



PSİKİYATRİ HEMŞİRELERİ DERNEĞİNİN  
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## **MAIN THEME “STRENGTHENING TOGETHER ON THE WAY OF HEALING AND WELL-BEING” SUB-THEMES**

- Integrated Care in Healing and Well-Being
- Biological Signs of Healing and Well-Being
- Innovative Approaches in Healing and Well-Being
- Complementary Practices in Healing and Well-Being
- Ethical and Legal Issues in Strengthening Together for Healing and Well-Being
  - Collaboration for Strengthening Together for Healing and Well-Being
  - Teaching of Healing and Well Being in Psychiatric Nursing Education
  - Policymaking in Strengthening Together for Healing and Well-Being

- This congress meets the criteria of the Academic Incentive Allowance regulation dated 27 June 2018.
  - This congress meets the national associate professorship criteria.
- Abstracts presented at the congress will be published in a special edition of the Journal of Psychiatric Nursing, which is indexed with the Scientific and Technological Research Council of Turkey (TÜBİTAK-TR), the Turkish Psychiatry Directory, and the Web of Science, Emerging Sources Index.
- This congress received support from the 2223-B Domestic Scientific Activities fund of TÜBİTAK.



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## INVITATION

*Dear colleagues,*

*We are honored to invite you to V. International, IX National Psychiatric Nursing Congress themed "Strengthening Together on the Way of Healing and Well-being " which will take place in Antalya between 20-23<sup>rd</sup> of November, 2018. These days, mental health services have gone towards a paradigm change happening on personal, social, political and institutional level. This new approach called healing paradigm, is focused on the understanding of helping people living a happy life with their own choices. It is thought that the concept of well-being is focused on the process as much as the result, consisting mutual cooperation and representing the idea of increasing psychological endurance through strengthening. Although healing is beyond removing ones mental problems and represents a process of knowing and strengthening ones talents and dreams. At the same time it requires one to look beyond the prejudgments about what they can accomplish. This is only possible with the understanding of "Strengthening Together on the Way of Healing and Well-being " which depends on an understanding which has the person as its subject and has humanist and holistic actions.*

*Today and in the future, it is foreseen that the psychiatric care practices will be improved and applied on this idea's foundation. It's reflection on practices is defining the cultural change that will bring an awareness about why mental health practices are done.*

*Beyond that, healing is not something only the patient or the nurse would be able to accomplish on their own. Nurses getting stronger in their fields and the transferring this strength into the care is on of the most important determiners. Nurses can get strong by discovering the power of self-knowing and pioneering ideas that can make the nursing as a profession stronger. This approach is possible with a conscious effort, a common speech and cooperation.*

*Throughout our congress, we aim to provide an effective communication between colleagues on the fields of education, practice, research and management on the topic of "Strengthening Together on the Way of Healing and Well-being."*

*We also aim to provide an environment that makes it possible to develop new cooperation ways to fasten healing and well-being, produce information and transfer them to application. About this theme, we care greatly about the contributions from you, our respectful colleagues. With the idea of every person is their own lives expert and the healing is personal, we invite all sides with a role in healing and well-being to believe in this unique journey and to participate in our congress.*

*We would be honored and delighted to host you at V. International, IX. National Psychiatric Nursing Congress in one of the most special cities in the world, Antalya, with its unmatched natural beauty.*



**Professor Kadriye BULDUKOĞLU**  
Congress President



**Professor Fatma ÖZ**  
Congress President

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## S 3745

### STRENGTHENING TOGETHER ON THE WAY OF HEALING AND WELL-BEING: POSTGRADUATE THESIS

**Gülşenay Taş<sup>1</sup>, Gül Dikeç<sup>2</sup>, Leyla Baysan Arabacı<sup>1</sup>**

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**Introduction:** Scientific empowerment in profession is possible through the acquisition of scientific and academic credentials. One way of achieving this are postgraduate thesis which made in the academic process. The aim of this study is to examine the postgraduate thesis in the field of mental health and psychiatric nursing in Turkey.

**Method:** The descriptive study's data about postgraduate thesis, which were completed and approved between 1980 and 2018, were collected by screening the National Thesis Database in April 2018. The advanced screening method was applied for the data examination process and the institute was selected as "Institute of Health Sciences", for department "Mental Health and Psychiatric Nurse", "Mental Health and Diseases Department", "Nursing Department" were selected. "Psychiatry" key words were used for the Department of Nursing. In total 382 thesis were studied.

**Results:** 74.6%(285) of the thesis were master and 25.4%(97) of the thesis were doctoral thesis. 95.3% were graduated from public universities. 27.7% of the thesis's study design were experimental, 65.2% were quantitative and descriptive. About experimental studies, 19.4% were psychoeducation, 4% were counseling and psychotherapy, 2.1% were complementary medicine applications. 14.6% of the master thesis and 17.5% of the doctoral thesis were studied with adult and child patients with mental disorders.

**Conclusion:** Post-graduate studies in our country are more descriptive and more often in the field of preventive mental health. In Turkey, when mental health services are thought to be more treatment-centered, it is recommended that the experts work more with patients with mental illness on behalf of the presence of the field. In addition, it is suggested to increase the number of evidence-based experimental studies and long-term follow-up studies for to establish better causal relationships and to obtain higher quality data. Thus, it is possible to provide more qualified nursing care services for individuals and with qualified nursing care individuals can be strengthened.

**Keywords:** Postgraduate, thesis, mental health and psychiatric nursing, mental health and disease nursing.

## S 3749

### TO DETERMINE THE LIFE GOALS, MEANING IN LIFE AND HOPE LEVELS OF VISUALLY DISABLED INDIVIDUALS LIVING IN ISPARTA

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**Introduction:** Visually impaired individuals face both mental and physical obstacles and difficulties in their daily lives due to the to-

tal or partial loss of vision. These difficulties affect the purpose of life goals, finding meaning in life and hope. The aim of this research is to determine the life goals, meaning in life, and hope levels for visually impaired individuals living in Isparta.

**Method:** This descriptive – relational type research is done between December-2016 – February 2017 with visually disabled individuals who are the members of Isparta Altı Nokta Blinds Association. There is no sampling method used in this study; 72 of 80 study universe is reached with considering in and out criterias. The data is gathered by face to face interview with applying "Personal Information Form", "Meaning In Life Questionnaire", "Life Goals Scale" and "Hope Scale". The data is analyzed through using Statistical Package for the Social Sciences (SPSS)-22.0. The number and percentage, mean, min – max values of individuals and scales and Spearman's Rho correlation are used for data evaluation.

**Results:** Mean and standard deviation scores of "Life Goals Scale" is 278.041±27.901, "Meaning in Life Questionnaire" is 48.694±7.891, and "Hope Scale" is 25.666±4.165 applied to visually impaired individuals.

**Conclusion:** There is a positive powerful significant correlation between meaning in life and life goals; life goals and hope and meaning in life and hope levels. Interventions to acquire new goals for a more meaningful life; to feel the power for realizing these goals; to contribute for finding the solutions and to strengthen the hope can help the individuals for finding the meaning in life.

**Keywords:** Meaning in life, life goal, hope, visually impaired persons, psychiatric nursing.

## S 3766

### THE EFFECT OF RELIGIOUS BELIEF ON TREATMENT ADHERENCE AMONG PSYCHIATRIC PATIENTS

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**Introduction:** Individual is evaluated as a whole bodily and spiritually. Religious belief dating back to history of humanity has an important role on physical and spiritual structure of the individual. Cohen & Koenig, in their study in the Netherlands, were found to be less depressed in those with high religious beliefs. The present study was conducted to determine the effect of religious belief on treatment adherence in psychiatric patients.

**Method:** This study was conducted as cross-sectional. This study was made in the psychiatry clinic of a university hospital located in Eastern Turkey between July 2017 and December 2017. Sample size was 255. The Form of Descriptive Characteristics prepared by the researcher, Systems of Belief Inventory, and Morisky Medication Adherence Scale were used to collect the data.

**Results:** Mean score obtained by the patients from the subscale belief and practices of the Systems of Belief Inventory was determined to be their total mean score was 47.478±11.969. When treatment adherence of the patients participating in the study was examined, 42.40% were found to have moderate treatment adherence. When subscale and total mean scores the systems of belief inventory and total mean scores of medication adherence scale were compared, no statistical correlation was determined ( $p>0.05$ ).

**Conclusion:** Treatment adherence of the patients participating in study was found to be moderate. Religious beliefs of the patients participat-

ing in the study were observed to be high. In the study conducted by Borrás et al., on schizophrenic patients, it was determined that religious belief and spirituality were important factors in lives of patients. No statistical correlation was determined between religious belief and treatment adherence in the study. Religious beliefs of the patients were not a factor influencing treatment adherence. In the study conducted by Altun et al., on schizophrenic patients, they found that religious belief did not affect treatment adherence. As a result of the study conducted to determine the effect of religious belief on treatment adherence of psychiatric patients; religious belief of the patients was high and their treatment adherence was moderate. Religious belief was not a factor influencing treatment adherence in psychiatric patients.

**Keywords:** Religious belief, patient, psychiatry, treatment adherence.

## S 3775

### PROFESSIONAL LIFE QUALITY AND PSYCHOLOGICAL RESILIENCE IN NURSES

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**Introduction:** It is stated that the psychological resilience is an important concept in nurses who face many difficulties in their professional life, and who experience Professional burnout, compassion fatigue and a decrease in professional satisfaction due to responsibility for caring of patients in every circumstance. The purpose of this study is to identify the nurses' professional quality of life and psychological empowerment perceptions and to examine the relationship between them.

**Method:** This descriptive-correlational study was applied between March-May 2018. The sample of the study consisted of 74 nurses who worked in a training research hospital and agreed to participate in the research. The data were collected using the Information Form, the Professional Quality of Life Scale (ProQOL) and the Psychological Empowerment Scale (PES). All data were analyzed using SPSS 20.00 package program and all results were analyzed at  $p < 0.05$  significance level.

**Results:** The scores obtained by the nurses from the ProQOL subscales are respectively; Professional satisfaction (PS)=31.77±8.34, Burnout (BO)=18.94±6.98 and Compassion fatigue (CF)=15.95±6.58, and PES average score is 47.29±7.62. Psychological empowerment perceptions of responsible nurses with respect to service nurses, of daytime employees with respect to shift employees were found to be significantly higher; and psychological empowerment perceptions of psychiatric service employees with respect to those who worked in other departments were lower ( $p < 0.05$ ). It was found that nurses who were not satisfied with their work lives had lower PS levels and higher BO and CF levels than the others ( $p < 0.05$ ). The PS subscale ( $r = 0.319$ ,  $p = 0.006$ ) has a positive, significant, and weak relationship with the PES. The BO ( $r = -0.202$ ,  $p = 0.085$ ) and CF ( $r = -0.139$ ,  $p = 0.239$ ) subscales have a negative, very weak relationship with the PES, although it is not significant.

**Conclusion:** It was observed that as the PS levels of nurses increased, their psychological empowerment perceptions increased, and as BO and CF increased, their psychological empowerment perceptions decreased. It may be suggested to perform the study in larger groups.

**Keywords:** Psychological resilience, professional life quality, nurse.

## S 3779

### THE EFFECTS OF STANDARDIZED PATIENT APPLICATION ON THE NURSING STUDENTS' EMPATHY SKILLS AND MOTIVATION LEVELS

**Pınar Çiçekoğlu, Satı Dil, Tuğba Yıldırım**

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**Introduction:** Standardized Patient (SP) Application, which is one of the interactive teaching strategies used in cognitive and psychomotor skills training for students in nursing education, is an application increasing the students' learning motivation and developing the sense of responsibility towards the patient. This research was conducted to evaluate the effect of "standardized patient application" in nursing education on the empathic skills and motivation levels of students with pretest-posttest control group design.

**Method:** The research covers voluntary third-year students ( $n = 45$ ) attending an elective course in the nursing department of a university. Dökmen's (1988) Scale of Empathic Skills-B form (SES) and Acat ve Köşgeroğlu's (2006) Motivation Sources and Problems Scale (MS) and a questionnaire were applied as preliminary test in the application. In the application process, while the students in the control group attended only the theoretical courses, the students in the experimental group participated in the SP application designated as "the elderly, disabled and the patients with emotional needs" additionally. The students in the experimental group were informed about the scenario and the expected targets before the SP application, and their interaction was prevented during the application. After the application, SP interview videos were watched by the students in the analysis session, the students evaluated their performances and received feedback from their peers / trainers / patients. Following the completion of the training period, the questionnaires used in the pre-test for the students in both groups were applied as post-test. In the evaluation of the data, percentage-numerical reasoning test, Mann Whitney U and Wilcoxon Tests were used.

**Results:** The average age of the students was  $20.85 \pm 1.2$ ; 66.7% were female; 78.6% chose nursing profession voluntarily. In the first measurement, the average SES score of the students in the experimental group was  $136.65 \pm 23.5$ , as for those in the control group, it was  $139.78 \pm 18.19$  ( $z = 0.771$ ,  $p > 0.05$ ). This finding shows that the initial SES levels of the experimental and control groups were similar. In the second measurement, the average SES score of the students in the experimental group increased to  $156.69 \pm 29.9$  significantly ( $z = 3.469$ ,  $p < 0.001$ ), and the average score of the control group was determined as  $147.94 \pm 20.05$  ( $z = 1.691$ ,  $p > 0.05$ ). Although there was no statistically significant difference between the total pretest-posttest scores of both groups ( $p > 0.05$ ), there was a positive increase in the experimental group.

**Conclusion:** Research results show that SP application contributes to the empathic skill level of the nursing students. In this direction, it is recommended to expand the SP application in education and to study the effects on other skills.

**Keywords:** Nursing education, standardized patient, empathy skill, motivation level.

### S 3819

#### THE RELATIONSHIP BETWEEN INDIVIDUAL VALUE AND FUTURE TIME PERCEPTIONS OF HEALTH AND SOCIAL SCIENCE STUDENTS

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**Introduction:** In the study, it is aimed to analyze the individual values and futurism (future time) perceptions of university students studying in health and social sciences.

**Method:** The sample of the descriptive study was Health Sciences and Literature Faculty students who agreed to participate in the study (n=700) and filled out the forms completely (n=485). Data were collected with Avcı and Erden' s Future Time Perception Scale (FTP) (2008), Value Scale (VS) developed by Dilmaç, Arıca and Cesur (2014). Percentage-Numerical Reasoning Test, Mann Whitney U Test, Kruskal Wallis Test and correlation analysis were used in the evaluation of the data.

**Results:** Of the students, %70.5 are female and the average age is  $21.13 \pm 1.98$ . Total FTP scores of the students were  $66.71 \pm 11.52$ , the average of total VS scores was  $310.35 \pm 30.45$ , and their futurism and value perceptions were above the average. It was found that the students had significantly higher scores in FTP scale "Loyalty" sub-dimension and VS scale "Social Values" sub-dimension than in the other sub-dimensions, and that there were differences in favor of nursing students in two dimensions as well ( $p < 0.05$ ). It was found that the "social, intellectual and spiritual value" sub-dimension levels of VS belonging to female students were higher than those belonging to male students, but the FTP "Loyalty" sub-dimension level was lower; the FTP level in nursing department students, the VS "Romantic" sub-dimension level in Sociology department students, the VS "career and intellectual" sub-dimension level in Philosophy department, and the "Values of materialism and freedom" sub-dimension level in Information and Records Management department were significantly higher than the students in other departments ( $p < 0.05$ ). In the correlation analysis between the students' FTP and VS scores; significant correlations were found between total FTP and VS social values ( $r = 0.15$ ), between career value ( $r = 0.13$ ) and intellectual values ( $r = 0.16$ ), between academic achievement and FTP ( $r = 0.10$ ) sub-dimensions and in VS "social values" dimension ( $r = 0.09$ ) ( $p < 0.01$ ).

**Conclusion:** Students' future time and individual value perceptions influence each other positively. Better orientation to future goals is related to better ties with present-time actions. Therefore, it is recommended to set goals for the development of future time perceptions and organize goal-oriented conferences or panels on the study and professional values.

**Keywords:** Futurism, future time perceptions, value perception, nursing student, social sciences student.

### S 3845

#### STUDIES ABOUT PROFESSIONAL CONTROL METHODS IN PSYCHIATRY IN THE FIELD OF HEALING AND STRENGTHENING: A SYSTEMATIC REVIEW

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**Introduction:** The aim of this systematic review was to scrutinize the studies about professional control methods done in psychiatry in Turkey.

**Method:** The study examined 16 qualitative, quantitative and review studies published up to date. They were obtained by searching the Turkish Psychiatry Index, Pubmed and Wiley Library databases in June 2017. The words "professional control methods, restraint, seclusion" were used when the survey was conducted, and full-text published studies were included. This study used a check list for systematic reviews that was developed by the York Institute for Health Research.

**Results:** It was determined that 62.5% (n=10) of the articles were descriptive and quantitative, 25% (n=4) were review and 6.3% (n=1) were quantitative studies. The quantitative research was conducted with nursing students, however the others conducted with adult with mental disorders (50%), nurses (30%), nursing students (10%), doctors and nurses (10%). It was determined that study data with patients who have mental disorders were collected retrospectively from patient restraint/isolation records. In the review articles, it was mentioned history of professional control methods, indications, types, duration, differences between the methods according to different countries, and ethical dilemmas. It was determined that nurses/nursing students/doctors had different thoughts, knowledge and attitudes towards professional control methods.

**Conclusion:** In this systematic review, it was reached 16 studies that was carried out on the professional control methods from the past to the present. It was determined that psychiatric nurses had a positive opinion about some methods and the level of knowledge was high. Despite the increased interest in this topic in recent years, it may be suggested that mental health and psychiatric nurses study more. Restraint and isolation could negatively affect patients with mental disorders and healthcare staff physically and psychologically. Therefore, intervention studies to reduce the professional control methods; pathway studies that enable the implementation of professional control methods in the common language and patient safety all country; qualitative research that examines the feelings and thoughts of patients and nurses who experienced professional control methods should be done. On the other hand, studies are limited to patients with adult mental disorders. Professional control methods are also used in the inpatient child and adolescent psychiatric services in our country. At this point, it is recommended that study in the children and adolescent psychiatric services and with this population.

**Keywords:** Restraint, seclusion, containment methods, psychiatric nursing, Turkey.

**S 3854****EFFECT OF PSYCHODRAMA ON POST TRAUMATIC STRESS DISORDERS, ANXIETY AND DEPRESSION SYMPTOMS IN PATIENTS WITH SOCIAL TRAUMA: 9 MONTHS MONITORING****Funda Gümüş<sup>1</sup>, Hülya Deniz<sup>2</sup>**<sup>1</sup>Dicle University, Atatürk School of Health, Department of Nursing, Diyarbakır, Turkey<sup>2</sup>Dr. Abdülkadir Özbek Psychodrama Institute, Psychodramatist, İstanbul, Turkey

**Introduction:** The study has been conducted with the purpose of determining the impact of psychodrama and group therapy on post-traumatic stress disorder, anxiety and depressive symptom frequency on the individuals who were employed by Dicle University within the structure of Diyarbakır/Turkish Employment Agency under the name of "Sur Victims".

**Method:** The study has been realized both in qualitative (group sessions and process analyses) and quantitative settings (pretest-posttest, quasi-experimental) on the dates January-June 2017. In terms of data collection, Personal Information form, Post-traumatic Stress Symptom Scale, Beck Depression Inventory and Beck Anxiety Scale have been used. The sessions have started with 12 individuals and completed with 8 individuals. In the analysis of the data, descriptive analysis, Student t-test, ANOVA and Pearson and Spearman Correlation have been used. All findings have been examined at 0.05 significance level.

**Results:** It has been determined that the average age of the individuals who participated in the study was 30.5±10.87. It has been found out that, 12.5% received psychological support previously and 37.5% have been receiving now, %50 experienced a negatively change in their relationship with the social environment after the terrorist incidents and that all of them were forced to immigrate. It has been determined that individuals experienced refrainment, absenteeism in the group, social isolation, insecurity, the need of creating a secure zone, emotions of desolateness, loss, mourning, desperateness, guiltiness, hope, tendency to violence, feeling of death, economic problems, unemployment, fear, desire to live, feeling at a loose end/feelings of incompleteness and brought to the psychodrama group. It has been determined a decrease at a significant level in the depressive symptoms of the participants pre and post psychodrama and there is no significant difference in PTSD and BDI total score averages.

**Conclusion:** It has been determined that in individuals who were exposed to social trauma, psychodrama is effective in exposing the feelings and studying on them and on reducing the depressive symptoms. However, it has been determined that it is not effective on both post-traumatic stress disorder symptoms and anxiety symptoms.

**Keywords:** Terror, trauma, depressive symptom, anxiety, post-traumatic stress disorder.

**S 3923****EFFECTS OF MINDFULNESS-BASED PSYCHOEDUCATION ON THE INSIGHT AND INTERNALIZED STIGMATIZATION LEVEL OF PATIENTS WITH SCHIZOPHRENIA****Emine Yılmaz<sup>1</sup>, Funda Kavak<sup>2</sup>**<sup>1</sup>Bingöl University, Department of Psychiatric Nursing, Bingöl, Turkey<sup>2</sup>İnönü University, Department of Psychiatric Nursing, Malatya, Turkey

**Introduction:** The use of mindfulness-based approaches as a psychosocial approach is to teach patients to adopt an acquiescent manner without ignoring and without judging their ideas, feelings, and emotions. These approaches aim to help recovering patients understand the types of reactions that can harm their level of functioning, focusing on the acceptance of uncomfortable ideas rather than changing them. A focus on the present, self-observation, acceptance, and a nonjudgmental attitude are principal components of mindfulness. The aim of this study was to determine the effects of mindfulness-based psychoeducation on insight and internalized stigma levels in patients with schizophrenia.

**Method:** This quasi-experimental study was conducted using pretests and posttests with a control group. The participants were 69 patients with schizophrenia (34 experimental and 35 control groups). The patients in the experimental group participated 2 days a week for 6 weeks in a total of 12 sessions which were given in the form of face-to-face group training. The data were collected using a personal information form, the Beck Cognitive Insight Scale and Internalized Stigma Scale.

**Results:** The difference between the scales pretests-posttests mean scores of the patients in the control groups was not found to be statistically significant ( $p > .05$ ). Significant difference were found between total stigma score and subscales pretest-posttest (stereotype endorsement, social withdrawal, and alienation) mean scores ( $p < .05$ ), insight post test mean scores was higher than pretest scores but the difference not significant ( $p > .05$ ) in the experimental group.

**Conclusion:** It was concluded that mindfulness-based psychoeducation was effective in reducing stigma and improve insight in patients with schizophrenia. To maintain the permanency of this training program, it is recommended that education be integrated within the rehabilitation period.

**Keywords:** Mindfulness, nursing, psychoeducation, insight, stigma, schizophrenia.

**S 3925****THE EFFECT OF MINDFULNESS-BASED PSYCHOEDUCATION ON INSIGHT AND MEDICATION ADHERENCE OF SCHIZOPHRENIA PATIENTS****Nurdan Çetin<sup>1</sup>, Rukuye Aylaz<sup>2</sup>**<sup>1</sup>2nd Army Command, Altay Barracks, Primary Care Center, Malatya, Turkey<sup>2</sup>İnönü University, Faculty of Nursing, Malatya, Turkey

**Introduction:** Lack of insight and non-compliance with treatment are common in schizophrenia patients. Psychoeducation studies, which were supplemented with drug in the treatment of patients, were found to be effective in increasing insight and medication adherence. This research was conducted to determine the effect of

mindfulness-based psychoeducation program on insight and medication adherence of schizophrenia patients.

**Method:** This research was conducted in a real experimental model with pre-test and post-test control groups. The population of research consists of 369 schizophrenic patients registered to Community Mental Health Centers located in the provincial centers of Balıkesir and Eskişehir. The sample of the study consisted of 135 patients which was selected randomized sampling method and determined according to the formula for minimal sample size with known population, fifty-five patients were selected from the experimental group, and 80 from the control group. Data was collected between February and April 2016 by using Descriptive Information Form, BCIS and MARS. Eight sessions of psychoeducation were applied to patients in the experimental group by researcher in the Balıkesir Community Mental Health Center. Number, percentage, average, standard deviation, chi-square, dependent-independent samples t-test were used in the analysis of the data.

**Results:** The mean of the post-test scores of BCIS was determined as  $4.89 \pm 6.05$  for the patients of the experimental group, and as  $1.68 \pm 5.67$  for the patients of the control group. The difference between post-test score means of BCIS was statistically significant ( $p < 0.05$ ). The mean of the post-test scores of MARS was determined as  $1.76 \pm 0.42$  for the patients of the experimental group, and  $1.50 \pm 0.50$  for the patients of the control group. The difference between post-test score means of MARS was statistically significant ( $p < 0.05$ ).

