

Knowledge Assessment of Eye Movement desensitization and reprocessing therapy among student Nurses of Selected Nursing College

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ABSTRACT

Introduction: Eye movement desensitization and reprocessing is psychotherapy. This therapy is used to treat the psychological trauma among people and also any negative life experiences individual possess. It also extends help to patients and their family members and support system. **Objective:** To describe the socio demographic characteristics of student Nurses of selected Nursing colleges. To assess knowledge on the Eye Movement desensitization and reprocessing therapy among student Nurses To determine the association of knowledge with selected demographic variables. **Methods:** Study used quantitative non experimental descriptive research design and sample size used for the study was 100 student nurses. Non-Probability Convenience sampling technique was adopted. Selected Nursing colleges were used as setting for the study. A Self-administered structured knowledge questionnaire was used. The socio demographic characteristics of the sample which included Age, Gender, Name of the Nursing Programme, year, Religion and attended any workshop/training programme on Eye Movement desensitization and reprocessing therapy. Self-administered structured knowledge questionnaire encompassed of thirty multiple choice questions. Each correct response was allocated with one mark and wrong response with zero. Tool reliability was calculated using cronbach's alpha method which was 0.901. After obtaining the consent form from each respondents, the tool was administered to selected participants Result: Majority of respondents have poor knowledge (84%), good knowledge (02%) and (14%) respondents had average knowledge . Since p-values of age is large (greater than 0.05), it is evident that age shows significant association with knowledge and none of the demographic variable was established to have significant association with knowledge of the student nurses **Conclusion:** Students nurses had considerable poor knowledge regarding Eye Movement desensitization and reprocessing therapy. It is fairly new non-traditional approach though there is requirement in the enhancement in knowledge is greatly required on Eye Movement desensitization and reprocessing therapy.

Keywords

Knowledge ; Eye Movement desensitization; Reprocessing therapy :Nurses

Introduction

Eye movement desensitization and reprocessing is psychotherapy. This therapy is used to treat the psychological trauma among people and also any negative life experiences individual possess. It also extends help to patients and their family members and support system. This therapy involves psychotherapy approach which is eight-phase treatment approach where standardized protocols and procedures to be adhered to achieve the goal.

In a study the findings emphasized that out of all respondents of the study more than half of respondents who have received eye movement desensitization and reprocessing have shown improvement in the status . [1] The eye movement and desensitization reprocessing approach used in the study who have experienced psychological trauma and approach might benefit patients [2]

Approach of EMDR in substance use disorder treatment might tally as a distinct arena. It is establish to be related to a reduced amount of depression, craving and fear and also to maintain and keep up the self-esteem. Preliminary conclusions indicate a great therapeutic potential of this therapy in substance use disorder treatment [3]

Study findings on chronically dependent patients of EMDR treatment that traumatic memories would lead to quantifiable changes of addiction symptoms. Findings emphasized that therapy is associated with a significant decrease in depressive symptoms.[4]

Hence, the investigator felt need to assess the knowledge on Eye Movement desensitization and reprocessing therapy.

Statement of the Problem

“Knowledge Assessment of Eye Movement desensitization and reprocessing therapy among student Nurses of Selected Nursing College” sequelae.

Objective of the study

- To describe the socio demographic characteristics of student Nurses of selected Nursing colleges.
- To assess knowledge on the Eye Movement desensitization and reprocessing therapy among student Nurses
- To determine the association of knowledge with selected demographic variables

Assumptions

Student Nurses of selected Nursing colleges may have Knowledge regarding Eye Movement desensitization and reprocessing therapy.

Operational Definitions

Knowledge: Knowledge refers to the verbal responses of student's nurses as measured by the knowledge score of self-structured questionnaire on Eye Movement desensitization and reprocessing therapy.

Eye Movement desensitization and reprocessing therapy: It is a psychotherapy treatment that enables the retrieving and processing of traumatic memories / events and other adverse life experience or feelings to bring these to an adaptive resolution and help individuals to heal from the emotional distress of outcome of negative or painful life experiences.

Student Nurses: Students who are graduating in Nursing and studying in nursing colleges of Pune city

Inclusion Criteria

- Under graduates Nursing students of Nursing colleges of Pune City
- Both male and female student nurses.

Exclusion Criteria:

- Student Nurses who are not willing to participant in the study
- Student nurses who are not present at the time of data collection.

Material and Method

Study used quantitative non experimental descriptive research design. Study was conducted in the Pune city and sample size used for the study was 100 student nurses. Non-Probability Convenience sampling technique was adopted. Selected Nursing colleges were used as setting for the study.

A Self-administered structured knowledge questionnaire on EMDR therapy was used. The tool involved two parts. Part One included the socio demographic characteristics of the sample which included Age, Gender, Name of the Nursing Programme, year, Religion and attended any workshop/training programme on EMDR. Second part of the tool included the self-administered structured knowledge questionnaire encompassed of thirty multiple choice questions. Each correct response was allocated with one mark and wrong response with zero. Tool reliability was

calculated using cronbach's alpha method which was 0.901. After obtaining the consent form from each respondents, the tool was administered to selected participants.

Findings

Study used the descriptive and inferential statistics for analysis of the data.

