

Knowledge and Attitude Regarding Electroconvulsive Therapy among Nursing Students

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Abstract: *Electroconvulsive therapy (ECT) is a therapeutic method used for the treatment of mentally ill patients. A recent study found that ECT is used more often than medications in severe cases of depression. It was proven then that ECT could be a life-saving modality, decreasing suicidal ideations and suicide attempts in severe cases of depression. Study was aimed to assess the knowledge and attitude regarding electroconvulsive therapy among nursing students. **Methodology:** The study was conducted in the nursing institute having parent tertiary care hospital. 60 Participants were included after obtaining informed consent, through convenient sampling technique and the study was approved by the Research and Ethics Committee of the Institute. Data was analyzed according to the objectives of the study using descriptive and inferential statistics. **Findings:** Majority of sample 65% were within the age group of 18-20 With respect to gender 90% were female and 10% were male. Majority of students 51.66% belongs to nuclear family, Majority of student's fathers education 83.33% were in no formal education the level of knowledge among nursing students. It depict that 71.66% were having average knowledge, 28.33% were having poor knowledge, and 0% were having good knowledge. Majority 31% were having strongly agree attitude, 25% were having neither agree nor disagree, and 18% were agree attitude, 13.34% were having strongly disagree attitude, 11.67% were having disagree attitude. There was no any significant association found between the knowledge of none of the socio-demographic variables was found to have significant association with the level of knowledge.*

Keywords: knowledge, attitude, electroconvulsive therapy, nursing, students

1. Introduction

Electroconvulsive therapy (ECT), formerly known as electroshock, is a standard psychiatric treatment in which seizures are electrically induced in patients to provide relief from psychiatric illnesses. ECT is usually used as a last line of intervention for major depressive disorder, schizophrenia, mania and catatonia. Electroconvulsive therapy (ECT) is a therapeutic method used for the treatment of mentally ill patients. A recent study found that ECT is used more often than medications in severe cases of depression [1] It was proven then that ECT could be a life-saving modality, decreasing suicidal ideations and suicide attempts in severe cases of depression [2] Regarding knowledge and attitude about mental illness, reviewed studies showed that in the Japanese general population, few people think that people can recover from mental disorders. Psychosocial factors, including weakness of personality, are often considered the cause of mental disorders rather than biological factors. In addition, the majority of the general public in Japan keep a greater social distance from individuals with mental illness, especially in close personal relationships [3]. There is a misconception that people with mental illness are violent, which contributes to the significant of mental illness. The majority of people with mental illness are not violent, and the majority of violent acts are conducted by person who is not mentally illness [4]. Knowledge of attitudes and their functioning is of interest both theoretically and practically. No theory of social behaviour can be complete without incorporation of attitude functioning, and it is doubtful that complex social behaviour can be predicted without knowledge of attitude. To study attitudes requires that they be measured [5].

Man is in search of knowledge since time immemorial. Knowledge is all that is known or information. There is a

wide variation in Electro Convulsive Therapy use in between different countries, different hospitals and different psychiatrists. While searching scholarly literature it was found that, though there are various researches on student nurse's knowledge and attitude towards ECT, but very few studies are conducted in Indian context. Hence student researcher strongly feels that, to conduct the study.

2. Review of Literature

Review of literature is broad, comprehensive, in depth, systematic and critical review of scholarly publications, unpublished scholarly print materials, audiovisual materials and personal communications.[6]

A descriptive study was conducted in Scotland to assess the knowledge and attitude of mental health nurses. Findings suggested that a higher level of experience of the nurse and their area of clinical practice. Attitudes to electro convulsive therapy in this study were significantly related to the place in which the nurse was practicing and the degree of contact the nurse had with patients receiving the treatment. The conclusions suggests that knowledge of electro convulsive therapy required improvement in many cases, and this has implications for nurse education [7]

Chavan et al (2006) conducted a study on electro convulsive therapy: knowledge and attitude among patients and their relatives. More than 65% of the respondents in both the groups, patients as well as relatives gave correct responses such as electro convulsive therapy is life saving many times it causes temporary but not permanent memory impairment and that electro convulsive therapy is not a non-scientific treatment. There was non-significant disagreement between the two groups. They concluded that the study is a

preliminary exploratory one and is likely to give direction for further research with refined methodology[8].

