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Assessment of knowledge and attitudes regarding psychotherapy among nurses in selected mental hospital of Bangladesh

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ARTICLE INFO	ABSTRACT
  *Corresponding Author Suchitra Bala Sarker ✉ sarkersuchitra@gmail.com	Psychotherapy is an important mental health intervention for managing psychiatric disorders and everyday life problem. The aim of the study is to explore nurses' knowledge and attitudes regarding psychotherapy in the management of psychiatric patients. A Descriptive correlation study was conducted among 100 nurses selected by using convenient sampling technique. Descriptive and inferential statistics were used for analyzing the data. Finding shows that the relationship between knowledge and attitudes among nurses regarding psychotherapy is very highly significant ($r = .63$, $p = .000$). The mean age of the respondents was 41.45 years. The result shows that nurses who were BSN (Bachelor of Science in Nursing) and above degree have higher knowledge ($t = -5.50$, $p < .001$) and positive attitudes ($t = -3.21$, $p < .002$) compared with those who had Diploma. This study indicates that nurses who had diploma and more aged have less knowledge. Therefore, nurses with diploma with or without experience still need psychotherapeutic educational curriculum in diploma level and training on psychotherapy for nurses who are working in mental health setting. It is expected that the finding of this study will help to delineate psychotherapeutic nursing knowledge and its effectiveness for nursing department.

INTRODUCTION

Psychotherapy is a therapeutic procedure which is given to patients to improve their mental health problem. A Large number of mentally ill people seek psychotherapy. Psychotherapy is used to treat not only major psychiatric problems, but also used in various areas like school counseling to handle behavioral and parenting issues, and marriage counseling to help couples navigate their marital problems. There are various forms of psychotherapy like cognitive behavior therapy, group therapy, milieu therapy, interpersonal therapy, motivational therapy, and family therapy. Psychotherapy's popularity has increased in recent years with more and more people realizing the long term value of psychotherapy (Sousa, 2012). Psychotherapy is the most common and most effective non-pharmacological intervention for cognitive illnesses (Nichols, 2016). The goal of psychotherapy is to help people become more aware about their feelings and thoughts and to take initiative to change those behaviors and thoughts (Dent, 2008).

Mental disorders are a major public health problem and contributes to 13% of the global burden of disease measured as disability (Hossain, Ahmed, Chowdhury, Niessen and Alam, 2008). A national survey reported that 16.05% of the adult population in Bangladesh suffers from mental disorders (WHO, 2007). Psychotherapy is the best intervention to minimize this problem and nurses are key personnel in every health care system. For this reason as health care providers, psychiatric nurses need to be aware of the importance of providing psychotherapy to mental ill patients who cannot get better under normal circumstances (Manickam, 2010).

Psychotherapy plays an important role in preventing suicide, reducing mental disorders, and rehabbing mental retardation patients. Evidence shows that psychotherapy has been widely practiced and psychiatric nurses have played an important role in disseminating psychotherapy (Yoshinaga et al, 2015). A psychiatrist and researcher in London established the first programme to prepare nurses to be psychotherapists. The evidence showed that through this program nurses practice psychotherapy perfectly and patients get more benefits than other health professional. Even nurses should have proper knowledge regarding psychotherapy, especially if they work at mental hospitals (Nichols, 2016).

With proper utilization of knowledge regarding psychotherapy, nurses can take initiative to provide cost effective and quality psychotherapy, as well as reducing the length of hospital stays for patients (Gimba et al., 2014). Therefore nurses need to acquire knowledge and proper training for providing psychotherapy to mentally affected patients. Moreover, nurses not only should acquire knowledge of psychotherapy, but also show positive attitudes that will help the patient increase their satisfaction level and help their recovery (Dent, 2008). In the current academic context of Bangladesh there is not enough study conducted or evidence compiled on nurses and psychotherapy. Therefore, the research was conducted to explore nurses' knowledge and attitudes regarding psychotherapy in order to assess the level of knowledge and attitudes regarding psychotherapy among nurses of selected mental hospital of Bangladesh

MATERIALS ANDMETHODS

Study design

A descriptive study was designed to identify the level of knowledge and attitude regarding psychotherapy among nurses in mental hospitals in Bangladesh.