**Conclusion:** The mindfulness-based psychoeducation program has been effective in improving the level of cognitive insight and the medication adherence of schizophrenic patients. Psychiatric nurses are advised to apply mindfulness-based psychosocial interventions in clinical setting.

**Keywords:** Mindfulness, psychoeducation, schizophrenia.

### S 3935

#### WHAT DO PSYCHIATRY NURSES DO TO HEAL AND STRENGTHEN INDIVIDUALS WHO ARE SUBSTANCE ABUSE?

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**Introduction:** In this review, the studies conducted by psychiatric nurses to heal and strengthen individuals who are substance abuse are reviewed and the current information about the subject is presented.

**Results:** In studies conducted by psychiatric nurses using the Tidal Model, it is reported that the alcoholic addicts have increased their treatment confidence scores, the proportion of individuals undergoing treatment is higher than the control group, the rate of alcohol re-start has decreased substantially after discharge, the self esteem of the individual increases, facilitate the healing process, increase sobriety, positive reinterpretation, planning and coping skills of individuals have improved, the use of social support has also increased. In a study using positive scoring system and brand reward strategy in substance abuse individuals, it is stated that this strategy have contributed to the treatment of individuals with low compliance to treatment and positive behavioral change in individuals can be achieved. In another study, it has been reported that individuals with alcohol dependence increases the quality of life of individuals after the use

of cognitive behavioral models based on exercise interventions and psychoeducation and the use of these practices by nurses is important in terms of increasing the quality of life of the patients. In another study; it is emphasized that psychoeducation practices to alcohol addicts to be made by nurses to are important in determining the indecisiveness of the individual's own behavior, the idea of change and strengthening their behavior to change their addiction behavior.

**Conclusion:** It is important that psychiatric nurses should reveal the psychosocial problems experienced by the addicted individual to heal and strengthen of the individual and support individuals with appropriate nursing approaches are important in terms of increasing the quality of life and treatment compliance of the individuals.

**Keywords:** Substance dependence, healing, strengthen, psychiatric nursing.

### S 3936

#### EXPERIENCES OF NURSES ABOUT INDIVIDUAL WHO COME TO EMERGENCY SERVICE WITH SUICIDE ATTEMPT

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**Introduction:** This study was carried out as qualitative with the aim of determining whether of the nurses have right approach individual who come to emergency service with suicide attempt, the problems they encountered in the approach, the ways of coping and the solution suggestion.

**Method:** The sample of the study consisted of thirty nurses working in adult emergency departments of three public hospitals. Research data were collected by using personal information form and semi-structured individual in-depth interview form with individual in-depth interview technique.

**Results:** Three main themes were obtained: feelings of nursing working in emergency services about individuals with suicide attempts, thoughts of nursing working in emergency services about individuals with suicide attempts and applications for an individual who attempted suicide. According to the nurses, suicide attempt was characterized as attracting attention, secondary earnings, remedy, solution or escape. They also expressed that individuals with weak character, mental problems and weak religious values were in suicide attempt. It was determined that they felt emotions such as anger and furiousness towards individuals who attempt suicide for manipulative purpose and attract attention, they didn't understand these individuals and did not want to care. It was found that nurses had more non-therapeutic approaches as well as positive approaches. It was determined that nurses were unable to provide psychosocial care, had difficulty in communication and did not want to talk about suicide. In addition, nurses stated that the physical conditions of the emergency services are not appropriate for the care of the individuals who came to the suicide attempt and that the breaches of the privacy were made due to the physical conditions.

**Conclusion:** In the light of these results, it is suggested to create the practice protocols and care guidelines for the approach of emergency nurses about individual who come to emergency service with suicide attempt.

**Keywords:** Suicide attempt, emergency service, nurse, experience.

**S 3944****THE CORRELATION BETWEEN THE PSYCHOLOGICAL AID NEEDS AND LEARNED RESOURCEFULNESS, AND BURNOUT LEVELS OF GRADUATE AND STUDENT NURSES****Tuğba Yıldırım, Satı Dil, Pınar Çiçekoğlu***Çankırı Karatekin University, Faculty of Health Sciences, Faculty of Nursing, Department of Psychiatric Nursing, Çankırı, Turkey*

**Introduction:** The purpose of this study is to examine the correlation between the psychological aid needs, learned resourcefulness, and burnout of graduate and student nurses.

**Method:** The sample of this descriptive study consisted of students studying in the Health Sciences Faculty of a university (n=270) and nurses working in institutions affiliated with the Provincial Directorate of Health (n=120). The data were collected using Personal Information Form, Maslach Burnout Inventory (MBI) which was developed by Maslach and Jackson (1981) and whose validity and reliability study was carried out by Ergin (1992); as well as the Psychological Aid Need Scale (PAN) developed by Ay and Alver (2013) and the Learned Resourcefulness Level Scale (LPL) which was developed by Rosenbaum (1980) and whose reliability and validity was conducted by Siva (1991). Mann Whitney U, Kruskal Wallis tests, and correlation analysis were used to assess the data.

**Results:** The average age of the students was 20.78±1.78, 75.9% of them were female and 30.7% were the first-grade. The average age of nurses was 35.55±7.27, 87.5% were female, 80.8% were married, and 40% had a bachelor's degree. While 30% of the nurses had an occupational experience of at least 14 years, 39.2% worked in the surgical clinics. The total scores of the participants for MBI (31.10+11.48), PAN (75.02+17.47) and LRL was (118.36+16.41). It was found that the students had significantly higher score levels in "depersonalization" subscale of MBI and "safety" and "self-realization" subscales of PAN than the nurses (p<0.05). The males had lower scores in "love" subscale of PAN (z=2.330, p<0.05) compared to women and the single ones had lower scores in the depersonalization subscale of MBI (z=3.894, p=0.000) and safety (z=3.081, p<0.05) and self-realization (z=2.40, p<0.05) subscale of PAN, and had lower total scores (z=2.055, p<0.05) compared to married ones. In addition, it was revealed that the learned resourcefulness levels and the self-control skills of the graduate and student nurses were in good level and there were positive strong correlations between MBI and PAN (r=0.631, p=0.000), negative strong correlations between MBI and LPL (r=-0.642, p=0.000), and between PAN and LPL (r=-0.716, p=0.000) total scores.

**Conclusion:** The burnout and psychological aid needs of graduate and student nurses affect each other in direct proportion. Developing the stress coping skills of nurses against stress in both education and practice areas will be a significant factor in decreasing their burnout and psychological aid needs by increasing their self-control skills.

**Keywords:** Learned resourcefulness, burnout, nursing student, nurse.

**S 3954****EFFECT OF THE COPING WITH DEPRESSION PROGRAM BASED ON THE NEUMAN SYSTEMS MODEL ON THE COPING STRATEGIES, SELF ESTEEM, AND DEPRESSION LEVELS OF PATIENTS WITH DEPRESSION****Ceyda Başoğlu<sup>1</sup>, Kadriye Buldukoğlu<sup>2</sup>***<sup>1</sup>Adiyaman University, Scholl of Health, Nursing Department, Adiyaman, Turkey**<sup>2</sup>Akdeniz University, Faculty of Nursing, Department of Psychiatric Nursing, Antalya, Turkey*

**Introduction:** The aim of this study is to determine the effect of the Coping with Depression Program, based on the Neuman Systems Model, on the coping strategies, self-esteem, and depression levels of depression-diagnosed patients.

**Method:** The research was designed as a pre-test, post-test, and follow-up, single-blind, randomized controlled and experimental study. The sample of the study consisted of 43 participants (intervention-24 and control-19). The data were collected using a Personal Information Form, Beck's Depression Inventory, Rosenberg's Self-Esteem Scale, and the Coping Strategies Indicator. The data were evaluated by two-factor variance analysis for the mixed designs and Spearman Correlation Analysis.

**Results:** The results of the analyses showed that the common time and group effect was meaningful; the decrease in the depression level of the intervention group correlated with the increase in the level of self-esteem and the decrease in the level of avoidance strategy (p<0.05) in the program. At the three-month follow-up, it was determined that the effects had continued but decreased.

**Conclusion:** The Coping with Depression Program based on the Neuman Systems Model was effective in decreasing the level of depression, increasing the level of self-esteem, increasing problem solving skills, encouraging individuals to seek social support for coping strategies, and decreasing the use of avoidance strategy. Thus, it was confirmed that core response (depression) could be reduced by strengthening the line of resistance with intensive secondary, primary, and tertiary prevention, as proposed by the Neuman Systems Model. It is recommended that psycho-educational interventions be provided with continuity to help patients cope with depression.

**Keywords:** Psychiatric nursing, depression, self-esteem, Neuman Systems Model, psychoeducation.

**S 3995****THE EFFECT OF TIDAL MODEL BASED PSYCHIATRIC NURSING APPROACH FOR THE RESILIENCE OF WOMEN SURVIVORS OF VIOLENCE****Emel Öztürk Turgut, M. Olcay Çam***Ege University Faculty of Nursing, Mental Health and Psychiatric Nursing Department, İzmir, Turkey*

**Introduction:** The research addressed the effect of Tidal Model-based psychiatric nursing approach on resilience of the women exposed to partner violence.

**Method:** The experimental and descriptive type research includes control group, pre-test and post-test, The research was carried out

with women who reside in a women's shelter because of being exposed to partner violence (physical) between October, 1<sup>st</sup>, 2015 and October, 30<sup>th</sup>, 2016. No sample selection method was used. A pilot study was conducted in accordance with 10% of the estimated sample; 10 interventions and 10 individuals in the control group were found sufficient to reach a strength rate of 80%. The research was carried out with 13 women in the intervention and 14 women in the control group. There was no significant differences between descriptive characteristics and types of violence among the groups. A Descriptive Information Form and Resilience Scale for Adults Turkish Version (RSA) were used for data collection. The resilience increases as the RSA total score increases. There are dimensions of RSA that assess the protective factors of resilience named structured style, perception of future, family cohesion, perception of self, social competence, social resources. The interview content was planned in line with Tidal Model and the criteria for "abuse recovery: physical, emotional, financial, sexual" in Nursing Outcomes Classification. Both groups benefited from psychosocial support programs provided by the shelter. Additionally totally seven interview were performed with the intervention group in two weeks. Two interviews were conducted with the control group bi-weekly. The personal security plan was created in the intervention group. Each session one to one session form was filled. Wilcoxon and Mann Whitney U tests was used for the analysis. The forms used have been studied descriptively

**Results:** There were significant increases was detected in comparison of pre-test and post-test for total RSA score and perception of future, perception of self scores in intervention group. In the comparison between the groups, significant differences were found in favor of the intervention group in total RSA score and perception of future score.

**Conclusion:** It was determined that Tidal Model-based psychiatric nursing approach has a significantly positive effect on resilience of the women exposed to partner violence. In the intervention group future perception was detected as an important protective factors. In addition, in the lines of the forms examined, women feel more secure; they have developed awareness of effective coping, internal resources, external resources, future goals and achievements in life. Follow-up studies can be suggested.

**Keywords:** Violence, woman, Tidal Model, psychiatric nursing.

## S 3996

### THE VIEWS OF PRIMARY CAREGIVERS ABOUT PALLIATIVE CARE UNIT

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**Introduction:** This research was carried out to determine the views of primary caregivers about palliative care unit.

**Method:** The research was conducted on 26 individuals who provide care to patients who are treated in a palliative care unit in Turkey. The research was a qualitative research and the data were collected by individual interview on May 2018. In the research, the caregivers were asked the following open-ended question: "What do you think about contributes of this unit to you in the process of treating your patient in the palliative care unit? Please explain?", "Would you explain your feelings and thoughts as a caregiver benefiting from the palliative

care unit?" And answers of questions were evaluated.

**Results:** The caregivers were aged between 35 and 78 years. Their mean age was 53.53±11.36 years. 23 of the caregivers were female, while 3 were male. 38.5% of the caregivers were the spouse, 38.5% were the children, 19.2% were the carer, 3.8% were the sibling. Medical diagnoses of their patients were cancer, Alzheimer's disease, cerebrovascular disease and nutritional deficiencies. They have been cared for 4.07±3.05 (1-12) years. In addition, the interviews were evaluated, The themes were formed: "Universalism", "Hope", "Socialization", "Knowledge transfer" and "Emotional support".

**Conclusion:** In the research, caregivers emphasized many positive aspects of palliative care unit. They expressed that the palliative care unit was experienced a sense of competence in finding solutions to the problems. They realize that other caregivers also experience the negative feelings and theirselves felt not alone. To sum up, it was determined that palliative care unit are beneficial for caregivers. For this reason, it may be recommend to support more caregivers by increasing the number of palliative care units.

**Keywords:** Palliative care unit, caregiver, palliative care.

## S 4011

### THE EFFECT OF PSYCHOEDUCATION ON CAREGIVER STRESS IN THE PARENTS OF THE CHILDREN WITH ADHD: A RANDOMIZED, CONTROLLED STUDY

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**Introduction:** This study was conducted to determine the effect of parental psychoeducation towards attention-deficit hyperactivity disorder (ADHD) on the caregiver stress of the parents of the children with ADHD.

**Method:** The psychoeducation for parents (both mothers and fathers) was given twice a week. The data were collected using the Personal Information Form (PIF) and the Caregiver Stress Index (CSI). The pre-test, post-test and 6th month follow-ups were applied to the parents in the experimental group while only pre-test and 6th month follow-ups were applied to the patients in the control group. The analysis of the data was carried out in silico. Sociodemographic variables were given as mean, standard deviation, number and percentage while homogeneity tests were performed with Chi-square and Student's t-test. The mean scores obtained from the scales at pre-training and post-training were compared with paired t test in the groups and with Student's t-test between the groups. For all statistical analyzes, the statistical significance level was accepted as p<0.05.

**Results:** There was no significant difference between the parents in the control and experimental groups in terms of age, gender, marital status, educational level, family type, social security status, having a chronic disease and having another child in addition to the child having ADHD (p>0.05). There was no statistically significant difference between the mean scores for the Caregiver Stress Index of the participants in the experimental and control groups in the study (p>0.05).

There was a statistically significant difference between the 6<sup>th</sup> month follow-up scores after giving psychoeducation to the parents in the experimental group ( $p < 0.001$ ). When the mean total Caregiver Stress Index scores at pretest, posttest and 6th month follow-ups were analyzed for the patients in the experimental group, there were statistically significant differences between the pretest and posttest scores, between the pre-test and 6th month scores, between the post-test and 6th month scores within the group ( $p > 0.05$ ).

**Conclusion:** The psychoeducation given to the parents of the children with ADHD has been shown to reduce the stress burden of the parents. Psychiatric nurses can benefit from this educational program in the field of child and adolescent psychiatry.

**Keywords:** Attention deficit and hyperactivity disorder, parent, caregiver stress burden, psychiatric nurse.

## S 4014

### THE EFFECTS OF THE PROBLEM SOLVING EDUCATION ON PROBLEM SOLVING SKILLS QUALITY OF LIFE AND DEPRESSION SCORS PERFORMED TO HEART FAILURE DUE TO CARDIOLOGY CLINIC OF TREATED PATIENTS

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**Introduction:** Depression is the most common psychiatric disorder in patients with heart failure (HF). In depressive patients with depressive disorder, re-admission rates are 3-fold higher after discharge and mortality increases 2-3-fold in depression comorbidities. Screening and treatment of this population for depressive symptoms is important because the health status of the physical and psychological well being is closely related to depressive symptoms in heart failure patients. This study is aim to determine the effect of the problem solving training applied to patients with heart failure in the Cardiology Clinic; on their problem solving skills, quality of life and depression symptom levels.

**Method:** The research was carried out as a randomized controlled experimental study with 27 experiments, 26 control patients. In the study, with the approval of the ethics committee, a written informed consent form was obtained from the participants. Data were collected by means of; a personal information form, Beck Depression Scale, Macnew heart disease health-related quality of life questionnaire, social problem solving inventory – short form. For the experimental group, 4 sessions of individual problem solving training were given, including 2 sessions per week for 2 weeks. Data were evaluated using a t-test, Repeated Measures ANOVA, Mann Whitney U test, Pearson Chi-Square test, Fisher Exact test and Post Hoc tests.

**Results:** Post training, a significant statistically positive change was determined on depressive symptoms, problem solving skills and quality of life of the experimental group ( $p < 0.05$ ), and no change in the control group ( $p > 0.05$ ).

**Conclusion:** It was determined that the problem solving training had positive effects on problem solving skills, quality of life and depression symptoms of the patients with heart failure.

**Keywords:** Problem solving, heart failure, depression, nursing.

## S 4015

### ADOLESCENTS' PERCEIVED PARENTAL ATTITUDE AND ATTACHMENT STATUS INFLUENCE ON THEIR SELF PERCEPTION

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**Introduction:** In this study, it was aimed to reveal the perceived parental attitudes by adolescents, their parental and peer attachment status and its influence on their self perception.

**Method:** In accordance with aim of the study, the research was carried out in a descriptive type using quantitative research design in adolescents who continued to the 9<sup>th</sup> and 10<sup>th</sup> grades of three anatolian high schools in the province of Ankara, Çankaya. The scales were applied to 700 adolescents for determining their self perceptions, perceived parental attitudes, parental and peer attachment status. The scales used in this study are The Parental Attitude Scale, Piers-Harris Children's Self-Concept Scale, Short Form of Parent and Peer Attachment Inventory and Adolescent Introductory Features Form. Participation in the survey was primarily focused on the volunteers of the adolescents and also on the parents of the adolescents who were volunteers, with informed consent to participate in the survey. In the evaluation of research data; were coded by the researcher and analyzed in the SPSS 20.0 statistical software program.

**Results:** As a result of the study, it was determined that some introductory features of adolescents and their families create a statistically meaningful difference on the averages of perceived parental attitudes, self perceptions and attachment scores, and there was a statistically significant relationship between the perceived parental attitudes and attachment scores and the averages of self perceptions scores. As a result of the multiple linear regression analysis, it was found that perceived parental attitude, parental and peer attachment inventory explained the averages of self perceptions scores in a statistically significant way. Multilinear regression analysis was performed to find out how much parental attitudes and attachment status explained the self-perceptions of adolescents. As a results of analysis, Authoritarian Attitude of the parent attitude subscales, peer attachment, mother attachment and father attachment of the attachment subscale were to found a high and significant relation with self-perceptions mean score ( $R=0.64$ ,  $R^2=0.41$ ,  $p < 0.01$ ). According to this, Authoritarian Attitude, Peer Attachment, Mother Attachment and Father Attachment account for 41% of the total variance in the mean score self-perception of adolescents.

**Conclusion:** As a result of this study, it can be concluded that it is of vital importance in terms of mental health of both adolescents and their parents that mental health professionals and psychiatric nurses develop and implement programs in order to develop an effective parental skills and strengthen the adolescents' self perception.

**Keywords:** Adolescence, self perception, parental attitude, attachment.



## S 4019

### CAUSES OF CHILD MARRIAGE; EDİRNE PROVINCE EXAMPLE

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**Introduction:** UNICEF has emphasized that child marriage deprives children of rights to health, nutrition, education, and abstinence from violence/exploitation/abuse, and that it is the violation of child rights. It is necessary to know the reasons of child marriages in order to prevent child marriages. This study was aimed at determining causes of early marriages among women.

**Method:** This descriptive and cross-sectional study was carried out between September 15, 2017 and March 15, 2018. The study sample comprised 651 women in the 30 and under age group living in the province and districts of Edirne, and having gotten married during their childhood. The study data were collected using the questionnaire developed by the researchers through a literature review. The data obtained were analyzed with percentages, mean values and the Chi-square analysis.

**Results:** Of the women participating in this study, those who had Romani ethnic origin, were primary school graduates or had parents with lower education and low income got married at a younger age. Most of the women who had early marriages were unemployed and vulnerable to spousal violence. It was determined that the women who had love marriages at an early age regretted getting married more compared to those who had arranged marriages and the vast majority of them stated that they would have continued their education if they had not gotten married at an early age.

**Conclusion:** Given the causes of early marriages, it is recommended that women in the at-risk group should be educated about the negative aspects of early marriages, that women who have gotten married at an early age and seek support should be helped and that child marriages should be discouraged by preparing stricter legal sanctions.

**Keywords:** Child, child brides, child marriages.

## S 4021

### AN INNOVATIVE METHOD IN THE TEACHING SELF-AWARENESS AND INTERPERSONAL RELATIONS: SUPPORTING WITH FLIPPED CLASSROOM AND DRAMA METHOD

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**Introduction:** The students are learning theoretical and practical skills for their professional life and it is expected from them to relay their theoretical information into practice and to provide care in a way worthy of human dignity with nursing education. The quality of interpersonal relationships with the patient is important in order to talk about effective and beneficial care. Thus, different teaching methods are needed for effective education. Aim of this paper evaluate flipped classroom and drama method in self-awareness and interpersonal relations education.

**Method:** I evaluated, Turkish and English studies in the field of flipped classroom in nursing education.

**Results:** Today's student profile is called as Y generation and they are following the technological developments closely in comparison with the previous generation. Thus, supporting the training executed in crowded classrooms with different methods by benefiting from will affect the quality of the education, participation of the students and their motivation positively. Flipped classroom methods can have a modernist qualification for students and especially in the classrooms and amphitheatres that get crowded by the students. In this education method, students are learning the theoretical part of the lesson at home with some methods as slide, video etc. and they are supported at classroom in order to have more application and exercise about the subject they learned and learning the missing information and discussing it. Particularly in the lessons which are not sufficient with only theoretical education such as self-awareness and interpersonal relations, students need to be supported with more practice, role play and drama in the course in order to transfer the knowledge they learn to their own and professional lives, internalize and become behavior.

**Conclusion:** As a result; the need to support the education with different strategies in comparison with actual conditions is arisen. From these strategies it is thought that using flipped classroom method, the student's to do the theoretical part of the lesson in their own individual responsibility, to work over many cases that are real and real-like inside the class, working their own personal experiences and events that they may encounter with patients will be important to transfer the theoretical knowledge firstly to his/her personal life afterwards professional life.

**Keywords:** Nursing education, flipped classroom, drama.

## S 4035

### REASONS FOR USE SUPPLEMENTARY AND ALTERNATIVE TREATMENTS IN PATIENTS WITH BREAST CANCER: A LITERATURE REVIEW

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**Introduction:** In this study; evaluating the reasons for using of the supplementary and alternative treatments (TAT), types and alternative treatment methods used the literature of patients with breast cancer.

**Method:** Literature; for the studies published between 2008-2018 years, Medline, science direct, Pub Med search engines were screened with using the key words which are "complementary and alternative medicine (CAM), cancer, breast". 13 Turkish and 6 English articles were found in the search results.

**Results:** When the scanned literature is examined, the frequency of TAT use is 15%-73%, the most common methods are herbal products and most nettles are preferred. Reasons for using of TAT by cancer patients are defined as treatment support, prevention of cancer recurrence, usage instead of conventional therapy, and as a "last resort."

**Conclusion:** Complementary and alternative therapies are widely used to treat patients with breast cancer, to reduce the side effects of applied medical treatment and to live longer and better quality. Often the nettle of herbal products in Turkey has been identified that is preferred. It is considered significant for healthcare workers to be knowledgeable about the use and methods of TAT and evaluate patients with an unbiased approach. Patients should be informed by healthcare workers about the use of TAT as well as keeping their medical treatment.

**Keywords:** Complementary and alternative medicine, cancer, breast.

**S 4036****BURDEN OF CARE AND COPING WITH STRESS  
STYLES OF CAREGIVERS OF CHRONIC  
PSYCHIATRIC PATIENTS****Selma Sabancıoğulları<sup>1</sup>, Şükran Ertekin Pınar<sup>2</sup>**<sup>1</sup>Cumhuriyet University, Suşehri School of Health, Sivas, Turkey<sup>2</sup>Cumhuriyet University, Faculty of Health Sciences, Sivas, Turkey

**Introduction:** This descriptive study was conducted to determine the burden of care and coping with stress levels of the caregivers of chronic psychiatric patients.

**Method:** The research was carried out with 103 caregivers of psychiatric patients who had an inpatient treatment at a university and a state hospital in central anatolia region of Turkey. Data were collected by Information Form, the Burden Interview and Coping with Stress Scale. Percentage distribution, mean, Pearson correlation, t test and ANOVA tests were used for statistical evaluation.

**Results:** The average age of caregivers is  $47.65 \pm 14.24$ , most of them are married and primary school graduates. The majority of caregivers (40.8%) are the patient's parents, and 80.6% live with the patient. It has been found that caregivers usually use the self-confidence approach and rarely the social support search approach to cope with stress. The burden of care perception of caregivers is moderate level. Caregivers were found to have an increased burden of care when they used ineffective methods to cope with stress ( $p < 0.01$ ).

**Conclusion:** In this study, caregivers's burden of care is moderate level and they use the self-confidence approach as a way of coping with stress. Caregivers who are ineffective in coping with stress have a heavier burden of care. The development of caregivers' stress coping and stress management skills can contribute to a reduction in the sense burden of care.