Many studies have been done across the globe to assess the knowledge and attitude toward ECT among the patients, their family members and the general public[9]. These studies, in general, have assessed patients who have received ECT and suggest that there is poor knowledge about ECT among the patients with proportion of patients with full knowledge about ECT varying from 0 to 59%.[10] Of the various studies done to assess the knowledge and attitude toward ECT among the patients, very few have specifically focused elderly patients. Further, these studies have evaluated the patients who have received ECT[10]. A recent study evaluated the knowledge and attitude toward ECT of 75 elderly patients with depression who had not received ECT from three different countries (England, Argentina, and Canada). This study suggested that there was a significant difference in knowledge about ECT among the patients from the three different countries. However, a significant difference was not seen for attitude toward ECT[11]. As is evident from the literature, very few studies have specifically assessed the knowledge and attitude of elderly patients or patients who may have to receive ECT because of their severe mental disorder.

Elderly patients with severe mental disorders have poor knowledge, and a significant proportion of them have a negative attitude toward ECT. Accordingly, it is important that medical professionals should impart proper information about ECT to elderly patients to increase the acceptability of ECT in this age group who more often respond well to ECT[12].

3. Methodology

- **Research Approach** -A Descriptive Survey
- **Research Design**- A non experimental, Descriptive Survey
- **Setting of study**-nursing institute recognized by state government
- **Independent variables** In the present study, the independent variable is the nursing students.
- **Dependent variables** In the present study, the dependent variable is “**knowledge an attitude regarding ECT**”.
- **Sample Size** -60 nursing students.
- **Sampling Technique** convenient sampling technique

4. Findings and Discussion

Table 1: Distribution of sample according to their socio-demographic variable, **N=60**

Sr. No.	Variables	Frequency	Percentage
1	Age		
	18 – 20 years	39	65%
	20 – 22 years	16	26.66%
	Above 22 years	5	8.33%
2	Sex		
	Male	6	10%
	Female	54	90%
3	Type of family		

	Nuclear family	31	51.66%
	Joint family	25	41.66%
	Extended family	4	6.66%
4	Education of father		
	Formal education	10	16.66%
	No formal education	50	83.33%
5	Occupation of father		
	Farmer	38	63.33%
	Service	12	20%
	Business man	6	10%
	Other	4	6.66%
6	Education of mother		
	Formal education	15	25%
	No formal education	45	75%
7	Occupation of mother		
	House wife	55	91.66%
	Service	4	6.66%
	Other	1	1.66%

Majority of sample 65% were within the age group of 18-20 and 26.66% within the age group of 21-22 and 8.33% within the age group of above 22.

With respect to gender 90% were female and 10% were male.

Majority of students 51.66% belongs to nuclear family and minority 41.66% belongs to joint family and 6.66% belongs to extended family.

Majority of students fathers education 83.33% were in no formal education and minority of fathers education 16.66% were in formal education.

Majority of students fathers occupation were 63.33% farmer, 20% were service, 10% were businessman, 6.66% were others.

Majority of students mothers education 75% were in no formal education and minority of mothers education 25% were in formal education.

Majority of students mothers occupation were 91.66% house wife, 6.66% were service, 1.66% were others.

Table 2: Frequency and percentage distribution of pre-test scores among nursing Students, **N=60**

Level of knowledge	Score	Freq	Percentage
Poor	0 – 4	17	28.33%
Average	5 - 9	43	71.66 %
Good	10– 15	0	0%

Data presented in table :2 shows the level of knowledge among 2nd year GNM students .It depict that 71.66% were having average knowledge, 28.33% were having poor knowledge, and 0% were having good knowledge.

