

# Effectiveness of Self Instructional Module (SIM) on Knowledge and Attitude regarding Care of Attempted Suicide Patients among Staff Nurses – A Pre Experimental Study

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## Abstract

Suicide is a major public health problem and one of the leading causes of deaths worldwide. The effects of suicide go beyond the person who acts to take his/her life; it can have lasting effect on family, friends and communities. The role of a nurse specific to suicide prevention includes both system and patient level interventions.

### Objectives of the study:

- To assess the existing knowledge and attitude regarding care of attempted suicide patients among staff nurses.
- To evaluate the effectiveness of self –instructional module regarding care of attempted suicide patients among staff nurses.
- To find out the association of post -test knowledge and attitude regarding care of attempted suicide patients among staff nurses with selected demographic variables.

**Materials and Methods:** In this pre- experimental research study non probability convenient sampling technique was used to select 60 staff nurses from selected Hospitals. A self- structured questionnaire and attitude scale was used to assess the knowledge and attitude of the staff nurses regarding the care of attempted suicide patients.

**Result:** The finding of the study revealed that majority 95% (57)of staff nurses had moderate knowledge and only 5% (3) had inadequate knowledge regarding care of attempted suicide patients in pre-test. After going through Self Instructional Module, 83.37 % (50) of the staff nurses had adequate knowledge and 16.66% (10) had moderate knowledge regarding care of attempted suicide patients. The attitude scale findings revealed that 100% (60)of staff nurses had neutral attitude regarding care of attempted suicide patients in pre-test and in post-test 100%(60) had positive attitude regarding care of attempted suicide patients.

**Conclusion:** Study concludes that going through Self-Instructional module helps method in improving knowledge and attitude of the staff nurses regarding care of attempted suicide patients.

**Key words:** *Self-instructional Module, Suicide, Staff nurses, Knowledge, Attitude.*

## Introduction

Suicide is the act of human being intentionally causing harm to one. Suicide is often committed out of despair, or attributed to some underlying mental disorder which includes depression, bipolar disorder, schizophrenia,

substance abuse etc. Financial difficulties, interpersonal relationships and other undesirable situations also play a significant role<sup>1</sup>.

The Government of India classifies a death as suicide if it meets the following three criteria: - It is an

unnatural death; the intent to die originated within the person and there is a reason for the person to end his or her life. The reason may have been specified in the suicide note or unspecified<sup>2</sup>.

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all the settings. Care of attempted suicide patients depends on the ability of staff nurse to understand the situation and work. Evidence suggest that the lack of knowledge and unfavourable attitude of the nursing staff working in psychiatric unit have direct impact on the patient care and health care facility<sup>3</sup>.

Amongst youth, the strongest risk factors are depression, alcohol, or other drug use disorder, and aggressive or disruptive behaviours. Children who are perfectionists and over achievers may also be at risk if there are other problems, such as depression or family problems<sup>4</sup>.

Suicidal tendencies occur in many medical conditions as their sequel or as concomitant symptoms. Symptoms and conditions behind these emergencies may include panic attacks and then eventually lead to suicide attempt<sup>5</sup>.

About 800000 people commit suicide worldwide every year, of these 135000 (17%) are residents of India, a nation with 17.5 % of world population<sup>6</sup>. It is perceived that the implementation of special supervision is the most effective preventive method in the care of suicidal patients. Studies show that it is possible to provide nursing care in the prevention of further harm to the patient but in doing so the nurse may not necessarily be proficient in demonstrating the interpersonal caring skills essential for the development of a therapeutic relationship and hence patient recovery.

According to WHO data, the age standardized suicide rate in India is 16.4 per 100,000 for women (6<sup>th</sup> highest in the world) and 25.8 for men (ranking 2<sup>nd</sup>)<sup>7</sup>.

Nebhinani M, Tamphasana L, etal 2013 conducted a cross sectional study among three hundred and eight students of two nursing colleges of north India to assess the attitude of nursing students towards suicide attempters. Suicide opinion questionnaire was

administered to assess their attitude towards suicide attempters. Nearly half of the students believed that suicidal attempters were impulsive, self-punitive and non-believers in after life. One third of students considered them as rigid, weak personality, mentally ill and interested to get public attention. Overall attitude of students towards suicide attempters remained favourable for a half of the attitudinal statements and uncertain for rest half of the items<sup>8</sup>.