**Keywords:** Psychiatric patient, caregivers, burden of care, stress management, coping.

**S 4037****THE EFFECT OF THERAPEUTIC ENVIRONMENT  
ON RECOVERY IN PSYCHIATRIC CLINICS: PATIENT  
EVALUATION****Selma Sabancıoğulları<sup>1</sup>, Filiz Doğan Başeğmez<sup>2</sup>**<sup>1</sup>Cumhuriyet University, Suşehri School of Health, Sivas, Turkey<sup>2</sup>Cumhuriyet University, Medical Faculty Hospital, Psychiatry Clinic, Sivas, Turkey

**Introduction:** The research was conducted to determine the contribution of clinical activities in psychiatric clinics to the recovery of patients.

**Method:** The sample of this descriptive and cross-sectional study consisted of 228 patients who were hospitalized at least for 5 days and who had no perception and communication problems. The data were collected by a questionnaire prepared by researchers. Mean, frequency, percentage and chi square tests were used for statistical evaluation.

**Results:** The mean age of the patients was  $37.17 \pm 12.17$ , the mean duration of illness was  $9.29 \pm 8.95$ , and the mean day of hospitalization was  $14.81 \pm 9.83$ . 54.8% of the patients were male, 45.2% were female, the majority (32%) had depression, 21.9% had schizophrenia

and 21.1% had mood disorder. More than half of the patients (66.7%) said that the medications were good for their illness, while 16.2% said they were not. 68% of the patients said that gymnastics/sports hours, 63.6% occupation hours, 69.7% hospital tasks (tea brewing, table cleaning, shopping, watering flowers), 69.3% tea time, 65.8% social activities, 64.9% group meetings and 63.2% said that sharing tasks meetings contributed to their recovery and that they were affected positively. 55.7% of the patients stated that their opinions were taken about clinical activities, 60.5% stated that they felt confident in the clinic both physically and emotionally, and 59.2% stated that the clinic was suitable to fulfill their daily life activities. However, 79.4% of the patients said that they had problems in communicating with the outside of the clinic, 22.8% said they could not reach the healthcare personnel immediately when they needed, and 21.1% said that clinical practices had no contribution to their recovery. According to the patients' diagnoses, there was no significant difference regarding the use of clinical activities ( $p > 0.05$ ).

**Conclusion:** In general, more than half of the patients stated that they benefited from psychiatric clinical environment and the environment contributed to their recovery. However, most of the patients struggled to connect to the outside when they were in the clinic, and one-quarter of them could not benefit from the activities of the clinic. It may be advisable for nurses to arrange the psychiatric clinical environment so that patients can benefit more.

**Keywords:** Psychiatric patient, nursing, therapeutic milieu.

**S 4038****INVESTIGATION OF TRAUMATIC STRESS  
SYMPTOMS OCCUPATIONAL SATISFACTION,  
BURNOUT, COMPASSION FATIGUE IN NURSES  
WORKING AT STATE HOSPITAL****Sezgin Kılıç, Figen İnci**

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**Introduction:** Descriptive research was conducted to determine the traumatic stress symptoms, occupational satisfaction, burnout and compassion fatigue in nurses and the variables affecting them.

**Method:** The population of the research was formed by 374 nurses working in Niğde Ömer Halisdemir Training Research Hospital, without calling any sample selection, nurses who were actively involved in patient care were informed about the research, and 260 nurses who agreed to participate were included in the sample. Data were collected by using Survey Form, Professional Quality of Life Scale and Traumatic Stress Symptoms Scale.

**Results:** A statistically significant correlation was found between the TSSS and the ProQOL Occupational Satisfactory Sub-dimension ( $r = -.284$ ,  $p < 0.05$ ), while a statistically significant correlation was found between the TSSS and the ProQOL Exhaustion ( $r = .686$ ) and Compassion Fatigue ( $r = .650$ ) Sub-dimensions ( $p < 0.05$ ). It has been determined that emotional fatigue decreased with the increased age ( $p < 0.05$ ), and occupational satisfaction decreased and exhaustion increased with the increased monthly working hours ( $p < 0.05$ ). It was determined that female nurses' Traumatic Stress Symptoms Scale total score and Professional Quality of Life Scale Exhaustion and Compassion Fatigue Sub-dimensions mean scores are statistically significantly higher than male nurses ( $p < 0.05$ ). While occupational

satisfaction scores of the nurses with vocational health school graduation was found to be significantly higher ( $p < 0.05$ ) than the other education groups, it was determined that the compassion fatigue also increased with the increase of education level.

**Conclusion:** The results reveal that the quality of nurses' occupational life should be raised with priority so that they can provide more qualified care. For this, it can be said that it is necessary to arrange the working hours, to provide the break opportunities, and to provide institutional support.

**Keywords:** Nursing, burnout, compassion fatigue, occupational satisfaction.

## S 4042

### THE SELF-CARE AGENCY OF INPATIENTS IN PSYCHIATRIC CLINICS AND ITS RELATION WITH SELF-ESTEEM

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**Introduction:** The study was conducted to evaluate the self-care agency of inpatients in the psychiatric clinics and to examine its relation with self-esteem.

**Method:** The sample of this descriptive and cross-sectional study consisted of 287 patients who were treated in a psychiatric clinic and who had no perception and communication problems. Data were collected with the Personal Information Form, the Self-Care Agency Scale and the Rosenberg Self-Esteem Scale. Data were analyzed by t test, One-Way Anova, Kruskal Wallis and Pearson correlation coefficient test.

**Results:** The mean age of the patients was  $36.12 \pm 13.00$ , mean duration of disease was  $7.45 \pm 8.44$ , 50.9% of them were female, 49.1% of them were male. The mean self-care agency score of patients was  $90.03 \pm 24.65$  (above the average) and the self-esteem mean score was  $2.77 \pm 1.81$ . 33.1% of the patients had high self-esteem, 42.9% had moderate self-esteem, and 24% had low self-esteem. There was a strong negative correlation between self-care agency levels and self-esteem of patients ( $r = -.64$ ,  $p = 0.000$ ). Similarly, the self-care agency scale mean scores of patients with low self-esteem were significantly lower than those with high and moderate self-esteem ( $F = 86.34$ ,  $p = 0.000$ ). Self-care agency mean scores of patients were compared in terms of gender, age, marital status, place of residence, type of family, working status, number of hospitalization, number of days in hospital, physical illness status, and no significant difference was found between them ( $p > 0.05$ ). However, the self-care mean scores of patients with high economic status and education level who were aware of self-care need were significantly higher ( $p < 0.05$ ).

**Conclusion:** According to research results, it can be said that self-care agency of psychiatric patients are above the average and patients are affected by self-esteem level. It may be advisable for nurses to perform activities and practices that would increase the self-esteem of the patients in their care practice and to meet the individual physical care needs of the patients without ignoring them.

**Keywords:** Self-care power, psychiatric patient, self-esteem, psychiatric nurse.

## S 4043

### THE RELATIONSHIP BETWEEN PERSONALITY TRAITS AND STRESS AND COPING WITH STRESS STYLES OF PREGNANT WOMEN

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**Introduction:** Pregnancy is a period in which women experience important biological and psychosocial changes and can cause anxiety and stress. The research was conducted to determine the relationship between personality traits and stress and coping with stress styles.

**Method:** This descriptive study's sample consisted of 356 pregnant women who applied to the gynecology and obstetrics clinic of a state hospital in Central Anatolia and accepted to participate in the research. Data were collected using the Personal Information Form, Perceived Stress Scale, Styles of Coping With Stress Scale and Cervantes Personality Scale. Mean, percentage distribution and Pearson correlation analysis were used in the analysis of data,  $p$  was taken  $p < 0.05$ .

**Results:** The mean age of pregnant women is  $27.34 \pm 5.54$ . There was a negative statistically significant relationship between extroversion/introversion and approaches of self-confident and social support searching, and a positive statistically significant relationship between extroversion/introversion and approaches of helpless and submissive ( $p < 0.05$ ). There was a negative statistically significant relationship between emotional balance/neuroticism and approaches of optimism and social support searching, and a positive statistically significant relationship between perceived stress and approaches of helpless and submissive ( $p < 0.05$ ). There was a negative statistically significant relationship between consistency/inconsistency and perceived stress, and between consistency/inconsistency and approaches of helpless and submissive ( $p < 0.05$ ).

**Conclusion:** As the introvertedness of pregnant women increases, self-confident and searching social support approaches decrease, and helpless and submissive approaches increase. As the neuroticism increases, the perceived stress, helpless and submissive approaches increase, the optimistic and social support search approaches decrease. Perceived stress, helpless and submissive approaches increase as giving consistent responses of pregnant women decrease in consistency/inconsistency dimension which is not a personality factor. It is suggested to apply and support approaches that will reduce the stress levels of pregnant women and strengthen their coping skills.

**Keywords:** Pregnancy, personality, stress, coping with stress.

## S 4044

### RELATIONSHIP BETWEEN FUNCTIONAL REMISSION AND QUALITY OF LIFE IN PATIENTS WITH SCHIZOPHRENIA

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**Introduction:** The study was conducted to determine the relationship between functional remission and quality of life in patients with schizophrenia.

**Method:** This descriptive and relational research was carried out with 132 patients registered to community mental health center, treated at psychiatric clinics of a university hospital and a state hospital and diagnosed with schizophrenia according to DSM-V criteria. Data were collected using the Information Form, the World Health Organization Quality of Life Scale and the Functional Remission of General Schizophrenia Scale.

**Results:** The average age of the patients was  $42.05 \pm 10.31$ , and the average score of the Functional Remission of General Schizophrenia Scale was  $47.96 \pm 14.28$ . In the Quality of Life Scale, the environmental subscale average score was  $12.18 \pm 2.50$ , the physical was  $11.92 \pm 2.43$ , mental  $10.94 \pm 2.41$  and the social area was  $9.67 \pm 3.10$ . A statistically significant positive correlation was found between the general and subscale scores of the Functional Remission of General Schizophrenia Scale and the average score of all areas of the Quality of Life Scale ( $r=0.63-0.33$ ;  $p<0.001$ ). In multiple regression analysis, the educational status of the patients, duration of continuing to community mental health, and physical and social areas of the quality of life scale were found to be significant factors affecting functional remission ( $R=0.74$ ,  $R^2=0.54$ ,  $F=39.282$ ,  $p=0.000$ ).

**Conclusion:** Functional remission levels of patients are below average. The level of quality of life increases as the level of functional remission of patients increases. Educational status, duration of continuing to community mental health, and physical and social areas of the quality of life scale describe 54% of the total variance in functional remission. Patients with schizophrenia should be encouraged to participate in their working life by arranging social skills training that will increase their occupational functioning when they return to their environment after discharge.

**Keywords:** Schizophrenia, functionality, quality of life.

## S 4053

### MENTAL HEALTH AND SELF-ESTEEM DURING PREGNANCY: A FOLLOW UP STUDY

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**Introduction:** Although pregnancy is a natural life event for women, it is a period in which biological and psychosocial changes are experienced and the risk of intensive anxiety and stress is high. The aim of this descriptive study is to evaluate the psychological state and self esteem during pregnancy.

**Method:** The study's sample group is consist of 107 pregnant, between the age of 15 and 49. The necessary data is collected via personal information form, the brief symptom inventory and Rosenberg self esteem scale. The data collection tools are applied repetitively in each three trimester. In the data analysis F test, Friedman F test, unpaired t test, Mann Whitney U test and Sperman correlational analysis are used.

**Results:** In this study in trimester periods, the pregnant's anxiety, negative sense of self, hostility, somatization averages, decrease in the 2<sup>nd</sup> trimester, also the averages increase in the 3<sup>rd</sup> trimester. Depression score averages increase in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. It has been detected that there is a meaningful statistical difference in

trimesters between the pregnant's average pregnant's educational and employment status, the types of family, partners' educational and employment status, economic conditions, number of pregnancy, willingness of pregnancy, planned delivery method, the expected gender, feelings when the gender of the baby is determined, physical health problems, the use of physical health care, mental health problems, the use of mental health care ( $p<0.05$ ). It has also been statistically detected that in trimesters there is a positive meaningful correlation between the pregnant's averages of the subscales of BSI ( $p<0.05$ ). In pregnancy trimesters it has been found that the pregnant have lower self esteem in the 1st trimester meanwhile it is higher in the 2nd and 3rd trimesters. It has been detected that there is no significant difference ( $p>0.05$ ) Between the self esteem averages in trimesters according to the variables of the pregnant's educational status, willingness of pregnancy, the use of physical health care, the use of mental health care. It has also been found that in pregnancy trimesters there is a negative meaningful correlation between the pregnant's averages of the subscales of BSI ( $p<0.05$ ). There was no significant relationship between the age of pregnant women and their mental well-being and self-esteem ( $p>0.05$ )

**Conclusion:** In this study; It was determined that anxiety, negative self-esteem, somatization and hostility scores decrease in the second trimester and depression score continued to increase in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters while self-esteem score increase in the 3<sup>rd</sup> trimester. Anxiety, negative self-esteem, somatization and hostility scores of the pregnant women decreased and self-esteem decreased. According to the data obtained in the research; It is recommended to follow the pregnant and pregnant health regularly and continuously, to monitor the pregnant women in terms of depression, to provide professional and social support, and to follow up the pregnancy with a multidisciplinary study in cooperation with the obstetrician, psychiatrist and family physician.

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**Keywords:** Preagnancy, mental health, self-esteem.

## S 4073

### AN ANALYSIS OF THE PERCEPTIONS OF CLINICAL NURSES REGARDING HOLISTIC NURSING

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**Introduction:** The aim of this study was to explore the perceptions of clinical nurses towards holistic nursing.

**Method:** A descriptive qualitative design was adopted in this study. Semi-structured focus group interviews were conducted with 25 clinical nurses from the surgery, internal medicine and intensive care units of university and state hospitals located in Ankara. Approximately 6 or 7 nurses were interviewed in each focus group interview, and 4 focus groups were formed Purposive sampling was used to select the participants. Interviews were audio-recorded and then transcribed verbatim. The focus group interviews ended when the themes were repeated and data saturation was achieved. Content analysis was used for data analysis.

**Results:** In the focus group interviews, the clinical nurses defined the themes of 'team collaboration', an 'individual-centred approach' and 'communication' under the category of 'requirements for holistic nursing'.

ing'. The theme in the 'outcomes of holistic nursing' category was 'recovery'. The 'barriers to holistic nursing' category included the themes 'lack of staff and time' and 'feelings of inadequacy'. In the category of 'suggestions for the development of holistic nursing', the clinical nurses mentioned 'individual suggestions' and 'institutional suggestions'.

**Conclusion:** The most important outcomes of holistic nursing are recovery and a shortened treatment period. The majority of nurses expressed a feeling of inadequacy towards being holistic because of poor working conditions, such as lack of staff and time, lack of skills, and lack of opportunities for improvement. This study provide valuable insight for clinical nurses, nurse managers, and institutional managers in understanding clinical nurses' perceptions of holistic nursing as well as the conditions and aspects that need to be developed to provide holistic nursing care.

**Keywords:** Holistic nursing, clinical nurses, focus group interviews.

## S 4074

### PERSPECTIVE OF CHRONIC PSYCHIATRIC DISEASES IN SOCIETY AND DETERMINING AWARENESS OF SOCIETY

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**Introduction:** The perspective of chronic psychiatric diseases has been negative since ancient times. Society have thought patients with mental diseases have bad spirits or power given by god and they were seen as fears as person to be kept away. Today, patients with mental diseases can not still socialize and have problems in social activities. Recently, in the transformation of health a new mental health treatment model and community mental health centers have been set up in our country and have been aimed community based treatment. It is important to know the problems experienced by psychiatric patients and increase the social awareness about these problems. Knowledge of the experiences of psychiatric patients and their relatives towards the social perspectives and the identification of social awareness will help to understand these problems. This study was conducted determining perspective of chronic psychiatric diseases in society and awareness of society.

**Method:** This study was cross sectional type. This study population was chronic psychiatric patients and relatives that living in province centre. There are 412 psychiatric patients with a chronic psychiatric disorder (Psychotic disorder, schizophrenia, schizoaffective disorder, paranoid personality disorder, etc.) registered in province center where the study was conducted. The minimum sample size was calculated using the universe sampling methods and 200 patients and relatives were planned to reach. Between January-June 2016, 138 patients and relatives were accepted to apply this study. In this study, questionnaire was used.

**Results:** Mean of the patients included in this study were  $39.5 \pm 9.2$ , 63.8% of patients were female. While 47.1% of the patients admitted their illness, 10.1% of them were aggressive at times. Patients and relatives were reported that did not want to go out, the society were feared, they were embarrassed by station of patient and negative reaction in the society. 7.2% of the patients and their relatives reported that the patients in the community did not want to touch them and 8% of them were not helped in the community when they needed

help. In addition, 2.9% of the nurses in the treatment period reported that 7.2% of the nurses had a negative reaction from the doctors.

**Conclusion:** As a result, one in ten of the society was approaching negative thoughts and behavior to patients with psychiatric illness. It is necessary to develop programs and projects for the socialization of the patients and awareness in the society.

**Keywords:** Chronic psychiatric disease, patient, patient relatives, society, awareness.

## S 4083

### THE STUDY OF DETERMINATION OF PSYCHOMETRIC PROPERTIES OF NURSING RELATIONSHIP SCALE

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**Introduction:** The aim of this study was to analyze whether Nursing Relationship Scale (NRS) which was developed by Ku and Minas (2010) is a valid and reliable tool for Turkish society.

**Method:** Content validity of NRS was examined according to translation-backtranslation, language equivalence and the experts' opinions. The scale consists of four sub-scales named "Caring/Supportive Approach", "Nursing Satisfaction", "Authoritarian Stance", and "Negativity" that has septet Likert type 33-items., 238 nurses who were working at internal medicine, surgery and intensive care clinics of two hospitals has more than 500 beds one is education research hospital and the other is university hospital, selected by using simple random sampling. The scale for reliability of re-test was applied 59 nurses after 2 weeks. Confirmatory factor analyse was performed to determine if the sample is adaptive with data. Results of Structural Equation Modeling were examined for fit indexes. Cronbach alpha and item total correlation coefficients of the study were calculated to determine the internal consistency.

**Results:** The scale has shown an acceptable adaptation according to Structural Equation Model fit indexes  $X^2/sd=2.50$ ,  $RMSEA=0.079$ , The cronbach's alpha value of the scale was 0.70 for total.

**Conclusion:** It's determined that, NRS has equivalence with the original one and it is culturally appropriate to the Turkish culture, it is a reliable and valid measurement to evaluate holistic nursing competence of the nurses.

**Keywords:** Nursing relationship, nurse interaction, validity, reliability.

## S 4088

### THE FACTORS AFFECTING THE HOLISTIC NURSING COMPETENCE LEVELS AMONG CLINICAL NURSES

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**Introduction:** Holistic nursing competence is the ability of the nurse's personal characteristics, values, attitudes, knowledge and skills and professional responsibilities that they will perform their application in this direction. These competences provide the reduction

of the length of recovery of the individual, the facilitation of adaptation of the individual and the family to the illness, the effective use of the cost and the reduction of the recurrence of the illness. The aim was to identify the factors affecting the holistic nursing competence among Turkish clinical nurses.

**Method:** This study was conducted with 235 clinical nurses from according to the nurses' clinical and professional characteristics and appraisals towards holistic nursing. The 'Descriptive Data Form', and 'Holistic Nursing Competence Scale' were used for data collection. Percentages, mean, significance test for the difference between two means, one-way variance analysis and Tukey test were used for data analysis.

**Results:** General aptitude subscale score were higher in the 35 and more age group than 26-30 age group. Shift-work nurses reported significantly lower general aptitude and personal education-management scores than only daytime nurses. Total holistic nursing competence score and subscale scores increased with the shift of the nurses' appraisals for holism towards positive.

**Conclusion:** According to results of this study, age, working style and some professional variable were found to the factors of affecting to holistic nursing competence. In direction of these results, recognition of the relations between increase of holistic nursing competence with increase of holistic appraisal of nursing, unit and organization by nurse managers and organization managers and support for continuous development of staff, units and organization are suggested

**Keywords:** Holism, clinical nursing, nursing.

## S 4108

### INDIVIDUAL COUNSELING BASED ON COGNITIVE BEHAVIORAL APPROACH IN SITUATIONAL CRISES: A CASE REPORT

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**Introduction:** Situational crisis can be defined as an acute emotional sadness causing a temporary incompetence due to being unable to cope with "incidents like unexpected diseases, accidents, separation from relatives and death" that may unbalance an individual. It is required to evoke existing coping behaviors and support the individual. In this case, it was aimed to determine the effect of individual counseling based on cognitive behavioral approach on depression, anxiety, negative automatic thoughts, method of coping with stress and eating attitude in clients who applied with situational crises.

**Method:** The client who applied willingly was a 23-year-old woman and third-year university student. Counseling sessions were conducted in the interview room of the school where the student and the counselor were present. In the evaluation interview, the process of counseling was explained and a written informed consent was received from the client. The interviews were conducted in a total of 6 sessions; the first three for once a week and others held every two weeks, and each of them had lasted for 45-60 minutes. The sessions were maintained with studies on automatic thoughts, conversations about method of coping with stress, relaxation exercises and homework applications. Follow-up interviews have continued. State of mind was evaluated using Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), Automatic Thoughts Questionnaire (ATQ),

the Ways of Coping Inventory (WCI), and Eating Attitude Test (EAT) as pretest and posttest.

**Results:** It was determined that the counselee suffered from an increasing loss of appetite, failure of enjoying life, introversion, doubt, sense of guilt towards her family and sadness due to losing her father first and then breaking up with her boyfriend for the past year. Pretest mean scores of assessment tools applied were determined as follows; BDI=24 (medium level), BAI=30 (high level of anxiety), ATQ=74 (possibility of thinking about depression-medium level), EAT=43 (high risk of eating disorder) and method of coping with stress as helpless approach. On the other hand, posttest mean scores were determined as follows; BDI=17 (low level), BAI=24 (medium level of anxiety), ATQ=54 (low level), EAT=29 (low risk of eating disorder) and coping method for stress as the self-confidence approach.

**Conclusion:** It was observed that individual counseling based on cognitive behavioral approach decreased depressive symptoms, level of anxiety, negative automatic thoughts and eating attitude. It is recommended to conduct similar studies evaluating the effect of individual counseling services based on cognitive behavioral approach on university students.

**Keywords:** Situational crisis, cognitive behavioral approach, individual counseling.

## S 4109

### EVALUATING CARE PLANS AND INTERVIEWS CONDUCTED BY INTERN NURSING STUDENTS IN PSYCHIATRY CLINICS FROM THE ASPECT OF CAREGIVERS

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**Introduction:** Recovery in mental illnesses is only possible through a population-based treatment. Cooperation of the patient, family, social environment and healthcare professionals is very important for getting stronger together in the process of recovery-healing. In the present study, it was aimed to evaluate care plan and interviews conducted by intern nursing students in psychiatry clinics from the aspect of caregivers (families).

**Method:** Written permissions were obtained from the ethics committee of the university and institution for the retrospective-descriptive study. The population of the study consisted of the fourth-year students (n=246) receiving internship course between September-May in the academic year of 2017-2018, and the sample consisted of intern students in the psychiatry clinic (n=238). All the care plans, which contained nursing diagnoses determined according to the nursing diagnostic terminology NANDA and interviews, presented (n=237) were included in the study and examined according to the prepared form, in July 2018. The examination form included a total of 23 questions to examine the care plan and interviews in terms of patient and caregivers. The data acquired were evaluated in the SPSS 20.0 software using number and percentage values.

**Results:** Age average of the patients given care was 41.00±13.27 years. Among the patients, 52.3% were male, 40.1% were primary/secondary school graduates, 64.6% were unemployed, 32.5% were diagnosed with schizophrenia and other psychotic disorders, average disease duration was 10.49±8.86 years and they were hospital-

ized for  $2.46 \pm 2.29$  times. 49% of the patients lived with their partners and children or with their partners/children. Total number of nursing diagnoses was determined as 1178 in care plans. Among these diagnoses, 9.2% (n=108) were related with caregivers. 38% of nursing diagnoses related with caregivers were "interrupted family processes" and 72.4% of the specified diagnoses were completed in the evaluation phase. Total number of the student interviews was 612. Among these interviews, 20.1% (n=123) were actualized with the patients about caregivers and 47.2% of them aimed to "obtain information about family structure" from the patients. Among the student interviews, 1.6% (n=10) were conducted with individuals who provided direct care. 50% of these interviews were conducted with the patient's father or elder brother and 40% of them aimed to "obtain information about the patient/disease history". In 27% of the examined care plans and interviews; "strengths and weaknesses of caregivers" were evaluated.