Study participants

The sample were nurses who working at National Institute of Mental Health and Hospital, Dhaka and Mental Hospital, Pabna. Nurses who were working in selected mental hospital at least for 1 year and who agreed and were able to participate. The sample size of the study was estimated by using G power analysis (Erdfelder et al. 1996). The estimated sample size was calculated for an acceptable medium level of significance (α) 0.05 and acceptable power of 0.80 (1-β) and effect size of 30 (γ) this value would be conventional standard for most nursing studies. The estimated sample size of the study was 100 and twenty percent of samples also were added to avoid any missingdata. The sample was recruited by convenient sampling technique.

The study received ethical approval from NIANER and BSMMU Institutional Review Board (IRB). Precaution was taken to protect confidentiality of the participants. Written and verbal consents were obtained from the participants without anyinfluences.

Instruments

Data was collected by a self- administered questionnaire withconsidering all possible variables suggested and developed by the researcher. A questionnaire consisted three parts-demographic questionnaire, nurses knowledge and attitudes regarding psychotherapy. In the demographic part, it contains question about demographic characteristics and socio-cultural status of the respondents. In knowledge part, it contains questions on different psychotherapy andit's technique, effectiveness. Questionnaire was close-ended and possible answer was "Yes", "No" and "Don't know". Attitudes regarding questionnaires was rating scale and answers were "Strongly disagree", "Disagree", "Agree", "Strongly agree".. The questionnaire was pre-tested and evaluated thoroughly; the necessary revision and adjustment weredone accordingly.

Data collection

Data was collected from 01.01.2018 to 01.02.2018. With due permission from two selected mental hospital, the researcher made an appointment with the nurses. The researcher informed them about the study and obtained a consent form from those who were willing to

participate in the study.Then the questionnaires were distributed among the participants and explained subjects about the questionnaire, requested them to complete the questionnaire. The investigators collected data during duty period of that nurses and the investigator was careful to avoid the potential bias from the participants talking to each other about the questionnaire. The technique was continuing until collection of the desirednumber of samples

Data analysis

After completion of data collection, researcher checked, verified and edited for consistency to minimize error then analyzed by using computer software statistical package for Social Science (SPSS). Data was analyzed as per objectives of the study and additional analysis was completed to support the research findings. Descriptive statistics was used frequency, percentage, range, mean, median, and standard deviation and Bivariate analysis done by using two sample t-test, and correlation coefficient.

RESULTS

Socio-demographic characteristics of the participants

The background characteristics of participants in the survey are presented in Table 1.The mean age of the respondents was 41.54 (±7.78) years. Eighty-seven percent of the respondents are female. The majority of the respondents (94%) were married. Most of the participantsreligion was Islam (83%). About two thirdof the respondents (74%) were Diploma in Midwifery in professional qualification. Diploma in orthopedic and BSc in nursing were 12%. MPH/MSc in nursing wasonly 2%. The mean length of service was 14.19 years. No one was trained on psychotherapy.

Nurse's knowledge on psychotherapy

Table 2 shows the nurses knowledge on psychotherapy. Subjects had comparatively highest score in the item 1, 2, and 10.Height score in 100%, 84%, 87% respondents answered "yes" that psychotherapy is a treatment modality to manage psychiatric patients, psychotherapy can reduce, prevent mental illness and to become a psychotherapist, nurses need higher education. However, the participants had low score in knowledge about the item in 4, 5, 7, 8, 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20. Lowest score in respondents reply positive only about dialectical behavior therapy is used to borderline personality disorder. Total knowledge M(SD) was8.97(5.15).

Nurses attitudes regarding psychotherapy

Table 3 shows nurses attitudes regarding psychotherapy. Total item 15 and 4 point rating scale scoring. Item 1,9,10 includes agree that means positive attitudes regarding psychotherapy. Item 2,3,4,6,7,8,11,12, 13 and 15 are over 2.5, almost close to agree regarding psychotherapy. Moreover, there is nothing disagree. The total mean and standard deviation of attitudes regarding psychotherapy is 2.79(.20).