Joseph C. 2005 conducted an evaluative study to assess the effectiveness of structured teaching program on knowledge of suicidal behaviour in adolescents among nurses in Bengaluru. One group pre- test, post-test design was used on a sample size of 60 nurses and the data were collected by using a structured interview schedule. Pre- test revealed the fact that nurses have a low level of knowledge with a mean score of 21.43 out of 47. After administering a structured teaching program, post test score rose to 40.43 which showed the effectiveness of structured teaching program<sup>9</sup>.

## Materials and Method

The selection of design depends upon the purpose of the study, research approach and variables to be studied. Keeping all that in mind, research design used for the present study is pre-test and post-test research design.

### Research Setting:

The criteria of selecting the setting was availability of subjects, feasibility of conducting the study, economy of time, easy accesses, expected cooperation and administrative approval for conducting the study. Present study was conducted at ICU, Psychiatric units and emergency departments of SGT Hospital, Gurugram Hospital, Sanjeevani Hospital, Jaipur Golden Hospital (Delhi NCR).

### Study Population:

Study population is the total number of people who meet the criteria that the researcher has established for the study from whom subjects were and on whom the study findings will be generalized.

Target population for the study comprised of staff nurse working in ICU, Psychiatric units and emergency departments of SGT Hospital, Gurugram Hospital,

Sanjeevani Hospital, Jaipur Golden Hospital of Delhi NCR.

**Eligibility Criteria:**

The researcher specified some inclusion and exclusion characteristics for the population to be considered as a sample. Accordingly the sample was selected. Population elements who met the eligibility criteria were selected as sample and other elements were excluded.

**Inclusion Criteria for the present study:**

- Staff nurses working at selected departments of selected hospitals of Delhi NCR.
- Staff nurses who were available at the time of data collection
- Staff nurses who were willing to participate.

**Exclusion Criteria for the present study:**

- Staff nurses who were not willing to participate.
- Staff nurses who have been already exposed to such kind of study.

**Sample and Sampling Technique:**

The sample were 60 staff nurses working in ICU, Psychiatric units and emergency departments of SGT Hospital, Gurugram Hospital, Sanjeevani Hospital, Jaipur Golden Hospital of Delhi NCR.

Non probability convenient sampling technique was used for the selection of staff nurses.

**Variables**

Three categories of variables are discussed in the present study.

Dependent Variable: Level of knowledge and attitude of staff nurses.

Independent Variable: Self Instructional Module.

Demographic Variables: Age, Sex, Qualification, Income, Total years of professional experience, Religion and Source of information.

**Data Collection Tool and Technique:**

The tool comprised of three sections:

Section I: Socio Demographic Data

It consisted of items like Age, Sex, Qualification, Income, Total years of professional experience, Religion and Source of information.

Section II: Structured Knowledge Questionnaire regarding care of attempted suicide patients.

It comprised of 30 questions each with a score of one.

**Table1. Interpretation of Score of Structured Knowledge Questionnaire**

S.No	Level of Knowledge	Score
1	Inadequate	0-10
2	Moderate	11-20
3	Adequate	21-30

Section III: Likert Scale to assess the attitude of staff nurses regarding care of attempted suicide patients. It comprised of 40 items each with a score of one.

**Table2. Interpretation of Score of Likert Scale**

S.No	Attitude	Score
1	Negative	1-13
2	Neutral	14-26
3	Positive	27-40

**Pilot Study:**

A try out of the tool was done on 06 staff nurses and all the items were clear to the subjects.

