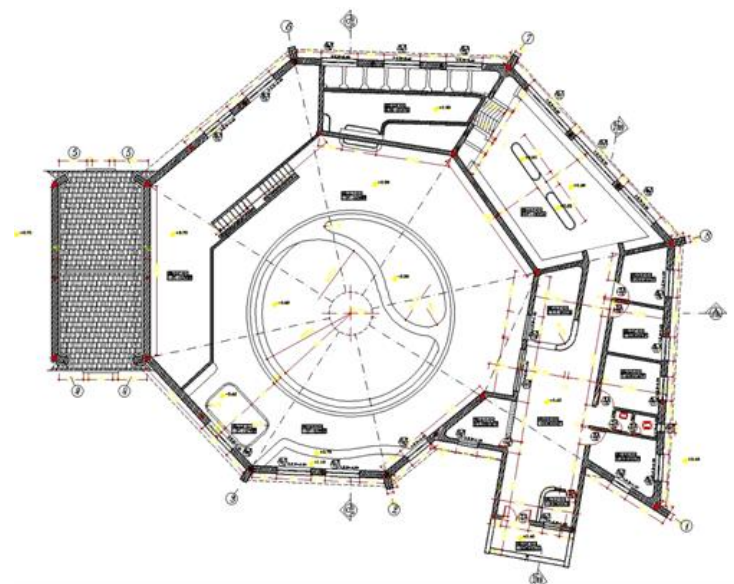


Figure2: Sardabeh Hydrotherapy Plan

**Conclusion**

Physical illnesses disrupt a person’s physical abilities and performance which makes for a disappointing situation that leads to a reduction of their self-confidence and optimism.

Since during the period of physical illness, the patient cannot perform well at usual physical activities, the situation will cause them anxiety, rage, and depression which puts them under mental pressure and crisis. In these circumstances, the person is mentally vulnerable, and being afflicted with mental disorders is not far from expectation. People who are physically and mentally healthy will feel more elation, and compared to depressed people, happy people are less likely to experience illnesses and death caused by them. With a healthy body and a strong spirit, many obstacles to success (like laziness and indolence) can be overcome, and through reinforcement of will and perseverance, deal with the problems. Mental pressures are increasing due to the machine-likeness of life, and an increase in daily life stress has led experts to use exercise as a vaccine for physical and mental health illnesses because exercise is one of the simplest, safest, cheapest, and most natural ways to combat physical and mental illness. Today due to the presence of various physical illnesses in people, different treatments are common. One of the most important treatment methods is water therapy or hydrotherapy, which is significant due to its crucial and general effects on the body. Replacing medications with hydrotherapy due to their side effects, dangers of mortality, and heavy costs on governments' medication budgets, insurance companies, and the general mass of the people, is one of the important issues of society. At the moment, one of the most important existing problems of cities is the improper placement of exercising spaces among other urban uses, in such a way that a lot of members of society can't properly use the exercising facilities due to lack of access and solving this problem requires planning and management in regards to location and organization of exercising spaces. Deciding for location selection of uses requires an analysis of various subjects, including costs and environmental limitations, political, social, and accessibility issues. Hydrotherapy can have positive effects on pain, strength, musculoskeletal flexibility, performance, self-confidence, balance, fitness, and a reduction in the recurrence of attacks in chronic diseases such as rheumatism, backaches, as well as central nervous system diseases like MS and stroke.

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