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Title: To determine the relation of back muscle strength and scapula situation with the rate of depression in 15-18 years old kyphotic girls in high schools of Iran.

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Abstract

Title: To determine the relation of back muscle strength and scapula situation with the rate of depression in 15-18 years old kyphotic girls in high schools of Iran.

The purpose of this research was to determine the relation between back muscle strength and scapula situation with the rate of depression in fifteen to eighteen years old kyphotic girls. So, one hundred fifty kyphotic girls selected who were studying in high schools in Iran in the year 2008-2009. The researcher wants to know that is there any relation between the back muscle strength and scapula situation with the rate of depression in fifteen to eighteen years old kyphotic girls? The research method was a case study and researcher collected the data from students and it took place in high schools sport complex was individually and performed in 1 week and random- cluster sampling was the method for choosing the sample size.

Firstly, the rate of kyphosis measured with specific tools. A Dynamometer to measure the back muscles strength, also a standard ruler to measure the scapula space to the vertebra column; after that, the up ward rotation of scapula was measured with Goniometer, finally researcher gave the Aaron Beck standard questionnaire to the students in order to determine the amount of their depression. In this study in addition to descriptive statistic such as, frequency, frequency percent, tables and charts researcher used Pearson's correlation coefficient too to find out the relation between body posture and depression variables.

The results of this research showed that:

There was depression in 81% of kyphotic girls; and 8% had severe depression also the significant test showed that there was not any positive correlation among the back muscle strength, scapula space to vertebra column, up ward rotation and angle of up ward rotation with depression.

Key Words: kyphosis, Depression, Back Muscle Strength, Scapula situation