Table 3: Frequency and percentage distribution of pre-test scores of attitude

	Score	Frequency	Percentage
Disagree	15-26	10	16.66%
Strongly disagree	27-38	11	18.34%
Neither agree nor disagree	39-51	12	20%
Agree	52-63	12	20%
Strongly agree	64-75	15	25%

Data presented in table :6 shows the level of attitude among 2nd year GNM students .It depict that 25% were having strongly agree attitude, 20% were having neither agree nor disagree, and 18% were strongly disagree attitude,16.66% were having disagree attitude.

The association of knowledge level of 2nd year GNM student at KINS Karad. The knowledge regarding ECT after administering the structured teaching programme with their selected demographic variables, Chi-square test.None of the socio-demographic variables was found to have significant association with the level of knowledge.

5. Conclusion

Based on the finding the result of the study shows level of knowledge and attitude regarding ECT among 2nd year GNM students.

The following conclusions were drawn on the basis of the findings of the study.

Majority of sample 65% were within the age group of 18-20 Majority of sample 90% were female and 10% were male Majority of students 71.66% had average level of knowledge about ECT in pre-test.

Majority of students 93.33% had good level of knowledge about ECT in post-test.

The pre-test level of attitude among 2nd year GNM students .It depict that 25% were having strongly agree attitude, 20% were having neither agree nor disagree, and 18% were strongly disagree attitude,16.66% were having disagree attitude. The post-test level of attitude among 2nd year GNM students .It depict that 31% were having strongly agree attitude, 25% were having neither agree nor disagree, and 18% were agree attitude,13.34% were having strongly disagree attitude,11.67% were having disagree attitude.

The mean pre-test knowledge score was 5.51667 and the mean post-test knowledge score was 12.45 and the mean difference of pre-test and post-test knowledge score was 6.9333

Nursing Implications

Nursing Education: Nursing services must be reoriented to enable prospective nurses to be well prepared to assist clients to develop their self-care potentials. This will help in achieving the goal of "Health for All". In the present curriculum of nursing, there is a provision of better psychiatric nursing care and various treatment modalities. The students should develop adequate knowledge and skills to provide better nursing care to the psychiatric patients who will receive ECT or any other treatment modalities. Nursing educators should take responsibility of organizing continuing education programs for psychiatric nurses or nursing personnel who are working in psychiatric centre. In-service education program for practicing nurses must be conducted because it is sensitive issue with long term consequence on health of the people as well as the Nation.

Psychiatric Nursing practice: Psychiatric- mental health nursing has evolved into a unique discipline, combining the knowledge, experience and skills of nursing and the

biological and behavioural sciences. It offers a wide range of preventive and intervention strategies to promote optimal functioning and health. ECT plays a vital role in treating majority of psychiatric illnesses like psychotic and neurotic illnesses. Nurses play a significant role in this mode of treatment. Her role extends from the time period continues throughout the following period of hospitalization. Thus it is crucial for nurses to be effective, skilled and knowledgeable throughout all the phases of treatment.

Nursing administration Nurse administrator should take the initiative in organizing in-service continuing education program for nursing personnel regarding ECT which enables them to update their knowledge and acquire skill for ECT, and need to understand their initiating and maintaining behavioural change by constant supervision. Nurse administrator need to motivate the nursing personnel to provide better nursing to the patients who received ECT and she should make the rotation policy for appointing the nursing personnel in ECT room to provide better exposure of ECT to nursing personnel.

Nursing research: Nursing research should be directed to further explore and update knowledge of nursing personnel regarding ECT. We need to have regular surveys or studies on large samples of nursing personnel to identify their knowledge regarding ECT. Studies can be conducted not only on nursing personnel but also on general population to assess their awareness regarding ECT. This can enhance quality of nursing services in psychiatric setting. Research should be encouraged to assess the impact of media on general population regarding ECT

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