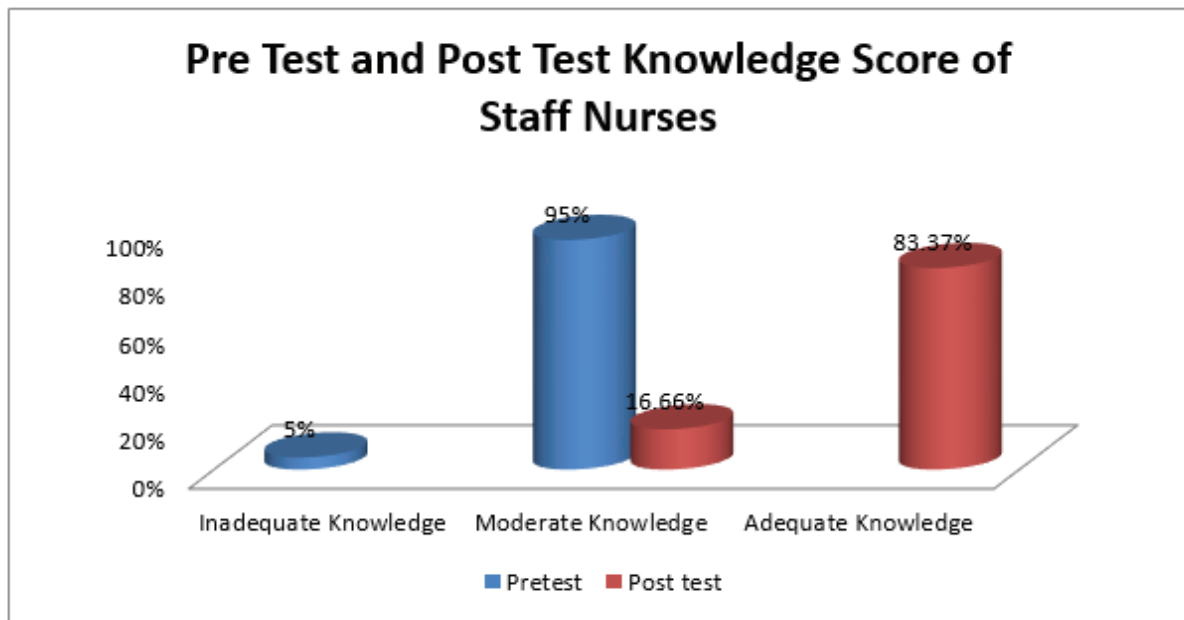
**Data Collection Procedure:**

After taking formal permission from the involved three hospitals, staff nurses were explained about the purpose and procedure of data collection. A verbal and written consent was taken from all the 60 subjects. Average time taken by the respondents to complete the pre -test was 15 -20 minutes. A Self Instructional Module was given and after 7 days a post test was taken.

**Major Findings**

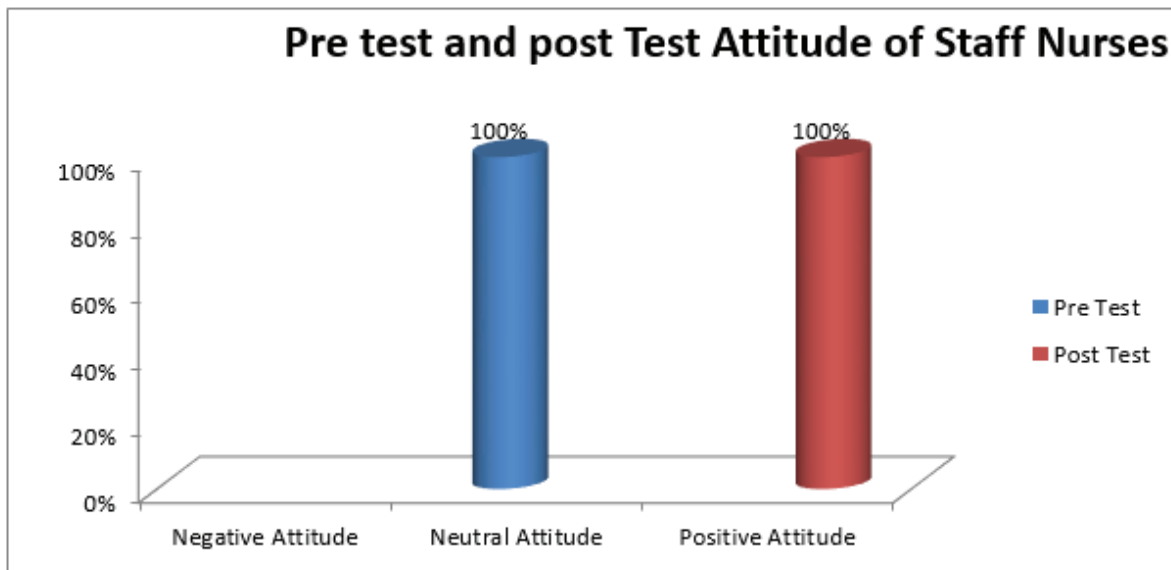
Majority of the staff nurses 23.33%, belong to age group of 18 to 26yrs. According to monthly income, most of the nurses i.e., 76.66% had the income ranging