**Conclusion:** It was observed that the rate of cooperation with caregivers was very low in the students' care plans and interviews. It was thought that it will be useful to raise awareness in students and support them for increasing their cooperation with caregivers in clinical practice.

**Keywords:** Intern nurse, psychiatry clinic, care plan, interview, caregiver.

## S 4111

### THE RELATIONSHIP BETWEEN EXPRESSION OF EMOTIONS PERCEIVED FROM FAMILY AND PSYCHOSOCIAL ADAPTATION IN ADOLESCENTS

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**Introduction:** Expression of emotion is a measure of the environmental stress in the home such as number of critical interpretations, the presence of hostile attitudes, the level of interventionism and the communication styles. More psychiatric problems are reported in families with high expression of emotion. The aim of this study, is to investigate the relationship between expression of emotions perceived from family and psychosocial adaptation in adolescents.

**Method:** 233 adolescents studying in a private vocational high school, located in Anatolian side of Istanbul formed the population of this descriptive cross-sectional study. Information Form, Shortened Emotion Expression Scale, and Self-Evaluation Scale for 11-18 years old Teens were used to collect data. The high score in the Shortened Emotion Expression scale indicates high expression of emotion and the high score in the Self-Evaluation Scale indicates an increase in behavior. Frequency, percentage, mean, Chi-square, Mann Whitney U and Spearman correlation tests were used in the evaluation of data.

**Results:** 67% of adolescents were female and the mean age was  $16.06 \pm 66$  (min: 15, max: 18, median: 16). Core family structure was 86.7%, 45.9% of them had one, 33.6% had two brothers/sisters. Sub-levels and total scores of emotion expression were found to be moderate and low on median. The mean total score of the Self-Evaluation Scale was  $51.99 \pm 26.05$ . The internal orientation score was  $18.26 \pm 9.69$  for females and external orientation score was  $12.32 \pm 8.68$  for males.

The expression of emotion perceived from family was positively correlated with psychosocial adaptation.

**Conclusion:** The more internal orientation problems in females and more external orientation problems in males and the correlation of expression of emotion perceived from family with psychosocial adaptation shows that it may be advisable to provide families with education and counseling on interaction with adolescents and child/adolescent development.

**Keywords:** Adolescent, family, expression of emotions, psychosocial adaptation.

## S 4121

### PERCEPTION AND ATTITUDES HONOUR OF NURSING STUDENTS AGAINST WOMEN PATIENTS WHO WERE EXPOSED THE VIOLENCE

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**Introduction:** In developed countries, "honour" is defined as honesty, righteousness and morality for men and women, while it is defined differently for men and women in patriarchal societies. Honour for men is to be credible, to protect the family's reputation, to be moral and for women it is sexual purity. Being a virgin, not flirting, dressing conservatively, not being chirpy, not talking too much and not laughing in social environments are perceived as "honorable women" behaviors. This study aim was determined perception and attitudes honour of nursing students against women patients who were exposed the violence.

**Method:** The population of the study was conducted students of high health school. It was planned that all students included in this study without minimum sampling method. Voluntary 239 nursing students were participated in this study. Data was used with questionnaire. Data analyzed in SPSS 22.0 program are presented as frequency, mean and standard deviation.

**Results:** Mean age of students were  $21.0 \pm 1.68$ . 71.1% of students were female, 56.1% of students have been living province center, others have been living districts, towns, villages. When asked about perception of honour against women patients who exposed the violence; 4.2% of students who think that women who can not protect their honour were condemned; 9.2% of students who are not opposed to killing women because of honour; 19.2% of students said that agree women must punish with relatives; 7.9% of students said that are not opposed to killing women and exposing the violence; 66.5% of students said that are not opposed to exposing verbal violence; 10% of students that think are not against men's violence against women because of honour. Students who thinks that a women deserves because of honour were 4.6%. Students said that do not want to give care to women exposed the violence because of honour were 14.2.

**Conclusion:** Honour is attributed to women in patriarchal societies and for this reason one of five students were traditional attitudes. The presence of students who do not want to give care to exposed the violent women may cause ethical problems while conducting the nursing profession. For this reason, it is necessary to educate students on honor, gender equality and professional ethics.

**Keywords:** Violence, honour, nursing student.

## S 4173

**EVALUATION OF THE RELATIONSHIP AMONG PERSONALITY TRAITS, AND SELF-CONCEPT, AND OCCUPATIONAL PERCEPTIONS OF THE NURSES****Seda Öykü Özdemir<sup>1</sup>, Gamze Temiz<sup>2</sup>, Semiha Akin<sup>3</sup>**<sup>1</sup>*Fransız Lape Hospital, İstanbul, Turkey*<sup>2</sup>*İstanbul Bilim University FlorenceNightingale Hospital School of Nursing, İstanbul, Turkey*<sup>3</sup>*University of Health Sciences, Faculty of Nursing, İstanbul, Turkey*

**Introduction:** This study was carried out to evaluate the personality traits, professional self-concept and occupational perceptions of the nurses and to examine the relationship among them.

**Method:** This is a descriptive and correlational study. The research sample was made of 185 nurses working in two private hospitals affiliated to a foundation university and in a medical center located in İstanbul Province. Data were obtained using the Ten-Item Personality Scale, the Perception of Nursing Profession Scale and the Professional Self-Concept Scale in Nurses.

**Results:** The average age of the nurses was 25.32 (SD:  $\pm 5.02$ ), and 83.8% of them were female and 42.2% of them had bachelor's degree. The duration of experience as a nurse was 5.21 (SD:  $\pm 4.70$ ) years. In the ranking of the average scores of the answers given to the items of the Ten-Item Personality Scale (TIPS), the averages of the statements "I consider myself as reliable self-disciplined", "I consider myself as sympathetic, warm-hearted", and "I consider myself as extroverted, enthusiastic" were found to be higher than the averages of other items. The average scores of the Peacefulness, Extroversion and Emotional Stability sub-dimensions were found to be higher. It was determined that the total scale score of the Perception of Nursing Profession Scale was  $87.37 \pm 11.92$ , the score of the Professional Qualifications sub-dimension was  $71.81 \pm 9.16$ , and the average score of Professional Status sub-dimension was  $15.57 \pm 5.06$ . This result showed that the general perceptions of nurses on nursing profession are moderately positive. The average scores of the Professional Self-Concept Scale indicate that professional self concept in nurses had developed quite positively ( $110.30 \pm 12.53$ ). A statistically significant positive relationship was found between the Extroversion sub-dimension scores of the Ten-Item Personality Scale and the Professional Satisfaction sub-dimension scores of the Professional Self-Concept Scale in Nurses ( $p=0.006$ ). No statistically significant relationship was found between the scores of the Ten-Item Personality Scale and the scores of the Perception of Nursing Profession Scale ( $p>0.05$ ). In the study, a statistically significant positive relationship was also determined between the sub-dimension scores of the Perception of Nursing Profession Scale and the sub-dimension scores of the Professional Self-Concept Scale in Nurses ( $p<0.01$ ).

**Conclusion:** Research results show that there is a positive relationship between nurses' occupational perceptions and professional self-perceptions, and that there is a need for strategies to improve the occupational perceptions of nurses. It is important to adopt approaches that improve occupational perceptions and professional self-perception in accordance with the personality traits.

**Keywords:** Nurse, personality traits, self-concept, occupational perception.

## S 4175

**A STUDY ON THE IDENTIFICATION OF THE SATISFACTION LEVEL OF CHRONIC PSYCHIATRY PATIENTS AND THEIR RELATIVES WITH RESPECT TO THE REQUIREMENTS OF DISCHARGE PREPARATIONS AND THEIR FULFILLMENT****Gonca Gül Günay***Dokuz Eylül University, Institute of Medical Sciences, Department of Psychiatry Nursing, İzmir, Turkey; Dokuz Eylül University Research and Application Hospital, İzmir, Turkey*

**Introduction:** This study aims to evaluate the satisfaction level of the psychiatry inpatients and their relatives with respect to preparation for discharge and to identify the requirements of such a preparation.

**Method:** Designed as a descriptive study, the population of this study includes inpatients of the psychiatry ward of a research hospital with disorders such as schizophrenia, bipolar, depression and anxiety (conversion disorder, OCD, panic disorder) ( $n=181$ ) along with their relatives who reside with the patient ( $n=140$ ). The data was collected using "Data Sheet on Descriptive Features", "Patient Satisfaction Survey for Identification of the Requirements of Discharge and the Level of Requirement Fulfillment", and "Patient Relative Satisfaction Survey for Identification of the Requirements of Discharge and the Level of Requirement Fulfillment". Data was evaluated using number-percentage test. Data was obtained with one-on-one interviews.

**Results:** Patients participated in this study identified the matters they are not informed about, namely, their legal rights, resources about their condition, effects of the stressors on their condition, effects of the daily life on the recovery process, and institutions to consult after being discharged. Patient relatives, on the other hand, suggested that they were not informed about resources and documents about the condition (online resources, books, periodicals, discharge material, healthcare personnel, etc.), effects of the stressors and inability to cope with these stressors on the condition, healthcare services to consult in case of despair or exhaustion in time, methods to improve social relations, side effects of the medication prescribed, how to rearrange the living space according to the patient's needs after discharge, what to do when the patient rejects the medication, institutions to consult after discharge, and the reasons behind the condition. It was found that general service satisfaction, satisfaction about the service organization and timing to perform the routines, satisfaction about the personnel without exceptions and nurse satisfaction were the first four aspects patients were satisfied significantly during their hospitalization. Among the aspects patient relatives were satisfied significantly were general service satisfaction, satisfaction about the personnel without exceptions, satisfaction about the provision and continuation of medication, and the feeling of safe and good both physically and spiritually during the hospitalization.

**Conclusion:** It is reported that discharge preparation planning was not in place for patients and their relatives starting from the first day of hospitalization and when otherwise was reported, it is found that majority of patients and their relatives were not involved in the planning process for discharge preparation. It was found that majority of the patients were provided with training sessions about preparation to discharge, however, this training proved to be insufficient for coping with stress and for the period after discharge in general. It is recommended for the healthcare providers to identify the individual needs of patients and their relatives starting from the first day of hospitalization and to have them prepared for discharge creating training programs for an organized and planned life after the discharge.

**Keywords:** Discharge preparation planning in psychiatry ward, patient satisfaction, relative satisfaction.



## S 4180

### AN IMPORTANT PART OF PSYCHOSOCIAL CARE IN PEDIATRIC CANCER: HEALTHY SIBLINGS

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**Introduction:** Chronic diseases like cancer do not just affect the patients' own life; it also affects the environment that they belong to. For this reason, cancer is a challenging experience also for families. The fact that a cancer patient in family is a child can affect family dynamics more differently. Parents, siblings and relatives are also affected from the pediatric cancers. Caring for a pediatric cancer patient causes the disease to enter the life of whole family and effects their daily routines. Parents may feel helplessness and loneliness due to this acute situation, they could blame each other, not be able to cope with anger and sorrow. Moreover, the parents may neglect the healthy siblings because of dealing with the sick child and the problems that the illness brings with it. Cancer is a traumatic experience and healthy sibling is also exposed secondary to this trauma. There are various adaptation problems in the siblings of children with cancer such as loss of interest and status, loss of activities and routines both belong their own ones and the others with families, loss of security, uncertainty, and loss of friendship with the sick child. For this reason, it is important to include healthy siblings in psychosocial care in pediatric cancers, to be aware of this psychosocially at risk group and to take protective measures.

**Method:** It was a review article.

**Results:** It is seen that studies about the psychosocial effects of childhood cancers on healthy siblings have reached the satiety of evidence in international literature, but in national literature it is still very limited.

**Conclusion:** Healthy siblings are a risky group in pediatric cancers. It is urgently needed that identification of the siblings' needs, sharing their experiences, starting and continuing the preventive interventions to them, especially during the diagnosis phase.

**Keywords:** Child with cancer, psychosocial care, neoplasms, sibling.

## S 4181

### THE RELATION OF SOCIO-DEMOGRAPHIC INFORMATION WITH EDUCATION GIVEN TO FAMILIES WITH MENTALLY DISABLED CHILDREN, LIFE SATISFACTION, SELF-STIGMA OF SEEKING HELP AND STRESS COPING STYLES\*

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**Introduction:** The aim of this study is to evaluate the relation of socio-demographic information with education given to families with mentally disabled children, life satisfaction, self-stigma of seeking help, and stress coping styles.

**Method:** Families with disabled children who continued their education at the Special Education Centers in Sivas created the sample of this pre-test and post-test study. The data were collected with The Satisfaction with Life Scale (SLS), the Beck Depression Inventory (BDI), the Self-Stigma of Seeking Psychological Help Scale (SSPHS), and the Coping with Stress Scale (CSS). The scales were re-applied to experimental group (n=75) after the application of scales and the education about the research subjects after five weeks. Mann Whitney U, t-test, Kruskal Wallis variance analysis were used in the evaluation of the data.

**Results:** The average SLS score was 19.14±7.24 (min:3; max:31) before the education and 21.68±7.39 (min:6; max:35) after the education. The average BDI score was 16.92±10.84 (min:1; max:60) before the education and 10.24±7.77 (min:0; max:33) after the education. The average SSPHS score was 58.18±9.96 (min:32; max:82) before the education and 52.65±14.28 (min:28; max:84) after the education. The average optimistic approach score of SSPHS was 9.73±2.67 (min:2; max:15) before the education and 10.58±2.19 (min:4; max:15) after the education. After the education, a statistically significant difference was found between SSPHS and those aged 42-62 (p=0.022), between those living in village/town and insecure approach of CSS (p=0.036), between low income level and BDI (p=0.010), and SSPHS (p=0.041), between insecure (p=0.011) and submissive approach (p=0.008), between BDI (p=0.043) and submissive approach (p=0.007) of those living in extended families, between those having disabled children unintentionally and SSPHS (p=0.042), insecure approach (p=0.009), submissive approach (p=0.019), between BDI (p=0.029) and SSPHS (p=0.018) of those whose children have education at a private school.

**Conclusion:** Education has positively affected the decrease in depression and self-stigma, and the increase in life satisfaction and stress coping styles after the education. Some socio-demographic information affects SSPHS, insecure, submissive approach and BDI scores.

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**Keywords:** Mental disability, education, stigma, stress, life satisfaction.

## S 4186

### USE OF BEAUTY SERVICES AS PERCEIVED STRESS, BODY PERCEPTION AND BODY IMAGE COPING STRATEGY AMONG WOMEN

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**Introduction:** This study was conducted to reveal the relationship between women's perceived stress, body perception and body image coping strategies and the use of beauty services.

**Method:** The population and sample of this descriptive, cross-sectional study consisted of women who were 18 and above, enjoying beauty services offered by hairdresser and beauty salons in downtown Zonguldak between 15 April and 15 May 2017 and agreed to participate in the study. The study was conducted on 333 women. Personal Information Form, Perceived Stress Scale (PSS), Body Image Scale (BIS) and Body Image Coping Strategies Inventory (BICSI) were used to collect data.

**Results:** The majority of participants were college students/graduates (59.8%) aged between 18 and 25 (58.6%) and had income meeting their expenses (53.2%). While 55.9% were visiting hairdresser salon regularly, 47.7% were going there to feel psychologically well. 54.4% considered that physical appearance and psychological state are related. The study found statistically significant difference between participants' age and PSS ( $p=0.040$ ); level of education, and BICSI Appearance Fixing ( $p=0.040$ ) and BICSI Positive Rational Acceptance ( $p=0.003$ ); income and BICSI Appearance Fixing ( $p=0.013$ ) and BICSI Avoidance ( $p=0.007$ ) scores. There was also statistically significant difference between regularly visiting hairdresser salon and PSS ( $p=0.045$ ) and BIS ( $p<0.001$ ); visiting hairdresser salon to feel psychologically well and BIS ( $p=0.027$ ) and BICSI Appearance Fixing ( $p=0.006$ ); feeling psychologically relieved after enjoying beauty services and PSS ( $p=0.019$ ); and regretting after getting beauty services and BIS ( $p=0.007$ ), BICSI Appearance Fixing ( $p<0.001$ ) and BICSI Avoidance ( $p<0.001$ ) scores.

**Conclusion:** The study concluded that women's perceived stress, body perception and body image coping strategies scores are related to receiving beauty services. It is suggested that offering beauty services, particularly for female patients, will contribute to patients' treatment to reduce perceived stress while creating a therapeutic environment in delivering mental health services and to develop positive body perception and image.

**Keywords:** Woman, beauty, stress, body image, coping skills.

## S 4190

### THE VALIDITY AND RELIABILITY OF POSITIVE MENTAL HEALTH SCALE

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**Introduction:** The objective of this study is to carry out the validity and reliability of Positive Mental Health Scale (PMHS).

**Method:** This study of methodological type was conducted with 499 students attending the department of Nursing, Faculty of Medical Sciences of a university between December 2016 and June 2017. The data were collected through Introductory Information Form and Positive Mental Health Scale. In the analysis of the data, SPSS 22, LISREL 8.80 software and RUMM Version 5.3 for Windows were utilized. For validity assessment of the scale, language validity, scope/content validity, structural validity, and internal structure validity according to rash analysis were considered; for reliability assessment, test-retest and inner consistency reliability values were calculated.

**Results:** Within the scope of validity and reliability studies of PMHS, it was found out that the content validity of 79.5% of scale items was at and over 0.80 value; in the consequence of Confirmatory Factor Analysis, made for assessing structural validity, Turkish form of the scale confirmed six factor structure, and adaptive statistical values of scale were at acceptable/agreeable level ( $\chi^2=2526.36(686)$ ;  $\chi^2/sd=3.6$ ; CFI=0.94, GFI=0.87, NNFI=0.93, RMSEA=0.08; SRMR=0.07;  $p<0.01$ ). Test-retest reliability coefficient of PMHS and Cronbach's alpha reliability coefficient values of total scale and of sub-dimensions were found to be over 0.70. Also, it was determined that PMHS showed good adjustment to Rasch model (internal structure validity) and was

a reliable scale (PSI=0.94) according to adjustment goodness statistics and reliability values.

**Conclusion:** In the consequence of the conducted analyses, it has been determined that Positive Mental Health Scale has scope/content validity, structural validity, test-retest reliability, Cronbach alpha inner consistency and internal structural consistency and reliability, and is a valid and reliable measuring tool to be used in assessing individuals' positive mental health in Turkey.

**Keywords:** Positive mental health, scale adaptation, validity, reliability, positive psychology, Rasch analysis.

## S 4196

### THE INVESTIGATION OF NURSING STUDENT'S OPINIONS ABOUT SYMBOLIC VIOLENCE TOWARDS PATIENTS

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**Introduction:** Symbolic violence's a kind form of violence which is unclear, unnoticeable. It effects negative on health and internalization of sense of worthlessness. The role of patient advocacy requires ensuring patient safety and realizing the ethical principle of "primum non nocere". Based on the importance of patient safety, it's thought that nursing students' opinions should be taken in order to increase awareness of symbolic violence and to determine strategies. To investigate the opinions of nursing students about symbolic violence applied to patients.

**Method:** In study, newspaper news which published in the last five years representing the symbolic violence of nurses for patients were used. The population of study formed nursing students who having taken a course in nursing history and deontology in a university. 33 students who volunteered to participate were asked to answer the structured question form related to news and the introductory information form by handwritten or word file. When themes were repeated, research was finished and analyzed with content analysis.

**Results:** 17 of participants were 22 years old, 27 of them were female, 6 of them were male. They were all fourth-grade students. With data analysis, "nursing habitus", "field features", "the doxas of field", "the causes of symbolic violence", "feelings related to events", "education: awareness" themes and sub-themes of each theme were determined. Students stated the professional characteristics of nurses to be ethical, moral, responsibility and being an individual who values humanity. They reported symbolic violence occurs in fields where entrances and exits were limited like intensive care. They expressed the causes of symbolic violence as the desire of nurses to be a phenomenon and not having professional qualifications. They described these events as damage to the image of nursing.

**Conclusion:** Nursing students' opinions on symbolic violence behaviors and the causes of symbolic violence applied to the patients were determined. Awareness programs for symbolic violence and its causes should be established and students should be adequately educated about the ethical values of nursing in the curriculum.

**Keywords:** Patient safety, nursing student, nursing, symbolic violence.

## S 4203

### SENIOR NURSING STUDENTS' PERCEPTIONS OF PSYCHIATRIC NURSING (GÜMÜŞHANE SAMPLE)

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**Introduction:** Until the 1950s, due to the inadequate number of nurses and prejudices against psychiatric patients, psychiatric nursing had been performed by people who had not completed a nursing school and who had not been involved in nursing profession; however, there have been significant improvements in psychiatric nursing practices in the last few years thanks to the increased number of psychiatric nurses who have completed their postgraduate education. This study was conducted to examine the senior nursing students' perceptions of psychiatric nursing.

**Method:** The population of this descriptive study consisted of 4<sup>th</sup> grade students (n=109) studying at the Department of Nursing, Faculty of Health Sciences, Gümüşhane University between October and December 2017. The sample comprised 76 students who agreed to participate in the study.

**Results:** 67.1% of the students (n=76) were female and their average age was 22.26±0.97. It was determined that 97.4% did not have a psychiatric disorder, 65.8% were interested in psychiatry, and 52.6% wanted to work in psychiatry field. 55.3 % and 34.2 % of the students stated that they strongly agree with the items "Psychiatric nursing education is an important part of nursing education" and "Psychiatric nurses have a positive contribution to the people with mental disorders" respectively and 34.2% reported that they disagree with the item "Psychiatric nursing is related to the other fields in nursing". In addition, 52.6%, 28.9% and 38.2% of the students stated that they strongly disagree with the items "Psychiatric nursing education is unnecessary for nursing education", "Psychiatric nursing is not scientific" and "Psychiatric nurses' basic nursing skills are not good" respectively. The average scale score of the students was 56.35±10.33.

**Conclusion:** The high scores obtained from the scale shows a positive perception of psychiatric nursing, so the students' perceptions of psychiatric nursing in our study were found to be as moderate.

**Keywords:** Psychiatric nursing, student, perception of nursing.

## S 4204

### POWERFUL PARTNERSHIP FOR HEALING IN PSYCHIATRY; NURSE-PATIENT COOPERATION

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**Introduction:** By definition, the concept of healing means getting better and getting rid of the condition of an illness or disability. As a clinical concept, healing is used in the same meaning as rehabilitation. Rehabilitation means that an individual makes his/her life meaningful despite the difficulties of an ongoing disability. At the basis of psychiatric rehabilitation lies the ability to overcome bad situations and the control of the symptoms that occur.

**Results:** In a study by Gould et al. (2005), the participants described their healing process as a shoreline with little happiness. Aston and Coffey (2012) reported that the patients in their study described healing as a challenging path. The characteristics of healing are clinical and func-

tional improvements such as reduction of symptoms, effective daily life activities, and going back to work or profession. For the nurses in Turkey clinics, healing means controlling the symptoms in patients. According to Jacobson and Greenley, a cooperative relationship between nurses and patients needs to be developed in order to provide healing.

**Conclusion:** The psychiatric nurse's role in healing begins with listening to the patient first. The research in this field has found that giving a positive viewpoint to the individuals in the improvement of psychiatric disorders is a big contributor to healing. This positive point of view helps the individuals to be aware of their talents and positive values that exist in themselves and to be able to use them in a positive way. Psychiatric nurses, therefore, should learn how the individuals can cope with the burden of life by listening to them effectively. At the same time they should encourage them to manage their symptoms. Psychiatric nurses should support individuals in terms of taking their own responsibilities. As a result, healing is a lifelong journey and psychiatric nurses are one of the basic building blocks in this journey. The task of psychiatric nurses is to help individuals to become aware of themselves, to discover their strengths and to guide their future.

**Keywords:** Healing, nurse, psychiatric patient.

## S 4207

### THE EFFECT OF PSYCHOEDUCATION PROGRAM DESIGNED TO PREVENT RELAPSE IN INDIVIDUALS WITH SUBSTANCE USE DISORDER ON THE RELAPSE RATE, SOCIAL FUNCTIONING, PERCEIVED WELL-BEING, AND COPING STRATEGIES WITH STRESS

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**Introduction:** To evaluate the effect of a relapse prevention psychoeducation program on relapse rate, social functioning, perceived well-being, and coping of individuals who were receiving treatment for substance use disorders

**Method:** The sample of the study consisted of a total of 92 individuals, of which 46 were in the intervention group and 46 were in the control group, who agreed to participate in the research, detoxified, and received treatment for non-alcoholic substance use disorder at AMATEM, in Ankara Numune Training and Research Hospital. A psychoeducation program consisting of 10 sessions at least once a week was applied to the individuals in the intervention group. Personal Information Form, Social Functioning Scale, Perceived Wellness Scale, Coping Strategies with Stress Scale, and urine drug test were used for data collection. The data collection instruments were applied to the individuals in the intervention and control groups for a total of three times, once before the psychoeducation program, after the psychoeducation program, and 3 months after the completion of the program as a follow-up.

