**Abstract:**

Purpose: A research base should be of mental health and coping strategies in families of having patient with epilepsy, in Iran. These families are at increased risk of stress and weakened family relationship, and to identify the variables that have a negative impact on a families and possible moderating influences on them.

Method: This research was a descriptive study on 150 families of epileptics referring to the Iranian Association of Epilepsy Selected Using a Systematic sampling. A questionnaire consisting of three parts was used. The first part indicated the demographic specifications of the patient’s family, the second part showed the General Health Questionnaires (GHQ), and the third part indicated stress coping strategies carver-sheier-wenrub questionnaires. According to the acquired screen in the total mental health score, the majority of the epileptic patients’ family (56/7%) were not in an appropriate mental health condition. In this report contains depression (56/7%), social functional disorder (52%) somatic signs (61/3%) and anxiety and sleep disorder (6/7%). The majority of under research units based on acquired scores of general stress coping strategies, used this strategies in a medium level. And they also used (50%) of problem solving stress coping strategies, (70/7%) emotion oriented coping strategies, (67/3%) less inefficient and ineffective oriented coping strategies in an medium level. The finding showed that there is a meaningful statistical relation between gender (p=0/03), occupation (p=0/00), patient care period (p=0/00), and epileptic family mental health. And also there is a meaningful statistical relation between gender (p=0/02), occupation (p=0/02), patient care period (p=0/05), and depression scale, and also between occupation (p=0/05), patient care period (p=0/002) and social functional disorder, and also between occupation (p=0/00), relationship with patient (p=0/02) and anxiety and sleep disorder scale, and also between gender (0/02), occupation (p=0/00) relationship with patient (p=0/05) and somatic signs scale. According to stress coping strategies, there is a meaningful statistical relation between occupational status (p=0/04) and problem solving stress coping strategies and between occupational status (p=0/007) and ineffective oriented stress coping strategies. This research mentioned the majority of units in the study which had a medium mental health, used stress coping strategies in a medium level. (s=0/30) (p=0/000).

Conclusion: The result is that if there is more mental health in the family of the epileptic patient, they will use stress coping strategies in more suitable level. Thus, it is important to construct some sources in the side of psychology, social, physical and economical supports for improving family mental health.