



TITLE: The effect of using a structured preparation model on anxiety among psychiatric patients in the pre-sedation phase of electroconvulsive therapy using anesthesia for the first time

Name: Nareerat Thongyindee

Affiliation: Registered Nurse, Somdet Chaopaya Institute of Psychiatry

Country: Bangkok of Thailand

Email ID: nupom1416@gmail.com

ABSTRACT

Objectives: To compare the anxiety scores of psychiatric patients before and after receiving the first electrical anesthesia treatment between the experimental group and the control group.

Methodology: This study was a quasi-experimental research. The sample consisted of 40 subjects, divided into two groups : experimental and control group ; each group consisted of 20 subjects. Participants in the experimental group received the structured preparation model while those in the control group received a usual care. The data were analyzed using percentage, mean, standard deviation and t-test. The statistics used for data analysis were number, percentage, mean and standard deviation while the anxiety scores before and after receiving the program in the experimental and controlled group, and between groups were analyzed by using t-test.

Results : It was found that there were not differences between the control group and the experimental group in the general information on gender, age, education level, occupation, family income, the rights to medical and healthcare services, diagnosis and and number of electroconvulsive treatment sessions. When comparing anxiety scores, It was found that the patients in the experimental group after receiving

the structured preparation phase before receiving the first sedation-based electroconvulsive therapy. There was less anxiety scores (10.5 ± 5.15) than before the experiment (21.6 ± 8.01) at a statistically significant level of 0.05. Comparing between the experimental group (10.5 ± 5.15) and the control group (8.9 ± 4.53), it was found that it was not statistically significant difference at the 0.05 level.

Conclusion : The structured preparation model on anxiety among psychiatric patients in the pre-sedation phase of electroconvulsive therapy should be promoted as a assessment tool to decrease anxiety and as a guideline to develop skills for health care personnel on providing patients and families with information and knowledge.

BIOGRAPHY

Nareerat Thongyindee is registered nurse at the Somdej Chaopraya Institute of Psychiatry Currently working in electrotherapy for more than 10 years.



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Presenter Name: Mark White.

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Contact number: +1 (346) 3481205

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1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States
 www.scientexconference.com

neuroscience.scientexconference.com

neuroscience@scientexconferences.com

(+1) 918 942 1748



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