**Results:** At the end of the study, the relapse rate in the control group was found to be higher than in the intervention group. In this study, it was determined that the developed relapse prevention psychoeducation program leads to positive changes in relapse rate, social functioning, perceived wellness and stress in individuals with substance use disorder.

**Conclusion:** In line with the results obtained in the research, it has been suggested that such programs should be implemented and

sustained to prevent relapse of individuals with substance-use disorders and to strengthen their mental status.

**Keywords:** Substance use disorder, relapse prevention, social functioning perceived well-being, coping with stress.

## S 4210

### STRESS EXPERIENCE AND MENTAL WELL-BEING IN GYPSIES: A QUALITATIVE STUDY

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**Introduction:** Gypsies are one of the important ethnic groups of our country with remarkable personality traits and lifestyles. Nevertheless, Gypsies are seen as disadvantaged individuals of our country with regard to their positions in the fields such as education, health and work force. The purpose of this study is; to understand the stress experiences and the mental well-being of Gypsy individuals.

**Method:** This study was based on phenomenologic design in qualitative study. The data of the study were collected from 20 gypsy individuals who resident in the district of the center of the province of Tekirdağ between April-May 2018. Data were collected using semi-structured interview, and socio-demographic information (8 questions) form. Descriptive analysis was performed on the obtained data.

**Results:** Five themes for stressful experiences and mental well-being of Gypsy individuals were identified. A) Poverty and the security problematic neighborhood that they live in are the most important sources of stress. B) They show physiological and psychological short-term responses to stress. C) Social support of friends and family, and spending time in open areas in nature are primarily coping methods with stress. D) Life satisfaction is not low, and future life expectancies include health, a permanent job to make a living, and a happy family. E) They give importance to the social relations with their relatives, to spend time in nature, not to think stressful situation for a long time in ensuring the mental well-being.

**Conclusion:** Poverty is the most important stressor in Gypsy individuals and it also provides ground for other stressors. Gypsy individuals' has not high expectations of the future, and their life satisfaction is not low. The free life that does not fit in closed spaces, and the social support from relatives play a great role in ensuring the mental well-being for Gypsy individuals.

**Keywords:** Gypsies, mental well-being, stress.

## S 4213

### PROTECTION OF MENTAL HEALTH AND USE OF ANIMAL ASSISTED TREATMENT

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**Introduction:** Animal Assisted Treatment (AAT) is a widely used

treatment method in abroad but it's use is limited in our country yet. AAT is a form of treatment that is supported by some mechanism stoim prove health in metabolism, taking advantage of human and animal interaction. In this review study, it is aimed to give information about the mechanism of action of AAT and it sapplication areas, especially to discuss its use in psychiatric nursing applications.

**Method:** Current databases have been screened using keywords such as "animal-assisted therapy", "animal-assisted therapy", "animal-assisted practice", "pet therapy".

**Results:** The basic principle of AAT is based on psychosomatic effects resulting from psychological, social, biological, physical, chemical changes provided by human and animal interaction. It is emphasized that feeding animals or being with animals plays an important role in improvingmental, social and physical health by providing these effects. The constructive factors that direct the mechanism of action in AAT are explained as psychological stimulation mechanism, emotional mechanism, play mechanism and physical mechanism, whichare not independent of each other and help the individual to improve the resistance process in various disorders by increasing his resistance. Studies have shown that the presence of animals improves communication during treatment, reduces dependence, increases exerciserates, improves self-care, improves blood pressure and cardiovascular growth parameters. AAT is used as a supportive tool in thetreatment of many psychiatric disorders such as organic mental disorders due to aging, anxiety, depression, stress, post traumatic stress disorder, coping with loneliness. It has been proven that AAT provides important benefits in many areas where it is a front-line for nursing care such as psychiatric rehabilitation, palliative care, pediatrics, geriatrics.

**Conclusion:** It is a good treatment support option for improving mental health, increasing quality of life and maintaining health status when accompanied by AAT guidelines and when applied in accordance with ethical rules. In preventive mental health and clinical psychiatric care practice, it is recommended that nurses use animal-assisted treatment, increase the use of the field, and support the benefits of AAT with the results of the study.

**Keywords:** Psychological healing, animal assisted treatment, psychiatric nursing.

## S 4215

### EVALUATION OF DEPRESSION, QUALITY OF LIFE AND HOPELESSNESS LEVELS OF HEMATOLOGIC PATIENTS

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**Introduction:** This research is a descriptive study and it was conducted to evaluate the depression, hopelessness and quality of life of hematology patients.

**Method:** The study was carried out between December 2014 and June 2015 with 109 patients being treated at hematology clinics of Ankara Atatürk Education and Research, Gazi University, Hacettepe University, Ankara University and Ankara Numune Education and Research Hospitals in Ankara.The Beck Depression Scale (BDI), Beck Hopelessness Scale (BHS) and the Quality of Life Scale (EORTC QLQ-C30) were applied to the socio-demographic data collection form.

**Results:** In the study, 19.3% of the hematologic patients were in the 18-25 age group and 58.7% of them were diagnosed with leukemia diagnosis. The age of the hematologic patients and the physical anxiety, which is the BDI subscale, education status and feelings of despair and guilt, which are the BDI subscale, between the institutional average and the BDI subscale, self-directed negative emotional point scores, the emotions and anticipations about the future, which are the age and BHS subscales, motivation loss, and PAS score, and between the age groups and the functional status of the EORTC QLQ-C30 subscale and the EORTC QLQ-C30 general scale score were statistically significant. Between the BDI general score and the BDI subscale, hopelessness was strong, positive and linear, BDI and BHS were found to be moderate, positive, and linear relationship between the overall score points. EORTC QLQ-C30, which is used in the study, is found to be a positive relationship between the general score averages.

**Conclusion:** Hematologic patients were found to be susceptible to depression, despair, and in this way the quality of life was adversely affected.

**Keywords:** Hematologic diseases, depression, hopeless, quality of life.

## S 4216

### POSITIVE PSYCHOTHERAPY

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The main aim of this study is to address the intervention of the concept of positive psychotherapy. Positive Psychotherapy (PPT) is a cross-cultural approach conceptualized by Peseschkian (1970), a psychiatrist and psychotherapist, effective in the prevention and treatment of mental disorders. Therapy is based on three important principles: balance, hope and consultation. Balance principle; it means that the individual lives a balanced life in dimensions such as body, success, relationship and future / fantasy / spirituality. Hope principle is to be positive in solving the mental problems of individuals. The principle of consultation means that individuals can cooperate with their respective individuals in solving their problems. According to Positive Psychotherapy, people come to the world with two important capacities, love and knowing. With the use of love capacity, primary skills such as trust, faith, patience, time, relationship, softness / sexuality and hope emerge. With the use of knowing capacity, secondary competencies such as order, success, justice, loyalty, honesty, punctuality, reliability, cleanliness and frugality arise. The causes of psychiatric disorders in which individuals have been shown are either the ability of individuals to develop too much or very little. Positive Psychotherapy is believed to treat mental disorders when skills are used at the optimal level. Positive psychotherapy was administered in five steps; 1. Observation / distance setting phase 2. Inventory phase 3. Situational encouragement phase 4. Verbalization phase 5. Expansion of objectives. These treatment steps are applied to help the patient with the illness. Positive psychotherapies are aimed at changing the viewpoint of a person by using stories, proverbs, idioms while doing these steps. Peseschkian (2013) stated that positive psychotherapy is functional and effective in the treatment of forty different psychiatric disorders. For example, it has been empirically demonstrated that PPT is effective in reducing the symptoms of depression among individuals. Based on positive psychotherapy theory in Turkey, it is observed that the performance of a team working.

Psychiatric nurses individuals, families and the development of community mental health, involved in coping and prevention of mental disorders, intercultural approach gives importance to health are professionals. When we examine the characteristics of positive psychotherapy; psychiatric nursing is an appropriate approach to the philosophy. As a result, studies on positive psychotherapy may provide important contributions to psychiatric nursing.

**Keywords:** Positive psychotherapy, psychotherapy, psychiatric nursing.

## S 4218

### DETERMINING ABUSE AND DEPRESSION IN ELDERLY INDIVIDUALS

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**Introduction:** Detecting the existence of depression and abuse, and then implementing appropriate initiatives to protect individuals afterwards can be considered within the role of the advocate of the nurse. It is assessed that it is important to raise awareness of the relationship between abuse and depression level and to make appropriate preventive interventions. For this reason, this study was conducted to evaluate abuse and depression in elderly individuals.

**Method:** The universe of the descriptive and cross-sectional study was the elderly patients referred to the Near East University Hospital, internal department clinics (excluding the Psychiatric and Diseases outpatient clinic) between October 2017 and March 2018. Based on a 1500-year-old patient referred to these outpatient clinics in 2016, At the 95% confidence level and at the 5% confidence interval, 310 elderly individuals were included in the study. The sample size was calculated as 308 individuals and the inclusion criteria were accepted. "Data Collection Form", "Geriatric Depression Scale" and "Hwalek-Sengstock Elderly Abuse Screening Test" were used as data collection tools in the study.

**Results:** In this study who has wide families, single, primary school and lower education level, has no social security, has the physical disabled, who think that the physical properties of the place they live are not suitable, elderly individual who need support in daily life were found to have high levels of abuse and depression, the difference between them is significant. Abuse and depression rates were found to be higher in the 75-79 age group compared to other ages. It has been determined that elderly individuals have a meaningful and moderate relationship between depression and abuse scores in the positive direction.

**Conclusion:** In our study, 75-79 age group with high abuse score was evaluated as risk group of elderly people and identification of abuse behaviors towards this age group, planning of awareness trainings about where they can apply to these behaviors, taking into account the existence of the relationship between abuse and depression; it is recommended that the elderly individuals be protected from depression or that the abuse be investigated during the investigation of the cause of the existing depression.

**Keywords:** Abuse, elderly people, depression.

**S 4220****VIEWS OF PATIENTS WITH DEPRESSION ON THE APPLICATION OF TRANSCRANIAL MAGNETIC STIMULATION: A QUALITATIVE STUDY****Gülay Taşdemir Yiğitoğlu, Fatma Özgün Öztürk, Nesrin Çunkuş***Pamukkale University, Psychiatric Nursing Department, Denizli, Turkey*

**Introduction:** Transcranial magnetic stimulation (TMS) is a non-invasive method for correcting the mood (depression, dysthymic disorder) by stimulating the brain without creating seizures through a device that produces magnetic stimulation. TMS has emerged as a promising treatment method in the treatment of mental diseases, particularly the depression cases.

**Method:** This study was designed to reveal the views of depressed patients on the application of TMS. Material and Method: This research is a case study conducted based on qualitative research pattern, and the centre of the research is Denizli. Purposive sampling method was used for the determination of individuals. Semi-structured questions were prepared by the researchers in accordance with the literature. Data were collected between April 24 and July 2, 2018 by interviewing 9 patients, who had the diagnosis of depression. The duration of these interviews with patients varied between 15 and 30 minutes. Data was analysed using content analysis.

**Results:** In the qualitative study, 3 main themes were identified as "living with depression, TMS implementation process and last words related to TMS". In the study, "emptiness, being bored, being not fully recovered, not having an example similar to that of your own, not being able to solve problems" expressions were determined about experiencing depression. In the theme of the TMS application process, patients used different expressions such as feeling fear related to uncertainty during the decision-making phase, while saying that it was useful and they would benefit from the fact that the treatment was concrete. In the last word theme related to TMS, thoughts stating that it is useful for those who cannot use drugs, that it makes the person positive, that it is useful like crutches and that it does not harm the individual, that it is an easy and perfect practice were determined.

**Conclusion:** It has been found that the patients have concerns, fears and lack of knowledge on TMS, which is a new practice. In this context, it can be said that the nurse's, who is an important member of the health care team, giving information to the patient about the TMS, while considering its individuality, is very important in terms of increasing the compliance with the treatment.

**Keywords:** Patient with depression, nursing, Transcranial Magnetic Stimulation.

**S 4221****DETERMINATION OF SOCIODEMOGRAPHIC AND CLINICAL CHARACTERISTICS OF PATIENTS HAVING TRANSCRANIAL MAGNETIC STIMULATION IN A PSYCHIATRIC CLINIC: A 3-YEAR RETROSPECTIVE STUDY****Gülay Taşdemir Yiğitoğlu<sup>1</sup>, Kıymet Sarıçay<sup>2</sup>, Nesrin Çunkuş<sup>1</sup>, Fatma Özgün Öztürk<sup>1</sup>**<sup>1</sup>*Pamukkale University, Psychiatric Nursing Department, Denizli, Turkey*<sup>2</sup>*Pamukkale University, Habib Kızıltaş Psychiatric Hospital, Denizli, Turkey*

**Introduction:** Transcranial Magnetic Stimulation (TMS) is the process

of cortical stimulation with magnetic field generated on the skull. TMS is used in many chronic psychiatric disorders such as depression, schizophrenia and addiction. In this study, it was aimed to determine the sociodemographic and clinical characteristics of patients, who underwent TMS in a psychiatric clinic.

**Method:** The descriptive and retrospective study was carried out by scanning the data of 513 psychiatric patients who underwent TMS in a university hospital in Denizli Province between 2015 and 2018 years. The records of patients with psychiatric disorders that underwent TMS application were used as data collection tools. Data were evaluated by descriptive statistical analysis, Chi-Square and Correlation Analysis using SPSS 21.0 Windows program pack.

**Results:** It was found that 69.4% of the participants were 26-59 years old, 65.1% were female, 67.3% were married, 58.1% were diagnosed with depression and 51.3% of the patients had the disorder for 1-5 years. It was determined that 60.6% of the patients had no thoughts of suicide and 79.1% had no medical diagnosis except psychiatry, 90.6% had no Electro Convulsive Treatment (ECT), and 96.7% had pharmacological treatment. It was determined that 91.4% of the individuals had 1 cure (20 sessions) and 8.6% had 2 and above cure of TMS application. There was a statistically significant difference between the number of TMS cure application, when the cases were compared according to the psychiatric diagnoses ( $p=0.022$ ,  $\chi^2=16.406$ ) and the status of receiving ECT ( $p=0.01$ ,  $\chi^2=10.145$ ). There was no statistically significant difference between the number of TMS cure application according to age, gender, marital status, place of residence, additional medical diagnosis, thoughts of suicide, pharmacological treatment, and duration of diagnosis ( $p>0.05$ ). A statistical significance was found between the patients' gender ( $p=0.0001$ ,  $\chi^2=20.536$ ), marital status ( $p=0.0001$ ,  $\chi^2=36.645$ ), and ECT ( $p=0.0001$ ,  $\chi^2=24.192$ ) and TMS application frequency ( $p=0.007$ ,  $\chi^2=12.023$ ). A positive correlation was found between the number of TMS cure application and the status of receiving ECT for the individuals and the duration of psychiatric diagnosis. ( $p=0.041$ ,  $r=0.090$ ,  $p=0.001$ ,  $r=0.090$ ).

**Conclusion:** The results of this study may be considered to provide evidence of sociodemographic and clinical characteristics of patients who underwent TMS in a university hospital. It is recommended that further studies to be carried out in our country regarding this newly applied method.

**Keywords:** Chronic psychiatric diseases, retrospective study, Transcranial Magnetic Stimulation.

**S 4222****EFFECT OF THE PSYCHOLOGICAL CARE GIVEN TO WOMEN BEFORE AND AFTER HYSTERECTOMY SURGERY ON BODY IMAGE, ANXIETY AND DEPRESSION LEVEL****Esra Erdoğan<sup>1</sup>, Satı Demir<sup>2</sup>, Behice Belkıs Çalışkan<sup>3</sup>, Nurten Gülsüm Bayrak<sup>4</sup>**<sup>1</sup>*The Ministry of Health Sciences Faculty of Health Samsun Training and Research Hospital, Samsun, Turkey*<sup>2</sup>*Gazi University Faculty of Health Sciences Department of Nursing, Ankara, Turkey*<sup>3</sup>*İstanbul Aydın University Faculty of Health Sciences, İstanbul, Turkey*<sup>4</sup>*Giresun Prof. Dr. A. İlhan Özdemir Training and Research Hospital, Giresun, Turkey*

**Introduction:** The removal of the sexual organ with hysterectomy, which is the symbol of sexuality, femininity, fertility, motherhood for

women, leads to many problems. This study was conducted to evaluate the effect of the pre- and post-surgical psychological care given to women undergoing a hysterectomy on body image, anxiety and depression levels.

**Method:** It was used the "experimental model with randomized control group". The research was conducted in the gynecological oncology surgery department of Samsun Training and Research Hospital. The sample of the study was consisted of 42 women who underwent hysterectomy surgery (n=21 experimental; n=21 control). The study was conducted between the date of January 2018 and June 2018. In data collection, it was used Patient Information Form (HBF), Situational-Constant Concern Inventory (SCCI=DKÖ and SKÖ), Beck Depression Inventory (BDE) and Body Image Scale (VAÖ). It was given psychological care to the women in experimental group after applying the first measurements of HBF, BDE, DSKE and VAÖ in the first day of their hospitalization. Psychological care consist of the pre-operative, post-operative and discharge stages. The second measurements of DSKE and VAÖ were done before their discharge. The BDE, DSKE and VAÖ monitoring measurements were done two months after their discharge. The measurement applied to the experimental group were also applied to the control group. It was given only the routine clinical care to the patients in the control group.

**Results:** Experimental group and the control group are similar in their sociodemographic characteristics and the pre-test averages of the scales. While BDÖ ( $t=-3.3$ ;  $p<0.001$ ), DKÖ ( $F=51.1$ ;  $p<0.001$ ) and SKÖ ( $\chi^2=32.3$ ;  $p<0.001$ ) average scores of the patients in the experimental group have been reduced in time, their VAÖ ( $\chi^2=30.9$ ;  $p<0.001$ ) average scores have been increased. While BDÖ ( $t=-4.8$ ;  $p<0.001$ ) and SKÖ ( $\chi^2=10.8$ ;  $p=0.005$ ) monitoring measurement average scores of the control group are higher than their pre-test average scores, their VAÖ average scores have been reduced in time ( $\chi^2=12.0$ ;  $p=0.002$ ) and there has been no significant change in their DKÖ average scores. BDÖ monitoring measurement average scores of the patients in the experimental group is lower than the BDÖ monitoring measurement average scores of the patients in the control group ( $t=11.4$ ;  $p<0.001$ ). DKÖ and SKÖ post-test and monitoring measurement average scores are lower than those of the patients in the control group ( $p<0.001$ ). Besides, VAÖ post-test and monitoring measurement average scores of the patients in the experimental group are higher than those of the patients in the control group ( $p<0.001$ ).

**Conclusion:** The psychological care given to the women who underwent hysterectomy surgery has been effective in reducing the levels of depression and the situational-constant concern, and in increasing the positive body image. For this reason, it is considered that giving psychological care to women who underwent hysterectomy surgery can support the women mentally.

**Keywords:** Hysterectomy, psychological care, depression, anxiety, body image.

## S 4223

### ASSESSING ANXIETY AND QUALITY OF LIFE AMONG PATIENTS WITH DIABETES MELLITUS

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**Introduction:** Psychiatric symptoms accompanying diabetes affect the clinical presentation, course, and severity of the disease and the

response to the treatment. Anxiety disorder is one of the most common psychiatric disorders present in diabetic patients and 40% of the patients have been reported to display symptoms of anxiety. Chronic and progressive degenerative complications that may occur during the course of the disease affect the quality of life in diabetic patients negatively. This is a descriptive and cross-sectional study aiming at assessing anxiety and quality of life in patients with diabetes mellitus.

**Method:** The sample of the study included 150 patients who were hospitalized in Gaziantep University with the diagnosis of Diabetes Mellitus and applied to endocrinology outpatient clinic between March and April 2017. As data collection tools "Biographical Data Form", "Beck Anxiety Inventory" and "EORTC QLQ-C30 Quality of Life Questionnaire" were used. Collected data was analyzed on SPSS Statistics Package Version 24.0 for Windows.

**Results:** The total score of the patients with Diabetes Mellitus was  $39.00\pm 13.04$  on Beck Anxiety Inventory and  $51.3\pm 26.1$  on EORTC QLQ-C30 Quality of Life Questionnaire. A significant positive relationship was found between Beck Anxiety Inventory and general quality of life, emotional functioning, general functioning, and cognitive functioning ( $p<0.05$ ). A significant negative relationship was found between Beck Anxiety Inventory and pain score, fatigue score, dyspnea, insomnia and appetite loss ( $p<0.05$ ). A statistically significant relationship was found between Beck Anxiety Inventory and age, marital status, number of children, people in the household, place of living, educational status, employment status, duration of employment and attitudes towards problems ( $p<0.05$ ). A statistically significant difference was found between EORTC QLQ-C30 Quality of Life Questionnaire and age, marital status, number of children, people in the household, place of living, educational status, occupation, leisure time, presence of accompanying physical or mental conditions, level of income, and duration of employment ( $p<0.05$ ).

**Conclusion:** The present study revealed that the patients with diabetes have high levels of anxiety and intermediate levels of quality of life. It is recommended that the patients with Diabetes Mellitus are psychologically assessed and provided with necessary psychiatric support to decrease their level of anxiety and increase their quality of life, and that the socio-demographic features that increase the level of anxiety or decrease the quality of life are taken into consideration while doing so.

**Keywords:** Anxiety, diabetes, quality of life, psychiatric nursing.

## S 4224

### DETERMINING THE MEANING OF LIFE IN ACCORDANCE WITH THE TEMPERAMENT CHARACTERISTICS OF NURSING STUDENTS

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**Introduction:** The purpose of this study, which is descriptive, is to determine the meaning of life in accordance with the sociodemographic variables and temperament characteristics of nursing students.

**Method:** The 442 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade nursing students, who wanted to participate in the research, in the spring semester of the 2017-18 academic year in Pamukkale University Health Sciences Fac-

ulty Nursing Department created the sample and the universe of the study. The data were measured using the personal information form developed by the researchers in the direction of the TEMPS-A Temperament Scale, Meaning in Life Questionnaire (MLQ) and the literature information. For analysis, Number, Percentage, Mann-Whitney U, Kruskal-Wallis H, Spearman correlation analysis were used on SPSS 20.0 statistical program.

**Results:** The average age of the participants was  $20.36 \pm 1.72$ . 84.6% of the students are female, 28.3% are in the 1<sup>st</sup> grade, 27.8% in the 2<sup>nd</sup> grade, 15.4% in the 3<sup>rd</sup> grade and 28.5% in the 4<sup>th</sup> grade. It was found that there was a negative, weak and significant relationship between the "existing meaning" sub-dimension of MLQ and the "depressive, cyclothymic and irritable temperament" sub-dimension of the TEMPS-A Temperament Scale ( $p < 0.05$ ). A weak and significant relationship was found between the "search for meaning in life" sub-dimension of the MLQ and the "depressive, cyclothymic, irritable and anxious temperament" sub-dimension of the TEMPS-A Temperament Scale ( $p < 0.05$ ). It was determined that there was a statistical significance in the "existing meaning" sub-dimension of MLQ in terms of the number of siblings of the students, the attitudes of the parents, and their depressive and mental trauma conditions ( $p < 0.05$ ). It was found that there was a statistically significant difference in the "search for meaning in life" sub-dimension of MLQ according to the gender, income status, socioeconomic level and depressive status of the participants ( $p < 0.05$ ). In the TEMPS-A Temperament Scale, in the "cyclothymic temperament" sub-dimension according to the participants' age and grade, in the "hyperthymic, irritable and anxious temperament" sub-dimension according to the gender, in the "irritable and anxious temperament" sub-dimension according to the place they lived and in the "depressive temperament" sub-dimension according to the co-habitation status of the parents, it was found that there were significant differences ( $p < 0.05$ ).

**Conclusion:** For students, it can be said that sociodemographic variables and temperament characteristics are important factors regarding the meaning in life. It is thought that adding the subjects that develop positive self-perception, that increase the meaning in life, that help taking responsibility, and that help them in being idealist individuals using their decision-making authority to the course contents of the nurse candidates starting from the first grade and during their university education may be important.

**Keywords:** Nursing, temperament, meaning of life.

## S 4225

### ATTITUDE AND INFORMATION LEVEL TO HOMOSEXUAL PEOPLE FROM STUDENTS WHO TAKE PART IN PRE-HOSPITAL HEALTHCARE TEAM

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**Introduction:** Homosexual individuals be exposed to homophobia from healthcare professionals as every area of the life. Homophobic attitudes obstruct to getting healthcare of homosexual individuals. Purpose of this study is attitude and information level to homosexual people from students who take part in pre-hospital healthcare team.