I : Description of demographic characteristics (frequency and percentage)

Table 1. Distribution of demographic variable

n= 100

| Variables | | Frequency (f) | Percentage (n) |
|--|--------------------------|---------------|----------------|
| Age (Years) | 19-20 | 22 | 22% |
| | 20.1-21 | 22 | 22% |
| | 21.1-22 | 52 | 52% |
| | 22.1and above | 04 | 04% |
| Gender | Male | 17 | 17% |
| | Female | 83 | 83% |
| Nursing Programme | G.N.M | 20 | 20% |
| | B.Sc. Nursing | 60 | 60% |
| | Post Basic B.Sc. Nursing | 20 | 20% |
| Religion | Hindu | 70 | 70% |
| | Muslim | 07 | 07% |
| | Christian | 23 | 23% |
| | Others (Specify) | 0 | 0% |
| Attended-workshop/ training programme on Eye Movement desensitization and reprocessing therapy | Yes | 0 | 0% |
| | No | 100 | 100% |

Table 1- indicates that maximum 52 % of respondents was in the age in the age group of 21.1-22years , minimum(04%) in the age group of 22.1 and above age group. Majority of participants were female (83%) and 17% of participants were males. Majority of respondents were from B.Sc. Nursing Programme(60%) . Majority of participants (70%) were belongs to Hindu religion whereas 07% were Muslims. No participants have attended any workshop/training related EMDR therapy

II –Knowledge assessment on EMDR

Among student Nurses.

n= 100

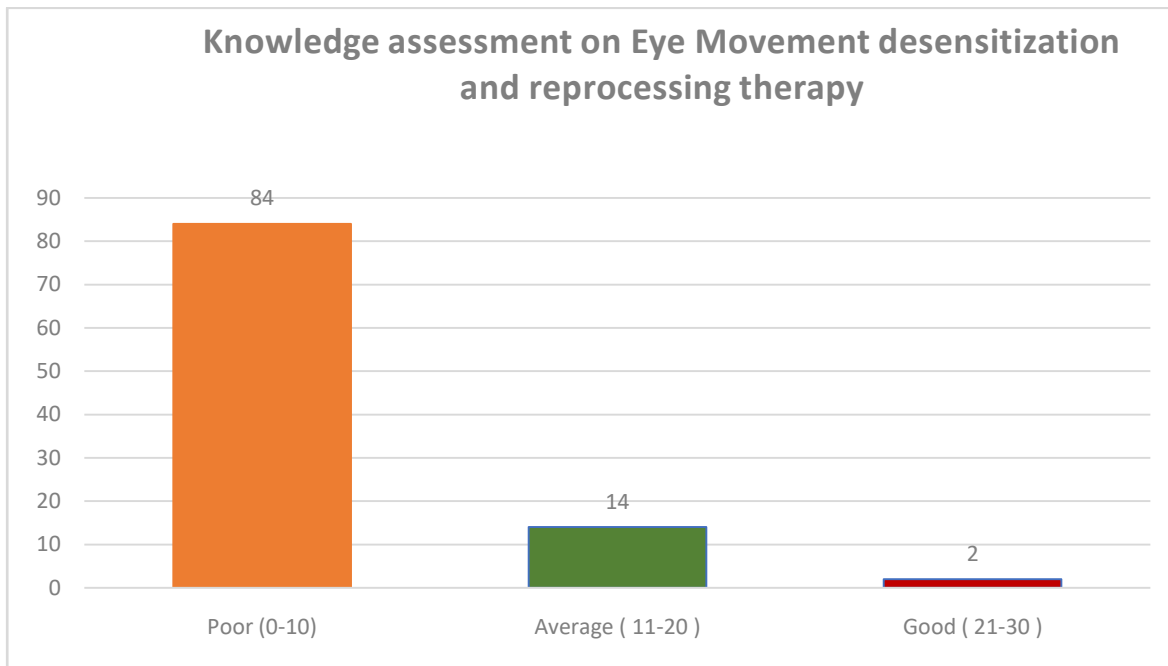


Figure 1: Knowledge assessment on EMDR

Among student nurses

Fig 1 shows the knowledge assessment (frequency and percentage) among student Nurses indicates that majority of samples s have average knowledge (14%), good knowledge (02%) and 84% respondents had poor knowledge

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Table 2: Association of knowledge assessment with selected demographic variable

| Demographic variable | | p-value |
|----------------------|--------------------------|---------|
| Age(years) | 19-20 | 0.030 |
| | 20.1-21 | |
| | 21.1-22 | |
| | 22.1and above | |
| Gender | Female | 0.223 |
| | Male | |
| Nursing Programme | G.N.M | 0.471 |
| | B.Sc. Nursing | |
| | Post Basic B.Sc. Nursing | |
| Religion | Hindu | 0.662 |

| | | |
|---|--------------------|-------|
| | Muslim | 1.021 |
| | Christian | |
| | Others (Specify) | |
| Attended-workshop/ training programme on Eye Movement desensitization and reprocessing therapy | Yes | 1.021 |
| | No | |

Since p-values of age is large (greater than 0.05), it is evident that age shows significant association with knowledge and none of the demographic variable was established to have significant association with knowledge of the student nurses on EMDR therapy.

Discussion

Study result of present study concluded that there is poor knowledge among the student nurses regarding the EMDR therapy.

Study findings shown that the EMDR approach for the is effective in nature symptoms of post-traumatic stress disorder. The therapy is helpful in reducing the vividness and emotiveness of traumatic images.[5]

Conclusion

The study shown that the students nurses had considerable poor knowledge regarding Eye Movement desensitization and reprocessing therapy. As the topic is much not taught in the syllabus and practically not much practiced in the clinical setting and it is fairly new non-traditional approach though there is requirement in the enhancement in knowledge is greatly required on Eye Movement desensitization and reprocessing therapy.

Conflict of Interest: Nil

Finding: Self funding

Ethical consideration: The researcher gained the approval from Institute research Committee and at Institute Ethical subcommittee. Informed consent was obtained from each participants before the study begins. Privacy and confidentiality was maintained the study

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