Relationship between demographic characteristics with knowledge and attitude regarding psychotherapy

The relationships between knowledge anddemographic variablesregardingpsychotherapy, the knowledge toward psychotherapy was highly significant to professional qualification ($t = -5.50$, p =.000) (Table 4). The result showed that nurses who finished BSN and above have higher knowledge compared with diploma nurses.

Relationship between demographic characteristics and attitudes regarding psychotherapy among nurses (n =100)

The relationship between attitude and demographic characteristics regarding psychotherapy among nursesis statistically highly significant (Table 5). Here showed negative correlation regarding psychotherapy among nurses who were young and their have positive attitudes regarding psychotherapy than older. The mean age was 41.45 years and explained 25.0%. Here also showed significant difference between professional qualification and attitude regarding psychotherapy among nurses. Nurses who were BSN and above have positive attitudes compare with diploma nurses. The mean difference is *0.18. t=-3.21, p=.002.* So the result is statistically highly significant.

Table 1: Distributions Demographic characteristics of the participants (n=100)

Variables	n(%)	M(SD)
Age		41.45(7.78)
Less than or equal to 37	29(29.0)	
38 to 45	36(36.0)	
More than or equal to 46	35(35.0)	
Gender		
Male	13(13.0)	
Female	87(87.0)	
Marital Status		
Single	6(6.0)	
Married	94.(94.0)	
Religion		
Islam	83(83.0)	
Hindu	13(13.0)	
Christian	4(4.0)	
Professional Qualifications		
Diploma in Midwifery	74(74.0)	
Diploma in Orthopedic	12(12.0)	
BSc in nursing	12(12.0)	
MPH/MSc in nursing	2(2.0)	
Length of service		14.49(8.51)
Less than or equal to 7	33(33.0)	
8 to 19	36(36.0)	
More than or equal to 20	31(31)	
Any Training regarding psychotherapy		
Total No	100(100)	

Table 2: Distribution of nurse's knowledge on psychotherapy (n=100)

No	Statement	Yes=n (%)	M (SD)
1	Psychotherapy is a treatment modality to manage psychiatric patient	100(100)	
2	Psychotherapy can reduce, prevent mental illness	84(84.0)	
3	Nurses should provide psychotherapy to manage client's problem	65(65.0)	
4	There are many kinds of psychotherapy.	32(32.0)	
5	Nurse maintain relationship boundary during therapeutic lesson	42(42.0)	
6	Nurse can better Psychotherapist	70(70.0)	
7	Psychotherapist teaches to confront and cope situation	38(38.0)	
8	Milieu therapy create safe environment	18(18.0)	
9	Psychotherapist needs communication skill	57(57.0)	
10	To become a psychotherapist, nurses need higher education	87(87.0)	
11	Psychotherapist explain strategies to reduce conflict	45(45.0)	
12	Therapist encourage to practice new coping skill	44(44.0)	
13	Group therapy is effective for depression and anxiety	35(35.0)	
14	Group members share their problem in group therapy	41(41.0)	

15	Cognitive behavior therapy is a psychotherapy	19(19.0)
16	CBT is designed to identify, reality test and dysfunctional belief	12(12.0)
17	Family therapy emphases on family 'systems	35(35,0)
18	Family therapy solve relationship problems	34(34.0)
19	Dialectical behavior therapy is used to borderline personality disorder	9(9.0)
20	Interpersonal psychotherapy reduce depression	29(29.0)
	Total	8.97(5.15)

Table 3: Distribution of Nurses attitudes regarding psychotherapy (n=100)