**Method:** This study has been done by using simple descriptive method. Homosexuality Attitudes Scale used to collect data from 105 individuals and SPSS 18 analysis programme used to analysing the data obtained.

**Results:** According to this study, 38% of participants ( $n=39$ ) said that; homosexuality is a disease that needs to be treated, 32% ( $n=33$ ) defined all gay men are feminine, 31% ( $n=32$ ) said that a person can not be homosexual without having sex with a same gender one and 40% of participants ( $n=42$ ) said that footballers can not be homosexual. 40% ( $n=42$ ) of all defined homosexuality is not normal; 59% of them ( $n=62$ ) expressed uncomfortable to presence in a gay bar, 41% ( $n=44$ ) feel uneasy with homosexual individuals. They said that it would be not content when they learn to be homosexual whom their closest friend who has a same gender (51% ( $n=54$ )), their doctors (41% ( $n=43$ )), their son's male teacher (57% of ( $n=59$ )) and a reverend (60% ( $n=63$ )).

**Result:** According to the obtained results from study 83.5% of ( $n=86$ ) participants defined to have a information about homosexuality but they were found to have the wrong information as if homosexuality is a disease and all gays are feminine. 42% of ( $n=55$ ) them said that discrimination based on sexual orientation is as bad as race and gender discrimination, on the other hand 42% ( $n=55$ ) they also said would feel uncomfortable with homosexual individuals.

**Conclusion:** Healthcare workers who are inevitable to encounter people with different sexual orientations, are not able to exhibit homophobic behavior against homosexual individuals but only by recognizing them. Therefore, the inclusion of individuals with different sexual orientations or identities in the course content will contribute to homosexual individuals receiving equal health services like every individual, avoiding the transformation of homophobic attitudes into behavior.

**Keywords:** Homosexual, homophobia, healthcare worker.

## S 4226

### IN ORDER TO GET STRONGER IN AWARENESS OF VIOLENCE AGAINST WOMEN: THE ATTITUDES OF HEALTH SCIENCES FACULTY STUDENTS

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**Introduction:** The violence against women continues being a serious communal problem in our country which must be struggle with. This study was made as descriptive in order to evaluate the attitudes and impressive factors of Kafkas University Health Sciences Faculty students' violence in a family against women. The study is important in terms of betraying students' perspective about violence against woman, formation of awareness of violence against woman, getting ready for the roles which is expected from them in violence against woman and creating data in their educational arrangements before they graduate.

**Method:** The sample of this study was consisted of 522 students studying at Kafkas University Health Sciences Faculty in year of 2016-2017. A questionnaire and Attitude towards Violence Scale were used. The scale, include physical, emotional, psychological, sexual, economical violence and mites toward violence. In analysis of data, right along with descriptive analysis, Mann Whitney U test and Spearman Correlation analysis were used.

**Results:** The students mean year is  $21.08 \pm 1.98$  who participated to this study. When considered closely to the scale's sub score it has been found that the economical violence is:  $15.04 \pm 6.17$ , emotional, psychological, sexual violence is  $12.90 \pm 4.88$ , legitimized mites are:



5.88±2.65, cause expressing mites are: 7.03±2.53, total violence point is: 40.86±12.25. It has been found that there is a positive relation between total violence mean score and age ( $r=0.088$ ;  $p=0.046$ ), male students mean score are greater than females ( $U=13.603$ ;  $p=0.000$ ) and nursing students mean score are statistically greater meaningfully than midwifery students ( $U=5.347$ ;  $p=0.000$ ).

**Conclusion:** It has been seen that the students' mean points toward violence is generally low, their violence attitudes is less than traditional and their violence attitudes are positive.

**Keywords:** Awareness, violence against woman, student, attitude, health.

## S 4227

### EFFECT OF CONSULTANCY GIVEN TO PARENTS AND TEACHERS ACCORDING TO THE STUDENTS' FREQUENCY OF WATCHING TV ON EMOTIONAL AND BEHAVIOURAL PROBLEMS OF CHILDREN ATTENDING PRESCHOOL EDUCATION

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**Introduction:** The study was conducted to determine the effect of the structured consultancy given to parents and teachers according to the students' frequency of watching TV on emotional and behavioural problems of children attending preschool education.

**Method:** The study was designed to be an experimental research with pre- and post-test control groups. Population of the study was composed of preschool students attending at private preschools in the body of the Ministry of Turkish National Education ( $n=13$ ), their parents and teachers. Subjects were totally 140 students (equally from Preschool A and B) and 12 and 5 teachers from A and B Preschools, respectively. The study was conducted between January and April 2015. Family Introduction Form, Powers and Difficulties Questionnaire (PDQ), Monitoring Form for Watching TV and Awarding Student Placket were used for the collection of data. Families and teachers at Preschool A, which is experimental group, were given consultancy training and education materials according to TV watching frequency of their students delivered. Data were analysed using frequency, percentage, Chi-square, Student's  $t$ , and paired sample  $t$  tests.

**Results:** Students' scores of emotional problems, behavioural problems, peer problems and lack of attention and hyperactivity were found to be 3.84±2.50, 3.96±2.16, 5.77±1.35 and 4.71±1.42 after consultancy training given to the families in experimental group and the difference between the scores experimental and control groups was determined to be statistically significant ( $p<0.05$ ).

**Conclusion:** It was determined that after consultancy training given to the families in experimental group according to TV watching frequency of their students, there was statistically significant reduction ( $p<0.05$ ) in students' scores of emotional problems, behavioural problems, peer problems and lack of attention and hyperactivity and also in their frequency of watching tv ( $p<0.05$ ).

**Keywords:** Family, preschool student, teacher, television.

## S 4229

### THE EFFECT OF TELEPHONE BASED NURSING INTERVENTION ON THE MEDICATION ADHERENCE OF PATIENTS WITH SCHIZOPHRENIA

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**Introduction:** About half of schizophrenia patients are experiencing medication adherence problems. Medication adherence problems affect patients negatively. People with schizophrenia need special practices to cope with these problems. The aim of this study is to determine the effect of "Telephone Intervention Problem Solving" on medication adherence in individuals diagnosed with schizophrenia.

**Method:** A randomized-controlled two-group pre-test and post-test design was adopted. Data were collected in a year (February 2016-February 2017) from 45 patients with schizophrenia in university hospital. They were randomly assigned to the intervention ( $n=21$ ) and control ( $n=24$ ) groups. Both groups were given "Medication Adherence Training" prior to discharge. After the discharge, control group was cared with routine application, while over the course of two months, a total of eight follow-up calls were made by using "Telephone Intervention Problem Solving" on for intervention group. Medication Adherence Rating Scale and Final Evaluation Form was used as the basic measurement tool. The data were evaluated using nonparametric tests.

**Results:** It is found out that after the study, not quitting taking drugs voluntarily ( $p<0.001$ ), and the rate of believing in the necessity of drug treatment were increased in the intervention group ( $p=0.008$ ), which was higher than the control group ( $p<0.005$ ). Medication adherence score of the intervention group increased ( $p<0.001$ ), but the score of the control group decreased ( $p=0.001$ ). The scale score of the intervention group was found to be higher than the control group ( $p<0.001$ ).

**Conclusion:** This study has shown that telephone intervention problem solving has positive effects on drug use characteristics and medication adherence in schizophrenia patients. Besides, it has been a guide for transferring the phone to the clinical applications of psychiatric nursing.

**Keywords:** Schizophrenia, medication adherence, telephone, tele-nursing.

## S 4232

### THE EFFECT OF WEB-BASED WATSON HUMAN CARE MODEL OF EDUCATION ON THE DEPRESSION LEVELS IN ADOLESCENTS WITH TYPE 1 DIABETES

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**Introduction:** This study was conducted to determine the effect of Web-based Watson Human Care Model of education on the depression levels correlation among them in adolescents with T1 Diabetes Mellitus (DM). In the study, experimental design with pretest - posttest control group for quantitative research.

**Method:** 30 volunteer adolescents aged between 11 and 18 who were followed by the Department of Pediatric Endocrinology Adiyaman University Training and Research Hospital were taken into the study. For the data collection, the Diabetic Individuals Recognition Form, the Depression Scale for Children, the DISCERN Web Site Assessment Scale were used and a web page was prepared by using the T1 DM Adolescent Education Guide and Watson Human Care Model processes. 14 sessions of live video interview were conducted with adolescents in the experimental group and these interviews were recorded.

**Results:** In the adolescents of the experimental group, a significant decrease in the level of depression after diabetes education. Adolescents of experimental group found the web page useful, effective and reliable. During the interval between the first session and the last session of the interviews, it was observed that adolescents in the experimental group improved in knowledge about psychosocial (especially depression) effects of diabetes and the ability to cope with these effects.

**Conclusion:** As a result of the research; diabetes education prepared according to the Web-based Watson Human Care Model decreased the adolescents' depression levels and it is suggested that education should be developed and disseminated.

**Keywords:** Adolescent, depression, Type 1 Diabetes Mellitus, Watson Human Care Model, web-based education.

## S 4233

### THE DETERMINATION OF THE PROFESSIONAL SELF-CONCEPT OF THE NURSES WORKING IN A PUBLIC HOSPITAL

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**Introduction:** The fact that the person providing the service in the health sector, including the nurses, also increases the necessity of professionalism and increases the probability of error to a minimum. The way in which the individual perceives the self makes a positive or negative effect on his/her job and makes the professional success to be positive or negative. In this study, it was aimed to determine the professional self-concept levels of nurses working in a public hospital

**Method:** The research is in the descriptive relational type and it was done between the dates of December 12<sup>th</sup>-31<sup>st</sup> in 2016; with nurse in soldier hospital. All of 46 nurses in the universe are attained by considering inclusion criteria to the research. Data is collected by using "Personal Data Form" and "Professional Self-Concept Scale". Statistical Pack age for the Social Sciences 22.0 is used in data evaluation. In the data analysis, frequency and percentage, arithmetic mean, standart deviation and min-max and median value, Spearman Correlation Test, Kruskal-Wallis Test are used.

**Results:** The mean score of the nurses from the total of the professional self-concept scale is 107.11±10.07; from occupational satisfaction sub-dimension is 22.11±2.53 and from occupational attitude-ability sub-dimension is 72.65±7.34. Occupational satisfaction with nurses professional attitude skills; professional attitudes are positive and meaningful between skill and professional competence sub-di-

mensions; There was a statistically insignificant negative relationship between professional competence and occupational satisfaction sub-dimension.

**Conclusion:** Professional self-conception, occupational competence and occupational attitude and ability levels of nurses are high but the level of occupational satisfaction is intermediate. Moreover; there is a positive and significant relation between the sub-dimensions of occupational attitude-ability with occupational satisfaction and occupational competence; there is a negative and insignificant relation between occupational competence and occupational satisfaction. In accordance with all of these results, it is suggested that the factors which affects Professional Self-conception should be evaluated necessary arrangements in the education, application and management fields should be made; and the results should be methodologically evaluated with different methodologic studies.

**Keywords:** Nursing, professional self-concept, occupational satisfaction, occupational attitude and ability, occupational competence.

## S 4240

### PSYCHOSOCIAL STATUS OF TURKISH PARENTS AND SIBLINGS OF PEDIATRIC CANCER PATIENTS: AN INTEGRATIVE REVIEW

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**Introduction:** Family-centered care is essential in pediatric cancer psychosocial care (PCPC). In some countries, however, it has seen that siblings and parents are still not involved in routine care. This review aims to reveal the gaps in the Turkish literature, to contribute revising the PCPC through evidence-based information and making the siblings and parents to become a part of this care in Turkey.

**Method:** In this integrative review, four main concepts were used: (i) parent/sibling/family (ii) child/pediatric (iii) cancer (iv) psychosocial outcomes to search articles from PubMed, EKUAL, ULAKBİM, Web of Science databases between December 2017 and January 2018. Among 317 first hit, 19 articles which met the inclusion criteria were reviewed. Key findings of the eligible articles were analyzed according to Individual Evidence Summary Tool by Johns Hopkins School of Nursing for Nursing Evidence-Based Practice (JHNEBP).

**Results:** 17 quantitative, 2 qualitative studies which were centered on the last five year were included in review. None of the reviewed articles' data were regarding siblings. Research aimed to evaluate psychosocial effects of pediatric cancer on parents and siblings in Turkey is mostly descriptive and offered moderate-quality evidence.

**Conclusion:** PCPC studies which will be conduct in Turkey must be expanded to involve parents and siblings. As stated in the international standards; it would be beneficial to do more interventional studies with both siblings and parents, and especially at early stages of cancer.

**Keywords:** Sibling, parent, neoplasms, psychosocial care, Turkey.

## S 4242

### THE INVESTIGATION OF RENEWAL, GENERAL ADAPTATION, FAMILY BURDEN AND RELATED FACTORS IN FAMILIES OF PATIENTS WITH ALCOHOL AND SUBSTANCE USE DISORDERS

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**Introduction:** The aim of this study is to determine alcohol and substance users' families renewal and general adaptation, family burden and related factors.

**Method:** This study was conducted with 102 addicted individuals and their families of AMATEM outpatients. Sociodemographic Form, Renewal and General Adaptation of Family Index, Zarit Care giving Inventory Scale were used.

**Results:** Having a sibling, education level, another illness, job with income and social security and type of substance s/he used were affecting factors of addictive peoples' families social support level. Family stress and tension scores were affected by social security status of addicted individual. There is low negative correlation between person's initial age of alcohol and substance use and family tension index score. Addicted individual's preferred type of substance affects family coping scores. There is low negative correlation between the age of addicted individual and family coping index score and strength index attachment subscale score. Family endurance score was affected by addicted individual's job with income, economical status, control subscale score was affected by education level, having a job with income, type of substance; challenge subscale score was affected by having a job with income and economical level, and trust subscale score was affected by economical status. The factors of addictive individual did not affect relatives' and friends' support score and strength index attachment subscale. Addicted individual's job within come and social security status affects family distress score. ZCGI Scale score was affected by individual's education level, job with income, economical and social security status; sex. Having an occupation and marital status did not affect AYUGI's care giving score.

**Conclusion:** The risk groups should be considered for the care and strengthening the peoples' families with alcohol/substance addiction.

**Keywords:** Alcohol and substance addiction, family burden, renewal, adaptation, nursing.

## S 4247

### METAPHORS OF NURSING STUDENTS ON THE PERCEPTION OF MENTAL ILLNESS:A QUALITATIVE STUDY

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**Introduction:** It has been reported that mental, behavioral or psychosocial problems, which account for 14% of world's disease burden, affect about 450 million people and these people have tried to cope with negative attitudes towards them as well as their efforts to

reach limited treatment possibilities. The negative perceptions and attitudes of people and health professionals towards psychiatric treatments and people with psychiatric disorders have an effect that prevents patients from continuing and applying for treatment. The aim of this research is to determine perception of nursing students who will work with individuals with mental illness in future through metaphor of concept of "Mental Illness".

**Method:** The research was carried out with phenomenologic design from qualitative research techniques. A total of 496 nursing students who participated in research were enrolled in study sample at Ankara University Faculty of Health Sciences in academic year of 2017-2018. "Metaphorical Perceptual Data Collection Form", which was organized by researchers in direction of literature, was used as data collection tool in research. In order to collect data, every student is wanted to fill gaps in sentence "Mental illness like....., because.....". Analysis of data consisted of 5 steps; (1) identification of metaphors, (2) classification of metaphors, (3) category development, (4) validation and reliability and (5) data transfer to SPSS package program for quantitative data analysis.

**Results:** The students produced a total of 353 valid metaphors for concept of mental illness. The metaphores obtained were examined in terms of their common characteristics and collected under 7 conceptual categories. These categories include; mental illness as desperation, uncontrollable, care and support need, uncertainty, a damaging element, an impact-response, an element requiring effort.

**Conclusion:** As a result, students' mental illness-related metaphors seem to be more negative. In the light of these results, it is thought that effective Professional education which will affirm mental images is important. During nursing education, it may be suggested to increase number of related course hours and organize activities for implementation.

**Keywords:** Nursing, mental illness, metaphor.

## S 4248

### EFFECTIVENESS OF FORGIVENESS TRAINING

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**Introduction:** Forgiveness, the person who has suffered in spiritual sense; is to give up the guilty pleasure from this bitterness a danger. In general, the tendency to forgive is examined in three sub-dimensions: self-forgiveness, forgiveness of others, and forgiveness of the situation. In the relevant literature, there is not enough research about the healing power of forgiveness. This research was planned to examine the effect of forgiveness training on the dimensions of forgiveness of individuals.

**Method:** This research was designed as a pre-post test semi-experimental study, that in order to test whether there is a difference in the dimensions of forgiveness before and after the training for a group volunteer forgiveness participants (n=43). There search data were collected with the Heartland Forgiveness Scale, that for the purpose of evaluating the three dimensions of forgiveness developed by Thompson et al. (2005) and, evaluated in Turkish validity and reliability tests by Bugay and Demir (2010).

**Results:** The average age of the individuals participating in the survey is 35±11.73. Before the forgiveness education, the status of for-

givenness subscale point average ( $\bar{x}=27.14\pm 4.34$ ) was higher than the other subscales cores average (self-forgiveness, forgiveness of others). After forgiveness education, self-forgiveness subscale point average ( $\bar{x}=27.70\pm 3.50$ ) was higher than other subscales cores average. A statistically significant difference was found between the mean scores of self-forgiveness ( $t=-2.299$ ,  $p=.027$ ) when the subscale scores were compared before and after forgiveness straining of the participants.

**Conclusion:** The fact that all of the individuals participating in the research are female, and the age of adulthood, which is the age range in which the awareness level of the average age is high, may be a factor affecting the result of education. In addition, it is striking that, while the individuals prefers to forgive the situation before the education, after the education with the effect of forgiveness education, they have forgiven themselves, others and the situation more.

**Keywords:** Forgiveness, education, anger, woman.

## S 4255

### THE RELATIONSHIP BETWEEN PSYCHIATRIC NURSES'S SPIRITUAL CARE PRACTICES, PERCEPTIONS AND THEIR COMPETENCY

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**Introduction:** Spirituality, a very important and necessary concept that has existed since the first formation of the nursing profession and constitutes a building of this profession, is an opportunity to escape from the point where the individual is focused on physical illness or death, emotional stress situations. In this respect, the research aimed to examine the relationship between psychiatric nurses' spiritual care practices, perceptions and qualifications.

**Method:** This study was conducted as a descriptive and correlational study. The sample of research included 128 psychiatric nurses.

**Results:** Psychiatric nurses; Spirituality and Spiritual Care Rating Scale item score average was  $3.93\pm 0.49$  and the average total score of this scale was  $66.92\pm 8.43$ . The mean score of the items of Spiritual Care Competency Scale of psychiatric nurses was  $3.54\pm 0.63$  and the average total score of this scale was  $95.77\pm 17.02$ . There was no significant relationship between Spirituality and Spiritual Care Rating Scale and Spiritual Care Competency Scale ( $p>0.05$ ). As a result of multiple regression analysis, psychiatric nurses' the feeling of inadequacy in spiritual care, one of the reasons for not meeting spiritual care, accounted for only 20.1% of the perceptions of change, spirituality and spiritual care.

**Conclusion:** In this study; psychiatric nurses' perceptions of spiritual and spiritual care were high, but their competence was not at the desired level. In this context, it is suggested to support for the implementation of the spiritual care practices of the clinic patients by the health institutions, more room for spiritual care in the nursing education, planning of in-service trainings for nurses working on the field according to the results of the studies and training of individual applications for the development of spiritual care application skills and carry out further studies in which the perceptions and competences of the nurses are assessed using different research methods in a different sample from the cultural aspect.

**Keywords:** Psychiatric nursing, spirituality, spiritual care, perception, competence.

## S 4256

### UNDENIABLE POWER OF HEALING GARDENS

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**Introduction:** Healing gardens that supporting recovery from illness and recovery, aiming at making individuals physiologically and psychologically healthy; Alzheimer's, schizophrenia, learning disability, etc. treatment of diseases, which are located right next to the care-giving institutions are areas that can be designed according to different groups, such as the disabled, the elderly, and the children. The aim of this review is to highlight the positive effects of the healing gardens on the healing of the patients.

**Results:** Studies indicated that healing gardens reduced daily stress, accelerate the recovery process, developed the status of goodness, decreasing the number and frequency of analgesic and sedative use, reduced post-op complication rate, shortened the discharge period.

**Conclusion:** Healing gardens are seen that the positively affect the healing, improving the quality of life and self-confidence, providing socialization, reducing stress, strengthening the mind, making easier to seting and achieving the goal, it is recommended to extend the healing gardens primarily mental health institutions and at all health institutions.

**Keywords:** Healing, well-being, hospital landscaping.

## S 4257

### PERCEPTION OF RECOVERY AND SOCIAL SUPPORT OF PATIENTS HOSPITALIZED IN THE PSYCHIATRY CLINIC

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**Introduction:** The basis of the professional psychiatric nursing approach is the provision of the recovery environment and the establishment of a healing relationship while working with individuals who have a mental illness. This study was carried out in order to determine perception of recovery patients hospitalized in the psychiatry clinic and the relationship with social support.

**Method:** The sample of the descriptive study was composed of 185 patients hospitalized in the psychiatric clinic at Manisa Mental Health and Disease Hospital between May 2018-August 2018. Three forms were used as data collection tools. These are the Introductory Information Form, the Recovery Assessment Scale (RAS) and the Multidimensional Scale of Perceived Social Support (MSPSS). ANOVA, t-test, Mann-Whitney U, Kruskal-Wallis and Pearson correlation test were used in the evaluation of the data.

**Results:** The average age of the patients was  $40.75\pm 11.70$  years, 72.4% were male, 52.4% were single, 32.4% were high school graduates, 43.2% were identified with bipolar affective disorder, 26.5% were identified with psychotic disorders and 20.0% were identified with schizophrenia. The mean total RAS score of the patients was found to be  $91.52\pm 14.68$  (min-max: 24-120), and the mean total score of the MSPSS was  $55.72\pm 17.78$  (min-max: 12-84). The difference in the RAS

total scores of male patients, those with young, those with married, those with physical illness, those having information about illness and treatment, those who practice treatment regularly, those with few hospitalization and those with short duration of the diagnosis were higher than the other groups ( $p < 0.05$ ). It was found that there was a middle positive-directed correlation between patients' total RAS score average and total MSPSS score average scores ( $r = .41$ ,  $p < 0.01$ ).

**Conclusion:** The results show that recovery perceived by patients are high, and perception social supports are increased, perception of recovery also increase. In the light of these results, it is recommended for psychiatric nurses evaluation of patients' social support perceptions, research on social support systems about the level of meeting the needs of the patient, support in case of inadequacy and directing to appropriate support systems, implement initiatives to recognize and increase social support.

**Keywords:** Recovery, psychiatric patient, social support, psychiatric nurse.

## S 4258

### DIFFICULTIES AND SUGGESTED SOLUTIONS OF PSYCHIATRIC NURSES NOT SPEAKING THE SAME LANGUAGE WITH PATIENTS: A CASE STUDY

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**Introduction:** Communication is both a multidimensional, multi-factor phenomenon, and a dynamic, complex process. In this sense, communication is a vital part of patient care that improves nurse-patient relationships and deeply affects the perceptions of a patient's quality of health care and treatment outcomes. Healthy communication is the key element of delivering high quality nursing care. Psychiatric nurses may face various communication barriers while giving psychiatric care in health care settings. One of them is that not speaking the same language with the patient. Psychiatric nurses as caregivers should be able to identify language barriers in front of giving quality care and provide appropriate solutions to overcome them. The purpose of this study was to identify the difficulties and solutions proposed by psychiatric nurses not speaking the same language with their patients.

**Method:** The research was designed as a case study using data collected from eight nurses working in the acute psychiatric service of a state hospital. A semi-structured interview guide was prepared by the researchers by reviewing the literature and taking the opinion of field expert. The data were collected through in-depth individual interviews and then content analysis was conducted. Content analysis was done by coding, defining and associating themes and categories.

**Results:** Content analysis revealed the following themes: (1) experienced difficulties in not speaking the same language with patient, (2) feelings, thoughts and behaviors of the nurse, (3) patient and nurse reactions, (4) causes and consequences of inadequate health care service, (5) solution proposals for difficulties, (6) benefits of speaking the same language with the patient, and (7) features of psychiatric care. The emerging categories under the first theme are communication inability, factors that make trust relationship difficult, consequences of insecure environment, excessive workload, absence/lack of translator, problem of trust to the translator and translation. The

following categories under the fifth theme were emerged: individual solution proposals, institutional solution proposals, and solution proposals to establish trust relationship.

**Conclusion:** Psychiatric nurses stated that they had communication difficulties in giving health care to patients not speaking the same language with themselves. The proposed suggestions were increasing the number of qualified translators and giving them in-service training on language required in health care. Removing the difficulties by applying these solution proposals will enable psychiatric nurses to easily make the healthcare plans and implement them, so that acute psychiatric care can be more effective and efficient.