from Rs 15000 -20000/month. As per the Gender, majority of the staff nurses i.e., 86.66% were females. With regard to Educational qualifications, most of the nurses were GNM, i.e., 53.33%. According to Religion, 60% of staff nurses belonged to the Hindu religion, i.e., 60%. According to the Family Type majority of staff nurses belonged to nuclear families, i.e., 66.66%. With regard to clinical experience, 56.66% of staff nurses had minimum of four years of experience. As per the position in job, most of the nurses were nursing officers, i.e., 70%. Regarding attending to the patients with attempted suicide, majority of them had not attended such patients i.e., 73.37%. Regarding attending any workshop on suicide prevention, majority of staff nurses had not attended any such workshops, i.e., 93.37%. Regarding professional experience of managing suicidal patients, out of all 30% had such professional experience.



**Fig 1 Pre-test and post- test knowledge score of Staff Nurses**

As depicted in Figure 1, after data analysis and interpretation, it was found that majority of staff nurses that is 95% had moderate knowledge and 5% had inadequate knowledge regarding care of attempted suicide patients in pre-teat and in post- test 83.37% had adequate knowledge and 16.66% had moderate knowledge regarding care of attempted suicide patients.



**Fig 2. Pre- test and Post- Test Attitude of Staff Nurses**

As shown in Fig 2, after data analysis and interpretation, all of the staff nurses i.e. 100% had neutral attitude regarding care of attempted suicide patients in pre-test and in post- test 100% had positive attitude regarding care of attempted suicide patients.

Data analysis and interpretation explains that there is significant difference in mean scores on knowledge as the 't' value obtained was higher than the tabulated value at 0.05 level of significance. So, it can be concluded that self-instructional module on knowledge regarding care of attempted suicide patients among staff nurses is effective.

### Discussion

In the present study majority of staff nurses that is 95% had moderate knowledge and 55 had inadequate knowledge regarding care of attempted suicide patients in pre-test and in post- test 83.37% had adequate knowledge and 16.66% had moderate knowledge regarding care of attempted suicide patients.

Chiaki Kawanishi (2006) did a study to assess the knowledge and attitude towards suicide among medical students by administering a brief knowledge and attitude assessment questionnaire concerning suicide to students in their first, third, and fifth years at a Japanese medical school. Participants numbered 160 (94 men with a mean age of 21.8 years, SD = 3.01, and 66 women with a

mean age of 21.2 years, SD = 2.64); 59 first year, 52 third year, and 49 in their fifth year. The questionnaire consists of eight multiple-choice questions asking knowledge of suicide and one open-ended question asking attitude. In the knowledge part, only about half of the items (out of total 8 items) were answered correctly (mean score was 4.21, SD = 1.28). A significant difference was observed in prevalence of attitudes as categorical variables between student years ( $P = 0.001$ ). Sympathetic comments increased along with student years, while critical comments decreased. Given the frequent and interventional opportunities of primary-care medical contacts, poor understanding of suicide from the medical viewpoint was of concern. Moreover, judgmental attitudes were common, especially in earlier school years. Better informed, more understanding physicians and other health professionals could contribute greatly to prevention.

Present study reports that all of the staff nurses i.e. 100% had neutral attitude regarding care of attempted suicide patients in pre-test and in post- test 100% had positive attitude regarding care of attempted suicide patients<sup>10</sup>.