No	Statement	Strongly disagreen (%)	Disagree n(%)	Agree n(%)	Strongly agree n (%)	M(SD)
1.	I think some mental health disorders is possible to recover by psychotherapy	--	--	99(99)	1(1.0)	3.01(.10)
2.	Psychotherapy is cost effective treatment procedure to manage some psychiatric patients	--	66(66)	33(33)	1(1.0)	2.35(.50)
3.	Counseling and psycho-education is applicable by nurses	--	27(27)	71(71)	2(2.0)	2.75(.47)
4.	Psychotherapy is effective for patient having insight	--	40(40)	59(59)	1(1.0)	2.61(.51)
5.	I think different psychotherapy is especially useful for different mental disorders	--	54(54)	44(44)	2(2.0)	2.48(.54)
6.	Psychotherapy is recognized an effective treatment modalities for some mental disorders.	--	12(12)	88(88)	--	2.88(.32)
7.	I think co-operation with medical team is essential for using psychotherapy	--	11(11)	85(85)	4(4.0)	2.93(.38)
8.	I think nurse will provide psychological support effectively than other health personnel	--	16(16)	79(79)	5(5.0)	2.89(.44)
9.	Nurses need higher education for providing psychotherapy	--	5(5)	86(86)	9(9.0)	3.04(.37)
10.	I think psychotherapy is applicable in your work setting	--	4(4)	90(90)	6(6.0)	3.02(.31)
11.	Before applying psychotherapy nurses need training on psychotherapy	--	9(9)	85(85)	5(5.0)	2.96(.37)
12.	I assume that psychiatric patients need psychotherapeutic support	--	15(15)	84(85)	1(1.0)	2.88(.37)
13.	Psychotherapy helps not only mentally ill people, it also helps to solve relationship problem.	1(1.0)	37(37)	58(58)	4(4.0)	2.65(.57)
14.	I think nurses should maintain therapeutic boundary	1(1.0)	52(52)	46(45)	1(1.0)	2.47(.54)
15.	I think nurses should have good communication skill for providing psychotherapy	--	18(18)	78(78)	4(4.0)	2.86(.45)
	Total	n=100				2.79(.20)

Table 4: Relationship between demographic characteristics and knowledge regardingpsychotherapy (n=100)

Variable	M(SD)	t/r(p)
Age	41.45(7.78)	-.17(p=.09)
Gender		
Male	8.30(4.25)	
Female	9.07(5.29)	-.49(p=.62)
Marital Status		
Single	11.67(5.28)	
Married	8.79(5.12)	-1.33(p=.19)
Religion		
Muslim	2.12 (.50)	
Non-Muslim	1.93(.64)	1.12(.27)
Professional Qualifications		
Undergraduate (Diploma)	7.97(4.65)	
Graduate (BSN and above)	15.14(3.63)	-5.50(p=.000)
Length of service	14.49)8.51)	-.04(p=.67)

Table 5: Relationship between demographic characteristics and attitudes regarding psychotherapy among nurses (n =100)

Variable	M(SD)	t/r(p)
Age	41.45(7.78)	-.25(p=.01)
Gender		
Male	2.71(.23)	
Female	2.80 (.19)	-1.46(p=.15)
Marital Status		
Single	2.91(.20)	
Married	2.78(.20)	1.59p=(.11)
Religion		
Muslim	2.77(.17)	
Non-Muslim	2.85(.30)	-1.06(p=.30)
Professional Qualifications		
Undergraduate (Diploma)	2.76(.20)	
Graduate (BSN and above)	2.94 (.13)	-3.21(p= .002)
Length of service	14.49(8.51)	-.16(p=.10)

DISCUSSION

Psychotherapy is considered a pivotal part of mental health nursing practice. Nurses who are working at mental health area should know about the importance of psychotherapy. They should have knowledge and attitudes about psychotherapy to maintain their professional credibility.

Demographic characteristics of the participants

A descriptive co-relational study design was used to assess the nurses' knowledge and attitudes regarding psychotherapy by self-administered questionnaire. A total of 100 respondents were enrolled in this study. The demographic characteristics showed that the respondents' mean age was 41.45 and age ranged from 22 to 55. Most of them were female 87% and among all respondents were married 94%. Majority respondents' religion was Muslim (83%). The professional qualifications of the respondents were

74% diploma in nursing, 12% BSC in nursing and only 2% MPH graduate. All respondents had no training on psychotherapy. It means Bangladesh's nurses need more education and training on psychotherapy. Compared to other studies 44% nurses had training in inpatient setting and 64% had training in community setting on psychotherapy (Dent, 2008). Dent (2008) showed that fewer nurses from inpatient areas than community team have attended training to develop skill on psychotherapy. In another study72.2% of the nurses commented that they needed training courses in psychotherapy in order to develop their knowledge about psychotherapy (Hamdan, 2012). In this study it is identified that mental health professionals need psychotherapy training courses including clinical practice, and some learning strategies.