**Keywords:** Psychiatric nurses, nursing care, caregiving, communication difficulties, solution suggestions.

## S 4260

### THE EFFECT OF PSYCHOEDUCATION THAT IS GIVING TO DELINQUENT ADOLESCENT ON SOCIAL EMOTIONAL LEARNING AND EMOTION MANAGEMENT SKILLS

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**Introduction:** Criminal behavior, which can be observed in child-adolescent psychiatry clinics, is a sociological and psychological phenomenon, which includes different dynamics, usually beginning in the 10-14 age group and sometimes manifested by the child's mental disorder. The study was conducted to evaluate the effect of a psychoeducation program on delinquent children's/adolescents' social emotional learning and emotional management skills in a child-adolescent psychiatry clinics.

**Method:** The research was carried out in pre-test, post-test, semi-experimental design model. For data-collection; Introductory Information Form, Social Emotional Learning Skills Scale, Emotion Management Skills Scale were used. A semi-structured psychoeducation program consisting of seven sessions was carried out with children-adolescents by researcher who takes psychoeducation educators program and continuing cognitive behavioral therapy program. Analyzes were made on the data of 18 children-adolescents aged 12-15 years who were under inpatient treatment and has delinquent behavior. No further measurements were made after the post-test. Descriptive statistical analyzes and paired samples t-test were used.

**Results:** It was determined that children-adolescent average age was  $14.22 \pm 0.98$ , %66.7 ( $n=12$ ) were male and 61.1% ( $n=11$ ) of child-adolescent live with their parents, 55.6% ( $n=10$ ) of them live in metropolis, half of the children-adolescents have dragging into crime before and frequently dragged into crime for bodily harm, property and drug. The psychoeducation program significantly increased the total and subscale point averages of the social emotional learning abilities of the child-adolescents ( $p < 0.05$ ), whereas the ability to manage emotions was not statistically significant ( $p > 0.05$ ). According to the psychiatric diagnoses of children-adolescents; It was determined that the average of the scores obtained before and after psychoeducation was not significant ( $p > 0.05$ ).

**Conclusion:** It has been determined that the psychoeducation program that carried out with children-adolescents who have psychi-

atric illness and delinquent behavior and and clinically treated has developed children's-adolescent's social-emotional learning skills but not developed the ability to manage emotions.

**Keywords:** Juvenile delinquency, social-emotional learning, emotion management skills, child adolescent, mental disorder.

## S 4261

### IMPACT OF USING A NURSING MODEL IN THE CARE OF A JUVENILE DELINQUENT

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Crime is defined throughout the history of mankind as a set of legal and anti-legal behaviors. Children who are dragged into crime are often admit in psychiatric clinics because of a number of mental problems associated with criminal behavior. One of the most important elements in the care of these children is the ability to develop therapeutic relationships. Nurse theorists, Peplau emphasizes that many nursing problems can come from human relationships and superstition. It is important that nursing care is formulated in the theoretical framework in order to contribute to the enhancement of the quality of care. In this direction, 15-year-old juvenile delinquent with a pre-diagnosis of depression was identified and basic needs were determined by using Peplau's Interpersonal Relations Theory and nursing care was established. The purpose of this case study is to determine the therapeutic interaction and the place of communication in the care of delinquent children. In this case, the results of two different nursing approaches were evaluated in a adolescent patient who was followed with a history of being dragged into a child and adolescent psychiatric clinic and who had a mental problem. By a nurse attending specialization training, provide Peplau's theory of interpersonal relations based care; the other nurses provided care with a routine clinical nursing approach. After a long treatment and care period, the patient was discharged with a commitment to take responsibility on his own life.

**Keywords:** Peplau's interpersonal relations theory, juvenile delinquent, psychiatric nursing.

## S 4262

### EXPERIENCE AND AWARENESS ABOUT MALPRACTICE RELATED TO NURSING PRACTICES OF NURSES WORKING IN PSYCHIATRY CLINIC

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**Introduction:** In order to determine the experience and awareness of the nurses working in psychiatry clinics about the misplaced practices (malpractice) of the nursing practice, the literature gap was tried to be eliminated by using qualitative research approach.

**Method:** The descriptive (phenomenological) pattern from the qualitative research approaches and the maximum diversity sampling from the purposeful sampling methods are used. The study group is composed of 31 nursing staff that between 01 November

2017 and 1 February 2018, working in psychiatric clinics the psychiatric hospital in Mersin province center and accepting to participate in the research (3 state-1 university hospital). The data of the research were collected by "Personal Information Form" and "Semi-structured Individual In-depth Interview Questionnaire Form". Content analyzes were made by transferring the interviews made to the computer environment.

**Results:** The mean age of the nurses who participated in the study was 39, and half of them had 15 years of professional experience and did not receive training on ethics. Nearly five-year experience in a psychiatric clinic. Only four nurses were found to have a master's degree in psychiatric nursing. Four main themes were identified as the result of the negotiations ("The feelings and thoughts about malpractice of nurses working in psychiatry clinics", "Malpractice cases in psychiatric clinics", "Malpractice experience of nurses working in psychiatric clinics", "Recommendation of nurses working in psychiatric clinics to prevent malpractice").

**Conclusion:** The awareness of nurses working in psychiatric clinics about malpractice was not enough and the awareness of nurses with a bachelor's degree was better. It was also determined half of nurses did not know meaning of malpractice, the patients were at risk for malpractice in psychiatric clinics, and there was no patient and nurse safety. Almost all of nurses are responsible for the entire team in case of malpractice; suicide, escape from hospital, sexual compromise between patients, the nurse is not responsible. It is recommended that nurses working in psychiatry clinics have at least bachelor degree, if possible, a degree of expertise in the field of psychiatric nursing.

**Keywords:** Malpractice, psychiatry clinic, experience, awareness, nursing.

## S 4263

### DETERMINATION OF PSYCHOMETRIC PROPERTIES AND CUTTING POINT OF THE FRABONI SCALE OF AGEISM

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**Introduction:** There are different scales to determine elderly discrimination, which refers to aging through prejudices, attitudes and behaviors due to their ages. One of these scales is the Fraboni Scale of Ageism. The purpose of this study is to determine the psychometric properties and the cut-off point of the Fraboni Scale of Ageism.

**Method:** The study was carried out in the form of descriptive and relationship-seeking research by methodological method. The study sample consisted of 814 health professionals working in a university and a public hospital. The data were collected by a questionnaire and the Fraboni Scale of Ageism.

**Results:** The Cronbach Alpha Value of the Fraboni Scale of Ageism was 0.72, and the Guttman Split-Half Coefficient was 0.69. As a result of the factor analysis, the Fraboni Scale of Ageism was composed of 29 items and three sub-dimensions; these three factors account for about 30.23% of the total variance; and the cut-off point is 78.

**Conclusion:** In the present study, the Turkish adaptation of the Fraboni Elder Discrimination Scale was determined to be a suitable tool for measuring the elderly discrimination of health workers. For future re-

search, it may be advisable to use the Fraboni Scale of Ageism to investigate elderly discrimination behaviors and factors affecting these behaviors in a wider sample population and in different populations.

**Keywords:** Elderly, discrimination, prejudice, ageism, fraboni scale of ageism.

## S 4265

### THE EFFECT OF SAMBA EDUCATION ON RECOVERY OF THE PATIENTS WITH ALCOHOL AND SUBSTANCE ADDICTION

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**Introduction:** Alcohol and Substance Addiction Treatment Program (SAMBA) groups are formed to increase interpersonal communication, awareness and ability of overcoming stress. Awareness and acceptance have occupied an important position in addiction treatment recently. This study was conducted to analyse the effect of SAMBA education on recovery of the patients with alcohol and substance addiction.

**Method:** A pretest-posttest quasi experimental designed study was performed at Manisa Psychiatric Hospital Probation Unit in June-August, 2018. 35 patients in conformity with the criteria were divided into 3 groups and trained for 2 hours per week totally 6 weeks. Addiction concept, narcotic drugs and their effects, providing motivation, emotion-thought behavior cycle, prevention of reuse of alcohol and recovery were the main topics of the education. The data were collected by using Introductory Information Form and Psychological Well Being Scale, evaluated by numbers, percentage distribution and paired samples t-test.

**Results:** Mean age of the patients was 31.74±9.70. 97.1% of the patients were male, 60.0% of them were single or divorced, 65.6% were literate or elementary school graduate, 60.0% were worker and 45.7% of them were living in urban area. Total mean of the pretest and posttest scores of the Psychological Well Being Scale results of the experimental group was 43.05±13.49 and 48.42±9.35, respectively. The difference between the means of pretest and posttest points of the Psychological Well Being Scale was statistically significant ( $t=-2.551$ ;  $p=0.015$ ). After SAMBA training, the difference between the mean scores of Psychological Well Being Scale was statistically significant ( $p<0.05$ ).

**Conclusion:** According to the findings, educating the patients with alcohol and drug addiction is effective on psychological well being of the patients.

**Keywords:** Alcohol addiction, drug addiction, psychiatric nursing, mental health recovery.

## S 4279

### PSYCHOSOCIAL EVALUATION OF CAREGIVERS OF PATIENTS WITH PHENYLKETONURIA

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**Introduction:** The study was conducted in order to determine disease-associated psychosocial status of the caregivers of patients with Phenylketonuria (PKU).

**Method:** The study was designed in a simple descriptive type and conducted with 117 care givers who were voluntary to fill in the form without making any sampling between the dates April 1 to May 31 2018 among those who were members or followers of the İzmir PKU Solidarity and Assistance. The data obtained via Online Questionnaire offered by the researchers which included questions regarding the patient and caregiver, as well as those obtained from the caregivers were evaluated by using count-percentage and frequency tables.

**Results:** It was determined that of the participants; 84.6% were female, 95.7% were giving care to his/her child and 57.3% of these children were male, 57.3% spent more than 12 hours with their patients and 66.7% were received aid from their wives/husbands by 59% while giving care. 58.1% stated that they were trained on PKU, 37.6% stated that they had consanguinity with their wives/husbands, 78.6% stated that they did not want to have another child, 29.1% stated that they were receiving a state aid and 65.8% stated that the aid they were receiving was insufficient. 44.4% stated that private education/schools were always necessary for individuals with PKU and 55.6% stated that people approached their patients pityingly. Of the participants; 21.4% expressed that they had felt shock, anxiety, sadness and desperation at the time of diagnosis. While 54.7% "never" feel themselves under a burden during caregiving, 32.5% "rarely" cannot control his/her life after learned about the disease and 31.62% "sometimes" feel anxiety about future of their relatives. Regarding making food limitations, the participants used the following expressions: "We feel sadness as s/he has restricted access to many things" (25%), "s/he cannot eat what I eat" (6%), "S/he does not satiated, s/he wants to eat what other children eat. That's why I feel desperation" (6%), "We cannot find variety of foods" (6%), "It is difficult to not be able to let him/her have what s/he wants, the control has become harder after starting to school" (4.8%). While 55.25% of the participants evaluated effect of the immediate environment negatively, 29% reported that, thank to the association they shared their family experiences with other families and learned new things.

**Conclusion:** The families reported with verbal expressions on issues such as feeling negative feelings at the time of diagnosis, lack of product in nutrition and difficulty access and having difficulties in control because this patient group was children. The associations were determined to be supportive systems through increasing level of knowledge and ensuring a medium for knowledge sharing. In line with these results; evaluation of burdens and risk factors regarding mental health of caregivers of patients with Phenylketonuria, as well as providing support on their psychosocial burdens by establishing sharing groups under the leadership of a nurse are recommended.

**Keywords:** Phenylketonuria, caregiver, psychosocial.

**S 4283****CAREGIVING EXPERIENCES AND PERCEPTIONS OF THE CAREGIVERS OF CHRONIC PSYCHIATRIC PATIENTS****Ayşe Sari<sup>1</sup>, Zekiye Çetinkaya Duman<sup>2</sup>**<sup>1</sup>Dokuz Eylül University, Graduate School of Health Sciences, Department of Psychiatric Nursing, İzmir, Turkey<sup>2</sup>Dokuz Eylül University, Department of Psychiatric Nursing, İzmir, Turkey

**Introduction:** The aim of this qualitative study is to reveal the perceptions of the caregivers of chronic psychiatric patients about their caregiving experiences.

**Method:** The research was conducted using phenomenological method, which is a qualitative research method. The research was performed between November 2017-July 2018, with the caregivers of the patients hospitalized in Dokuz Eylül University, Hospital Adult Psychiatry Inpatient Unit. Purposeful sampling method was used in the research. The data were collected with a voice recorder, using the "Caregiver Characteristics Form" that includes the demographic data and caregiving characteristics of the caregiver, and semi-structured interview questions generated based on the literature. Individuals who provide care to 16 chronic mental illnesses were interviewed. The interviews were recorded on the voice recorder. When the data reached to the point of saturation, the interview was terminated. For the analysis of the data collected during the study, content analysis method was used.

**Results:** As a result of the study, three themes were obtained regarding the experiences of individuals who provide care to chronic mental illnesses. These themes are; Difficulties, The Caregiver's World and Coping from the Caregiver's Point of View.

**Conclusion:** Many aspects of the chronic mental illness affect the caregiver. Caregivers experience numerous difficulties during the caregiving process and face many changes within their own world. They can effectively and non-effectively cope with the difficulties they experience. In light of the results obtained from this study, we recommend that the caregivers for individuals with chronic mental illness must be consolidated regarding the difficulties they have experienced and must be supported with the education and support groups which will enable them to cope.

**Keywords:** Chronic psychiatric patients, caregivers, caregiving experience.

**S 4284****THE RELATIONSHIP BETWEEN OF THOUGHT OF SUICIDE AND STRESS COPING STYLES IN PEOPLE WITH SUBSTANCE USE DISORDERS****Hatice Dayılar Candan<sup>1</sup>, Tuğba Pehlivan<sup>2</sup>**<sup>1</sup>İzmir Katip Çelebi University, Atatürk Training and Research Hospital Gastroenterology Service, İzmir Turkey<sup>2</sup>Koç University Hospital, Department of Education and Training, İstanbul, Turkey

**Introduction:** Substance use disorder (SUD), especially in developing countries, despite the adoption of various measures, continues to grow and has become a serious health problem all over the world gelmiştir. Substance abuse can have an effect on a person's physical and mental health and there seems to have a strong relationship be-

tween of thought of suicide and substance abuse. In this study, it is aimed to investigate the ways in which person with SUDs cope with stress, the thought of suicide and the relationship between them.

**Method:** This study, of descriptive and correlational research design, was conducted with 67 people with substance use disorders inpatients in İzmir Katip Çelebi University, Atatürk Education and Research Hospital, AMATEM clinic. The data was collected with the Personal Information Form and Ways of Coping Inventory (WCI). For evaluation of the data, Descriptive statistics, Mann-Whitney U and Kruskal Wallis tests were used.

**Results:** The average age of the patients was 25.56 years, 92.5% of the patients (n=62) were males, 59.7% (n=40) were single, 47.8% (n=32) were employed in self-employment and 52.2% (n=35) had graduated from primary school. 68.7% (n=46) of participants use multiple substances, 11.9% (n=8) of patients use synthetics (bonsai, Jamaica), 14.9% (n=10) of patients use heroin and 4.5% (n=3) of them use cocaine, stone derived substances. Most of the participants (59.7%, n=40) responded 'yes' to question of 'thought of suicide'. Participants' the average score of 'Self-Confident Approach' is higher than other subscales of WCI. Participants who did not think of suicide adopted more and statistically significant the 'Optimistic Approach' compared to people who think to suicide (p<.05).

**Conclusion:** Suicidal thinking is a serious problem in individuals with substance use disorders. It is suggested that individualized stress management training is conducted.

**Keywords:** Substance use disorders, coping with stress, thought of suicide.

**S 4290****EMOTIONAL REACTIVITY AND BURNOUT LEVELS OF CLINICAL NURSES****Nihan Altan Sarıkaya, Sevcan Öz, Selda Öztürk, Saadet Elmas**

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**Introduction:** Emotionally wear and depletion is a significant issue in terms of nurses. While nurses face the risk of burnout for a variety of reasons, they also experience emotional difficulties on the one hand. The study was aimed to investigate the relationship between emotional reactivity and burnout levels of clinical nurses.

**Method:** This cross-sectional survey was conducted on 199 nurses working in a university hospital between July-August 2018. Data were collected using a questionnaire, Emotional Reactivity Scale and Burnout Syndrome Inventory Short Version. The data of the study were evaluated by means of percentile distributions, averages, standard deviation and Spearman Correlation tests.

**Results:** The mean age of the nurses participating in the study was 32.66±7.14, 76.4% undergraduate degrees, 39.7% working period of 10-19 years, 55.8% of the nurses were in the internal medicine, 25.6% in the surgery, 13.1% in the pediatric diseases, 3.5% in the psychiatric, and 2% working in emergency services. The mean score of total burnout score of the nurses was 35.85±11.42, the mean score of emotional reactivity was 41.78±8.50, emotional sensitivity subscale was 13.94±3.45, emotional reactivity subscale was 11.46±2.54 and psychological endurance subscale was 16.36±3.71. There was a significant positive correlation between emotional responsiveness and burnout levels of clinical nurses (p<0.001).



**Conclusion:** As a result, we found that the nurses working in the clinic were at the burnout level and the average score of reaction to emotional states was found to be above the median. At the same time, as the emotional reactivity levels of the nurses increased, the burnout levels increased. It is suggested that nurses should be equipped with skills in emotional recognition and expression training and increase their psychological endurance.

**Keywords:** Emotional reactivity, nurse, burnout.

## S 4292

### A STUDY INVESTIGATING THE VALIDITY AND RELIABILITY OF A MOBBING SCALE

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**Introduction:** Mobbing (bullying-psychological violence-violence at working settings) is a phenomenon that is as old as professional working life itself. It was, however, only in recent time that this notion has become prominent in legislative regulations and media both in terms of awareness and definition, now defined under the same umbrella with the notion of violence, being handled in a snowball effect. Mobbing is a notion that we frequently come across in everyday life in many forms and has occupied, and will continue to occupy, a very important part in our life. Consequently, it becomes important to define this notion so important in our life especially with the related psychological signs that can appear in people exposed to mobbing. It is of essential importance to define mobbing and the consequent signs that appear in people exposed to mobbing. For this purpose a mobbing scale has been developed including the psychological sub-dimensions.

**Method:** The scale with 125 initial items was developed by the researchers on the basis of ethnographic observations and models available in previous research. It was then sent to three psychiatrists, three psychiatric nurses, two psychologists and three specialists specialised in the field of mobbing for an assessment. In the next step the scale thus finalised with 105 items scored with 3-5 scores by these specialists was administered in a pre-survey to 40 people working in public institutions and organisations. Ultimately, five items that were similar and difficult to understand were removed from the scale, thus finalising it with 100 items.

**Conclusion:** The Mobbing Scale was designed in a five-point Likert type scale with 100 items (1-Strongly disagree, 2-Disagree, 3-Neutral, 4-Agree, 5-Strongly agree). Exploratory Factor Analysis (EFA) was used to determine the factor structure of the scale. EFA revealed the existence of 14 components with intrinsic value over 1. The contribution of the factors to the overall variance was found to be 77.147% (KMO=.950;  $\chi^2(4950)=74141.488$ ;  $p=.00$ ). The acceptance level for the scale's factor loading values was determined as 0.40. In the next step the overlapping factors and consistency of factor loading values of the scale items were assessed, as a result of which 24 items were removed from the factor, to get a structure with 66 items. The contribution of this structure with 66 items to the overall variance was found to be 71.232% (KMO=.949;  $\chi^2(2145)=47044.857$ ;  $p=.00$ ). Cronbach Alpha internal consistency coefficients were calculated in respect of the reliability of the Mobbing Scale. While the Cronbach Alpha coefficient

was calculated to be .98 for the whole of the scale, it was found to be .99 for the first factor of ".....", .96 for the second factor of ".....", .87 for the third factor of ".....", .88 for the fourth factor of ".....", .73 for the fifth factor of "....." and .92 for the sixth factor of ".....".

## S 4295

### DETERMINING SUICIDE IDEA SELF-ESTEEM AND PROBLEM SOLVING STATUS AMONG PATIENTS HOSPITALIZED AT PSYCHIATRY CLINIC

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**Introduction:** This study focused on determining suicide idea, self-esteem and problem solving status among patients hospitalized at psychiatry clinic.

**Method:** The sample of this descriptive and cross-sectional study was composed of 48 patients who were treated at psychiatry clinic as inpatient patients, did not demonstrate psychiatric signs, did not have listening problems, were able to be interviewed and accepted to join the study. The study data were gathered using information request form, Beck Suicide Idea Scale, Rosenberg Self-esteem Scale and Problem Solving Scale through face to face interview technique. For the data analyses; Kruskal Wallis test, Mann-Whitney U test and Pearson correlation analyses were used.

**Results:** Average age of the participants was 35±12 years, 51.1% of them were male, 50% of them were single, 33.3% of them graduated from primary schools, 47.9% of them graduated from secondary schools, 79.2% of them lived in nuclear families and 77.1% of them did not work. Patients received diagnosis of bipolar affective disorder (29.2%), depression (25%), schizophrenia (18.8%) and anxiety disorder (6.3%). 52.1% of the patients had at least one suicide attempt history and they used overdose, hanging and jumping from height as suicide method. No significant differences existed between suicide idea, self-esteem and average scores of problem solving scale and patients' age groups, sex, marital status, educational status, family structure, employment status ( $p>0.05$ ). Average score in suicide idea scale was significantly and statistically higher among those patients who had suicide attempt history as compared to those who did not ( $p<0.05$ ). There was a negative correlation between suicide idea and self-esteem score ( $r=-.577$ ,  $p=0.0001$ ), a negative and strong correlation between problem solving and self-esteem score ( $r=-.540$ ,  $p=0.000$ ), a positive and weak correlation between problem solving and suicide idea ( $r=.288$ ,  $p=0.04$ ).

**Conclusion:** Although small number of the study sample was a limitation, it was concluded that there was a significant correlation among patients' suicide idea, self-esteem and problem solving. It is recommended that self-esteem, suicide idea and problem solving skills of those patients staying at psychiatry clinics be routinely assessed.

**Keywords:** Suicide idea, self-esteem, problem solving, mental illness.

**S 4298****INVESTIGATION OF STATUS RELATED TO USE THE NURSING PROCESS OF THE NURSING STUDENTS WHO HAVE BEEN APPLIED IN PSYCHIATRIC CLINICS****Havva Tel, Meral Kelleci, Deniz Kurtaran***Sivas Cumhuriyet University Health Sciences Institute, Department of Mental Health and Disease Nursing, Sivas, Turkey*

**Introduction:** The aim of the current study was to explore status of nursing process by final year nursing students who practiced psychological health and psychiatry nursing course at psychiatry clinics.

**Method:** Sample of this retrospective and descriptive study was composed of 228 final year nursing students. Data of the study were gathered using "Nursing Process Assessment Form" of students who practiced psychological health and psychiatry nursing course at psychiatry clinics. The form, designed according to Gordon's Functional Health patterns, was composed of the following parts: data collection, psychological status examination, nursing diagnoses and assessment of care plan.

**Results:** In the part of psychological status examination of Nursing Process Assessment Form; it was identified that 74.1% of students were fully competent in collecting data about transference signs whereas 49.1% of them were unable to collect data in self-concept. In the part of patient examination of the form; the students were successful in collecting sufficient data in cognitive and perception (58.3%), in sleep and rest (44.7%), in sexuality and reproduction (20.2%), in values and beliefs (16.2%). 82.9% of the students used stress coping methods, 77.8% of them used cognitive diagnosis while they managed to make complete interventions to diagnose stress coping methods (62.3%) and to diagnose health perceptions (60.1%); on the other hand, the students assessed health perceptions (34.6%) and stress coping diagnoses (32.0%) sufficiently and completely.

**Conclusion:** It was established that students experienced difficulty mostly in determining diagnosis etiology of nursing process and in assessing interventions. It is recommended to explore reasons why students have difficulty in these fields and to undertake studies that will provide an effective use of nursing process.

**Keywords:** Psychiatry nursing, nursing process, nursing student.

**S 4299****NURSING STUDENTS ACCORDING TO PEPLAU'S INTERPERSONAL RELATIONS THEORY****Meral Kelleci, Havva Tel, Deniz Kurtaran***Sivas Cumhuriyet University Health Sciences Institute, Department of Mental Health and Disease Nursing, Sivas, Turkey*

**Introduction:** The purpose of the current study was to assess final year nursing students' interaction reports that they made with patients hospitalized at psychiatry clinic according to Peplau's interpersonal relations theory.

**Method:** Sample of this retrospective and descriptive study was composed of interaction reports that 225 final year nursing students conducted with patients hospitalized at psychiatry clinic as a part of clinical practice of psychological health and diseases nursing course. An interaction report assessment form that was designed by researchers and that included 44 items was used to collect data. For

data assessment, frequency distributions were used.