Vajona tapola (2014) conducted a study with an aim to describe the attitudes towards self-injurious patients among psychiatric personnel of 50 psychiatric personnel (N = 50) using Understanding Suicidal

Patients Questionnaire (USP) before and after the training. Psychiatric personnel attended a four-day training program, presenting evidence-based knowledge regarding self-injury assessment and treatment, using group exercises and reflective learning principles. The training program had statistically significant impact ( $P < 0.01$ ) on the following individual items of the USP scale: Patients who have tried to commit suicide are usually treated well in my work unit ( $d = 1.02$ ); A person who has made several suicide attempt is at greater risk of committing suicide ( $d = 0.64$ ); Because the patients who have tried to commit suicide have emotional problems, they need the best possible treatment ( $d = 0.57$ ). The results also suggested that the frequency of patient contact had impact on attitudes towards self-injurious patients.

In present study there is significant difference in mean scores on knowledge as the 't' value obtained was higher than the tabulated value at 0.05 level of significance. So, it can be concluded that self-instructional module on knowledge regarding care of attempted suicide patients among staff nurses is effective<sup>11</sup>.

Alin Thomas Cherian (2017) conducted a study to assess effectiveness of structured teaching program for staff nurses regarding care of attempted suicide in selected hospital of Indore. The study involved single group pre-test and post-test design. Simple random sampling was used to select 40 staff nurses working in Bombay Hospital, Indore. Structured knowledge questionnaire was given followed by structured Teaching Program. Post test was conducted after 8 days using same tool. Findings revealed that the mean post-test knowledge score (51.2) was higher as compared to pre -test knowledge score (14.10).

According to this study there is significant association between the post test scores of knowledge and attitude with that of income, education and years of professional experience to manage suicidal patients as computed by analysis of variance  $< 0.5$ <sup>12</sup>.

Inga-Lill Ramberg, Maria Anna Di Lucca, and Gergö Hadlaczky (2016) did this study aimed at investigating what impact other factors than knowledge might have on attitudes towards work with suicidal patients and suicide prevention. In 2007, 500 health-care staff working in a psychiatric clinic in Stockholm received a questionnaire

with items concerning work with suicidal patients to which 358 (71.6%) responded. A set of attitude items were tested using structural equation modelling (LISREL). Three models were found to be satisfactory valid and reliable: *Job clarity*, *Job confidence* and *Attitudes towards prevention*. These were then used in regression analyses as dependent variables with predictors such as *experience of work with suicidal patients*, *perceived sufficient training*, *age* and *gender*. *Perceived sufficient training* was consistently the most important predictor for all three attitude concepts ( $p < 0.01$ ,  $\beta = 0.559$  for *Job clarity*;  $p < 0.01$ ,  $\beta = 0.53$  for *Job confidence*;  $p < 0.01$ ,  $\beta = 0.191$  for *Attitudes towards prevention*). *Age* was another significant predictor for *Job clarity* ( $p < 0.05$ ,  $\beta = 0.134$ ), as was *experience of patient suicide for Job confidence* ( $p < 0.05$ ,  $\beta = 0.137$ ). It is concluded that providing suicide preventive education is likely to improve attitudes towards the prevention of suicide, clarity and confidence regarding their role in the care for suicidal patients. These improvements may contribute to the prevention of suicide in health care settings<sup>13</sup>

## Conclusion

Data Analysis and Interpretation explains that there is a significant difference between the pre and post- test mean score of knowledge and the 't' value obtained is higher than the tabulated value at 0.05 level of significance for 59 degrees of freedom. Hence, it can be inferred that obtained difference is not by chance but is true difference. So, it can be concluded that Self Instructional Module (SIM) on knowledge and attitude regarding care of attempted suicide patients among staff nurses is effective.

**Conflict of Interest:** None of the authors of this paper has a financial or personal relationship with other people or organizations that could inappropriately influence or bias the content of the paper.

It is to specifically state that "No Competing interests are at stake and there is No Conflict of Interest" with other people or organizations that could inappropriately influence or bias the content of the paper.

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**Ethical Clearance:** Ethical approval for the study taken from Institutional Ethical Committee, SGT University, Gurugram, Haryana.

**Alignment with SDG Goals:** This research is in alignment with 3<sup>rd</sup> SDG Goal i.e., Good Health and Well Being.

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