Knowledge onpsychotherapy among nurses

The current study found that nurse answered "Yes" of the question "psychotherapy is a treatment modality to manage psychiatric patient" was 100% and "nurses should provide psychotherapy to manage client's problem" was replied 65%. In a similar study it is reported that 100% of the nurses have knowledge about psychotherapy and 87% were aware of psychiatric nursing being an area of specialization. The researcher concluded that the nurses' knowledge and practice was adequate (Gimba et al., 2014).The study indicates that nurses know, they need the knowledge about psychotherapy. In future, they try to develop and practice psychotherapy for acquiring their knowledge through clinical practices.

Attitudes regarding psychotherapy among nurses

In thestudy100% nurses agreed that some mental health disorders are possible to recover by psychotherapy and88% respondents agreed that psychotherapy is recognized an effective treatment modalities for some mental disorders. According to Gimba et al., (2014) respondents agreed that psychotherapy refers to techniques and methods used in treating patients who are experiencing difficulties with their emotions (94%), psychotherapy as one of the best methods used in the management of psychiatric disorders (61%) indicating nurses' positive attitudes regarding psychotherapy.

Relationship between demographic characteristics with knowledge onpsychotherapy

It this study, there was significant ($t = -5.50$, $p =.000$) difference between knowledge and professional qualification among nurses . The result showed that nurses who finished BSN and above showed significantly higher knowledge on pschotherapy comparetodiploma nurses . Majority of respondents were diploma and they learn psychotherapy partially in diploma level. A similar study have found that mental health professionals who have postgraduate studies have a higher level of knowledge and positive attitudes towards psychotherapy compared to those who have diploma or bachelor degree (Hamdan, 2012). The researcher thought that most of the mental health professionals' have psychotherapy modules and practicing during studies in their universities, but differences between those who have postgraduate studies and those who have diploma certificatewere not significant (Hamdan, 2012).

Relationship between demographic characteristics with attitude towards psychotherapy

This study showed that nurses who are young have positive attitudes regarding psychotherapy than older. Since Bangladesh is a developing country, the nursing community develops day by day as well. Young generation nurses are more curious to learn evidence based learning and practice than nurses from the old generation. Unlike the results from this study Hamdan (2012) reported that there areno significant differences in attitudes related to age of mental health professionals.

Current study also shows nurses who were BSN and above have positive attitudes compare tothose havingdiploma. Similar finding was observed by Hamdan (2012) who reported that mental health professionals with graduation have positive attitudes towards psychotherapy.

Relationship between knowledge and attitude regarding psychotherapy

Correlation analyses indicated that the relationship between knowledge and attitudes towardspsychotherapy among nurses is highly significant. That means nurses who have higher knowledge, have positive attitudes. However, this result is not in accordance with the result of Hamdan (2012) who found non significant relationship between mental health professional knowledge and attitudes towards psychotherapy

CONCLUSION

This study indicates that nurses who had diploma and more age they have less knowledge. Therefore, they need psychotherapeutic educational curriculum in diploma level and training on psychotherapy for nurses who are working in mental health setting. It is expected that the finding of this study will help to delineate psychotherapeutic nursing knowledge and its effectiveness for nursing department. This will also contribute nursing education and nursing researcher.

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CONFLICT OF INTEREST

There is no conflict of interest.

RECOMMENDATION

The authors recommends to major things in order to improve further researches which involve identifying the knowledge and attitude regarding psychotherapy among mental health nurses. One- developing national mental health strategies to collaborative psychotherapy and to develop graduate, postgraduate or special education programs and training courses for mental health nurses. Two- conductingobservational or qualitative research that evaluates the benefits of psychotherapies from client perspective.

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