**Results:** It was identified in the study that average age of the patients was  $39.57 \pm 11.91$  years, 51.6% of them were male, 52% of them were diagnosed with schizophrenia and other psychotic disorders, 40.9% of them had mood disorders and 2.2% of them were diagnosed with anxiety disorders. In the interaction report assessment form; of nursing diagnoses, 24.0% of the nursing students dealt with stress coping, 18.2% of them with cognitive perception and 16.4% of them with self concept. It was identified that 38.7% of the students made preparations as to setting before interaction, 56.4% of them explained aim of interaction properly, 73.3% of them conducted an interaction consistent with nursing diagnosis and 72.4% of them considered aim of interaction as an attainable aim. It was found in the interaction reports that 44.4% of the students were able to notice the problem, 52.9% of them were partly able to deal with the problem, 77.3% of them emphasized non-verbal statements of the patients, 82.7% of them used therapeutic communication techniques and 96.4% of them did not inform patients about ending interviews. In the assessment part of the interaction report, 54.2% of the nursing students were able to diagnose patients' problems and 50.2% of them did not assess themselves in terms of communication skills during interaction.

**Conclusion:** It was seen that nursing students initiated and maintained patient-interaction more successfully but were unsuccessful in preparing setting before interaction, noticing the problem, ending communication and assessing their own feelings. It is recommended that planning and practices that will enhance quality of student-patient relations in clinical practices and that will produce a more effective interaction process should be done.

**Keywords:** Interaction, nursing student, clinical practice.

**S 4300****EXPOSURE AND MIGRATION FINAL LOST LOSSES****Duygu Türk Çetinkaya<sup>1</sup>, Gül Ünsal<sup>2</sup>**<sup>1</sup>*Aydın Provincial Health Directorate, Aydın, Turkey*<sup>2</sup>*Marmara University, İstanbul, Turkey*

**Introduction:** Prostitution has become a market in today's world, especially in the poor, backward countries. It is known that in this market expansion, family structure is an important place. In their study, Küntay and Çokar (2007) found that the most common problems were inadequate child care, lack of communication between family members, lack of love, abuse and exploitation, domestic violence (emotional - physical - sexual) and parental alcohol and / or substance abuse. This study was planned to determine the psychosocial status, family structures, lifestyles, lifestyle perspectives and exposures of brothels working in this sector.

**Method:** In the three brothels located in Aydın province, qualitative method was used to evaluate emotions, thoughts and experiences with fifteen women who regularly accepted to participate. Seven major themes were formed under the heading of lost lives, negative self-perception, perceived family and social support, perceived social oppression, reasons to continue working in a brothel, working conditions in a brothel, psychological symptoms.

**Results:** Most of the women stated that they did not see support from their families and circles, and they could not communicate with most of their families. It is seen that they do not perceive family and friends circles as social support. They stated that they had a psycho-

logical problem after trauma and that they had difficulties in surviving what they had forgotten their real personality while playing a game based on constant lie.

**Conclusion:** It is important to understand the causes of prostitution by making a distant evaluation from prejudices in order to solve problems related to prostitution. Community mental health nurses should be healing new arrangements that enable life-giving women to support psychosocial aspects and engage in stigma-fighting.

\*Complied from the qualitative part of the doctoral thesis.

**Keywords:** Life-woman, psychosocial support, community mental health nursing.

## S 4305

### EXAMINING THE RELATIONSHIP BETWEEN TRAUMATIC GROWTH AND PSYCHOLOGICAL RESILIENCE IN YOUNG ADULT CHILDREN OF PARENTS WITH AND WITHOUT A MENTAL DISORDER

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**Introduction:** Negative life experiences that lead to trauma can affect young adults' psychological resilience, either positively or negatively. This study investigates levels of traumatic growth, the characteristics of psychological resilience, and the relationship between the former and latter in young adults between the ages of 18 and 23 who have parents with a mental disorder and who have parents without a mental disorder.

**Method:** This study was designed as a cross-sectional, descriptive study and was conducted between June 1 and October 31 of 2017. The sample of the study consisted of young adult children of outpatients with mental disorders who applied to the Psychiatric Polyclinics of Burdur State Hospital (334) and young adult children of parents without mental disorders who applied to different polyclinics (332). A total of 666 individuals participated in the study. The Personal Information Form, the Post-Traumatic Growth Inventory (PTGI), and the Resilience Scale for Adults (RSA) were used for data collection. Data were analysed using the SPSS statistical software program (windows version 22.00). In addition to descriptive statistics (mean, standard deviation, percentage, frequency), Pearson correlations explored associations between questionnaire scores. Furthermore, independent sample t-tests, ANOVA were used to analyze the comparative groups. Statistical significance was determined by  $p < 0.05$ .

**Results:** Comparative analyses showed a significant difference between the participants who had parents with a mental disorder and participants who had parents without mental disorders in terms of the mean scale scores and all sub-scale scores on the Post-Traumatic Growth Inventory and Resilience Scale for Adults.

**Conclusion:** It was found that individuals who had parents without a mental disorder were negatively affected after traumatic events and that their psychological resilience was high.

**Keywords:** Psychiatric nursing, psychological resilience, traumatic growth, young adults.

## S 4306

### EFFECT OF SHORT-TERM ART PSYCHOTHERAPY APPLIED TO INDIVIDUALS WITH CHRONIC MENTAL DISORDERS ON INTERNALIZED STIGMA

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**Introduction:** "Schizophrenia, schizoaffective disorder and bipolar disorder" are chronic mental disorders (CMDs). People diagnosed with these disorders detach themselves from society because of internalized stigma (IS). Art psychotherapy, a way to help and understand people, is a method of psychotherapy that allows an individual to express and restore oneself. This study was conducted to investigate the effect of short-term art psychotherapy on IS of individuals with CMDs.

**Method:** This study had a randomized control-group pretest-posttest experimental design. Sample group consisted of 14 people registered in a Community Mental Health Center (CMHC) in İstanbul. The experimental group (EG) was matched with the control group (CG) by age, gender, diagnosis and time since diagnosis. Besides standard treatment, EG also received 16 sessions of semi-structured art psychotherapy. Study data was collected before and after the study using the "Personal Information Form" and the "Internalized Stigma of Mental Illness Scale (ISMS)".

**Results:** The mean age was  $48.1 \pm 7.9$  years and the mean time since diagnosis was  $25.6 \pm 5.7$  years in EG while the former was  $48.6 \pm 11.6$  years and the latter was  $26.7 \pm 13.2$  years in CG. Both groups included individuals with schizophrenia (3), bipolar disorder (2) and schizoaffective disorder (2). Although there was a small change in the stereotype endorsement and stigma resistance subscale, There was no significant difference in the total ISMI score before and after treatment in EG ( $p > 0.05$ ). No significant difference was detected between EG and CG.

**Conclusion:** Results indicate that the previously suggested H1 hypothesis was rejected. Our most important finding is that "short-term" art psychotherapy does not have an effect on IS levels of individuals with CMD. As indicated by our results longer art psychotherapy programs are needed. In this respect, we believe that long-term psychosocial and therapeutic interventions, multi-centered studies and including art psychotherapy in CMHCs' routine programs may be beneficial.

**Keywords:** Mental disorders, art therapy, social stigma.

## S 4309

### BELIEFS ABOUT MENTAL ILLNESS OF UNIVERSITY STUDENTS STUDYING IN HEALTH FIELD

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**Introduction:** It is important to identify the beliefs of health sciences students on mental disorders. This is a descriptive research which tries to identify beliefs of university students at health sciences on mental disorders.

**Method:** target population of the study comprise of 4191 students whom pursue bachelor degrees at health sciences department in a private university during the fall semester of 2016-2017. With stratified sampling method, 560 students whom participated in the research have been chosen. Data has been gathered by using 'The Beliefs towards Mental Illness Scale' and Personal Data Form. Data have been evaluated with using Students T test and single direction variance analysis.

**Results:** While 52.7% of the students were in the age range of 18-20 years, the average of age was  $20.93 \pm 2.32$ . It has been identified that, male students have faced with detention and despair in interpersonal relations and they also have adverse attitude towards mentally ill. Students' whom does not have any family member with mental illness thinks that mentally ill people are dangerous. Students whom does not have mental illness also sees mentally ill people as dangerous and they think that they have detention and despair in their interpersonal relations with mentally ill people and in addition to these, generally, their beliefs towards mentally ill people are negative.

**Conclusion:** It has been identified that university students perceives people with mental disorders as dangerous. In addition to this, university students tend to have despair and detention in their interpersonal relations with mentally ill people where students have negative beliefs towards people with mental disorders. It could be suggested that, it is important to lecture students about mental disorders.

**Keywords:** Mental disorder, student, belief, nursing.

## S 4312

### THE FUNCTION OF ART PSYCHOTHERAPY IN EATING DISORDERS: AN EXPERIMENTAL STUDY

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**Introduction:** Creative art processes provide the individuals suffering from eating disorders with alternative expression methods in their relationships with their body and food. Art, by using visual, aural and tactual methods, aims to help patients with revealing their complicated and intense emotions, express them verbally and to develop self awareness. The objective of this work is to evaluate the art psychotherapy's effects on symptoms, loss of competence and functionality, other indicated symptoms and the curative factors observed in psychotherapy sessions with individuals suffering from eating disorders.

**Method:** Quasi experimental research was conducted in ITF Psychiatry Clinic on seven female patients with anorexia nervosa, Bulimia Nervosa and binge eating disorder who were referred to the Art Psychotherapy and Rehabilitation Programme. After the informed consent, Target Problems List, Global Assessment of Functioning Scale (GAF), Social and Occupational Functioning Assessment Scale were applied as pre- and post-tests. Group Curative Factors List was used in order to evaluate curative factors of art psychotherapy. The art psychotherapy process was consisted of thirty 120-minute-long sessions led by a trained clinical psychologist and a visual arts instructor. SPSS 21.0 was used for data analysis. Non-parametric Wilcoxon Test was utilized in order to calculate median, standard deviation, frequency, ratio and difference values.

**Results:** Decrease in previously stated problems and their severity was observed. Significant difference in GAF Scale-General Evaluation of Functionality and GAF Scale-Loss of Competence pre- and post-tests was observed ( $p < 0.05$ ). At the end of the art psychotherapy process patients problems were diminished, social and professional functionality has increased, work and school success was increased. Catharsis, group engagement and existential factors were the most benefited factors.

**Conclusion:** In experiential therapies patients communicate symbolically by using non verbal expression methods. It was observed that the internal conflicts aimed at the body were externalised through art psychotherapy and verbalised through interpretation. This precedent had therapeutical effect on patients problems and their functionality levels and provided them with a protective environment.

**Keywords:** Eating disorder, Anorexia Nervosa, Bulimia Nervosa, group art psychotherapy.

## S 4316

### THE EVALUATION OF PSYCHOLOGICAL SYMPTOMS IN TERMS OF CHILDHOOD TRAUMAS, SPIRITUALITY AND CONFLICT TACTICS IN SHELTERED BATTERED WOMEN

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**Introduction:** Psychiatric treatment in sheltered battered women, it is important to support women's spiritual beliefs and practices in order to alleviate the negative effects of the violence. The aim of this study is to the evaluation of psychological symptoms in terms of childhood traumas, spirituality and conflict tactics in sheltered battered women.

**Method:** Research is a master's thesis study. It was conducted between 1 August 2017 and 31 January 2018 at the women's guesthouses in Samsun and Sivas provinces of the Ministry of Family and Social Policies. The study was carried out after obtaining the necessary permission from the Ethics Committee of Gazi University Ethics Committee and Ministry of Family and Social Policies. The sample consisted of 92 women who had been subjected to violence and were staying in the women's guesthouse for at least 15 days. Data were collected through face-to-face interviews with participants using the "Brief Symptom Inventory", "Conflict Tactic Scale", "Spiritual Well-being Scale", "Childhood Trauma Questionnaire" and "Introductory Information Form" created by the researcher and evaluated in the SPSS 22.0 program. In the evaluation of the data, frequency, percentage, Pearson Moment Multiplication correlation analysis, t test, ANOVA, Kruskal Wallis H, Dunnet T3 Post Hoc, LSD Post Hoc and Mann Whitney U tests were used.

**Results:** The ages of women participating in the study ranged from 18-58. 94.3% of the women in the study had physical/emotional/ sexual violence from their spouse or boyfriend. 64.1% of the women in the study had at least one psychiatric diagnosis and major depression was the first (32.2%). Regarding the spiritual values of women participating in our study, 93.5% answered that "my beliefs and values increase my ability to withstand difficulties". According to the mean score of CSE, all sub-dimensions except somatization were found to

be significant in terms of  $p < 0.05$  significance level in the opposite direction. This shows that carrying out spiritual beliefs and practices reduces mental problems.

**Conclusion:** Women should be supported in the psychiatric sense regarding the psychological problems they experienced due to violence, and encouraged to realize their spiritual beliefs and practices.

**Keywords:** Women shelter, violence against woman, spirituality.

## S 4321

### A NEW ANXIETY AMONG YOUNG PEOPLE: NOMOPHOBIA

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**Introduction:** Nomophobia is defined as the fear of being without smart phone. Nomophobia which is regarded as a new phobia, is reported to be an increasingly widespread problem all over the world. This study was conducted to review the prevalence of nomophobia and related factors in young people.

**Method:** Between 2015 and 2018, Science Direct, PubMed, OVID, ULAKBİM electronic databases were scanned using keywords such as "young", "nomofobia", "anxiety", "technology". Meta-analysis, cross-sectional analytical, systematic review and randomized controlled studies were included in the study.

**Results:** Studies conducted outside our country show that nomophobia is a problem that is becoming widespread in young people. Studies conducted in our country, it has been stated that the prevalence of nomophobia in young people changes between 42.6% and 54%. There is not enough evidence yet about the characteristics of this phobia. However, nomophobia leads to some changes in the daily habits and behaviors of the people. Nomophobics have some characteristic features such as to check the smartphone frequently, to carry the smartphone charger all the time, to check smartphone as soon as you wake up, to spend time with smartphone before bed or in bed and do not turn off the smartphone at night. Nomofobia negatively affects academic achievement in young people.

**Conclusion:** Nomophobia is a new phobia among young people. To inform young people, educators and society about nomophobia will be useful for protecting the mental health of young people.

**Keywords:** Nomofobia, anxiety, technology, young people.

## S 4323

### ASSESSMENT OF EFFECTIVENESS OF COMMUNICATION SKILLS AND ANGER MANAGEMENT TRAINING ACCOMPANIED WITH STANDARDIZED PATIENT GIVEN TO NURSES

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**Introduction:** In this study, the objective was to determine effects of

the training given nurse accompanied by standardized patient on communication and anger management skills.

**Method:** Written permission (dated 11/9/2016 and no. 15/10) was taken from Ankara Yıldırım Beyazıt University (AYBU), Social and Humanities Ethics Committee (SBK) to conduct pre-implementation and application of the research. This study, designed as a randomized controlled study, was conducted between March and December, 2017. In this study, data was collected using socio-demographic data collection form, Communication Skills Inventory (CSI) and State-Trait Anger and Anger Expression Style Scale (STA-AESS). 144 nurses who agreed to participate in the study were applied with pre-test. Within the scope of this study, it was calculated, by using  $23.5 \pm 5\%$  values of anger control score in the experimental group,  $20 \pm 4\%$  values of type I error and 20% values of type II error in the control group, that each group should include 28 individuals. By considering possible losses, it was decided to include 30 individuals in each group. As of September 2017, theoretical education of the groups began. Theoretical trainings were made in the form of 6-7 sessions. At the end of theoretical training, STA-AESS and CSI were applied to the control group for the second time. After completing theoretical training of 30 nurses from the experimental group, simulation trainings accompanied with standardized patient were given. Standardized patient (SP) was given a half-day training related to scenario content before the application. Before facing the SP, nurses were pre-interviewed in the briefing room, and here, content and objective of application, also SP's story were told to nurses in accordance with the scenario described. Nurses communicated with SP for a period of 10-15 minutes, and each interview was conducted using video recordings. 6 weeks after all trainings were completed, STA-AESS and CSI scales were applied to experimental and control groups. In the study, variance analysis was used in repeated measurements to assess results of follow-up measurements before training, after training in experimental and control groups, besides, Student T Test in Independent Groups and Mann Whitney U Test, Anova, KruskalWallis Test and Spearman correlation were used to determine whether there were any differences among groups.

**Results:** As a result of the study, a statistically significant difference was found among scale point averages from subscales of CSI and STA-AESS by nurses in the experimental group ( $p < 0.05$ ). While statistically significant differences found was found among subscale scores by nurses in the control group from behavioral and emotional subscales of CSI ( $p < 0.05$ ), no statistically significant differences were found related to a total of communication and intellectual sub-dimension ( $p > 0.05$ ). Similarly, statistically significant difference occurred in scores from anger control, one of the sub-scales of STA-AESS ( $p < 0.05$ ), however, any significant statistical differences were not found in score from other scores ( $p > 0.05$ ).

**Conclusion:** As a result of this study which reveals the superiority of the simulation training given accompanied by standardized patient to the nurses compared to oral narrative, use of simulation trainings in schools and institutions is recommended.

**Keywords:** Anger, communication, patient simulation.

## S 4325

**AGRESION IN HOMOSEXUALL: EVALUATION OF FAMILY ATTITUDE AND AFFECTED SOME VARIABLES**Gülseren Keskin<sup>1</sup>, Esra Engin<sup>2</sup><sup>1</sup>Ege University Atatürk Vocational Training School, İzmir, Turkey<sup>2</sup>Ege Üniversitesi Nursing Faculty, İzmir, Turkey

**Introduction:** In this study, the relationship between aggression and family attitudes was examined in a homosexual group. It is aimed to evaluate the behavior of aggression especially in homosexuals and to determine the effect of parental attitudes on the occurrence of aggression.

**Method:** A cross-sectional, descriptive study with a qualitative approach was conducted with the participation of 141 gay individuals. Parental attitude research instrument Scale, Buss Perry Aggression Scale.

**Results:** The average age of the individuals participating in the study is 28.00±5.6. When the average score of the participants is taken into account, It was determined that BPA scored highest on physical aggression subscale and PARI scores on Print and Discipline and over-protective motherhood subscales. Negative correlations were found between the PARI's parent conflict subscale and BPA's hostility scale.

**Conclusion:** The attitude of aggression in homosexual individuals was influenced by family life and rearing attitude.

**Keywords:** Homosexual, aggression, family, family attitude.

## S 4326

**THE PERCEPTION OF LONELINESS AND WELL-BEING OF THE FAMILIES OF PSYCHIATRIC PATIENTS**Sevcan Öz<sup>1</sup>, Nihan Altan Sarıkaya<sup>1</sup>, Selda Öztürk<sup>1</sup>

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**Introduction:** Loneliness and well-being are important problems for psychiatric patients' families. Families live loneliness while they give care which causes their well-being is disrupted. The aim of the study is to examine the relationship between the perceptions of loneliness and the well-being of families of psychiatric patients.

**Method:** This cross-sectional and correlational study was conducted on n=141 psychiatric patients who applied to a psychiatric polyclinic of a university hospital between July-August 2018. The data were collected by the Personal Information Form prepared by the researcher, the UCLA Loneliness Scale and the Caregiver Well-Being Scale. Frequency dispersion, averages, standard deviation and Sperman Correlation tests were used to assess the data.

**Results:** The mean age of the participating families was 47.61±13.51, 58.9% were female, 48.9% were primary school graduates, 53.9% were not working, 58.2% of them were living with their families, 43.3% of them gave care to their child. It was determined that 27% of the patients whom the parents give care had bipolar disorder and 47.5% of them had the disease 5 years and over. 72.3% of the caregivers were able to get support in daily life, 84.4% were satisfied with the support of their families, 75.2% were satisfied with the support of

their friends and 68.8% were satisfied with the support of their immediate environment. It was determined that 56.7% of the families did not have enough time for social activities, 73% did not receive any psychological support and 64.5% talked with their friends in stressful situations. The average score of the caregivers in the UCLA Loneliness Scale was 38.93±11.28, the average score of the Basic Needs Subscale of the Caregiver Well-Being Scale was 80.85±15.16 and the average score of the Activities of Living Subscale score of the Caregiver Well-Being Scale was 76.75±13.74. It was found that there was a significant negative correlation between the levels of loneliness and well-being of caregivers statistically ( $p < 0.001$ ).

**Conclusion:** As a result of the study, as the level of loneliness of caregivers increases, the well-being states decrease. It may be suggested that social support and preventive mental health services be provided to the family.

**Keywords:** Caregivers, well-being, loneliness.

## S 4327

**INVESTIGATION OF PATIENT-CENTERED INTERACTION LEVELS OF NURSES**Gülistan Uyar<sup>1</sup>, Sibel Coşkun<sup>2</sup><sup>1</sup>Muğla Sıtkı Koçman University, Training and Research Hospital, Muğla, Turkey<sup>2</sup>Dokuz Eylül University, Faculty of Nursing, İzmir, Turkey

**Introduction:** Nursing care theories put emphasis on patient nurse interaction. Interaction are place in also Watson's Human Caring Theory patient-centered approach. The aim of this study is to investigate patient-centered interaction levels of nurses who work at a public hospital.

**Method:** This descriptive study was carried out at Muğla. The sample were consisted of 183 voluntary clinician nurse. Caring Nurse-Patient Interaction Scale (CNPI-Scale) which was developed by Cossette et al. (2005) and information form were used for collecting data. With CNPI-Scale consisting of 70 item care-oriented nurse patient interaction is evaluated under ten subscales and three dimensions. Validity and reliability tests in Turkish were done by Atar and Aştı (2012). The collected data was evaluated by using Kruskal Wallis H test, one way variance analysis, independent sample t test and frequencies in SPSS-22 program.

**Results:** The majority of the participant nurses were middle aged, females, experinced and have an undergraduate degree. The most of the nurses found their communication skills and knowledge as sufficient. In terms of totally scale score, the average dimensions points of nurses are found 292.83±34.04 in importance, 282.93±51.19 in efficiency and 270.11±56.75 in practicality. Practicality dimension score is relatively lower. In terms of importance, efficiency and practicality dimensions scores according to subscales of CNPI-Scale are as follows; Humanism  $\bar{X}$ =24.89±3.94, 23.92±4.55, 22.29±5.15; Hope  $\bar{X}$ =29.44±4.25, 27.99±4.54, 26.79±5.88; Sensitivity  $\bar{X}$ =24.38±4.02, 23.17±5.08, 21.94±5.89; Supporting relationship  $\bar{X}$ =30.07±4.12, 28.85±5.38, 27.67±6.10; Expression of ideas  $\bar{X}$ =25.13±3.98, 24.07±5.28, 22.75±6.08; Problem solving  $\bar{X}$ =24.74±4.08, 23.16±5.63, 22.00±6.36; Training  $\bar{X}$ =25.34±4.12, 24.05±5.61, 22.75±5.85; Environment  $\bar{X}$ =29.97±4.18, 28.74±6.02, 27.40±6.20; Necessities  $\bar{X}$ =44.91±5.36, 42.66±8.77, 41.60±9.17 ve Spirituality  $\bar{X}$ =25.34±4.12, 24.05±5.61, 22.75±5.85. The significant differences ( $p < .05$ ) were found in scale dimension points according to age and education level of nurses.

**Conclusion:** Experience and education were important variables about nurse-patient Interaction. we suggest that to nurses' efficiency in care oriented interaction, providing training and research to develop practicality.

**Keywords:** Nursing, care, communication, nurse-patient interaction, Watson's Human Caring Theory.

## S 4328

### INVESTIGATION OF COMMUNICATION SKILLS IN NURSING STUDENTS

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**Introduction:** Interpersonal communication has an important place both in the education process and in the practice of the nursing. In order to improve the quality of care and patient satisfaction, it is necessary to improve the communication skills between the patient nurse and the team. This research was conducted to evaluate the communication skills of nursing students.

**Method:** This descriptive study was carried out with nursing students at Fethiye in 2017. The first grade students who have not yet started to practice are excluded and the study is conducted on 740 students. A total of 348 students participated in the study voluntarily. Data questionnaire form and Communication Skills Inventory developed by Ersanlı and Balcı were used. Data were evaluated in the SPSS-22 program with frequencies and using t-test and one way variance analysis.

**Results:** Of the students who participated in the survey, 61.8% were female and 55.7% were between 21-23 years old. 45.1% of the students had middle level academic successes. The most of students had been no difficulties in communication with the patient and own friends and empathic approach. Furthermore, of the students 42% found the communication courses given in the school to be partially adequate and 34.5% found it inadequate. The average scores of students are 53.84±5.53 in the mental dimension, 51.29±6.49 in the emotional dimension, 56.35±6.64 in the behavioral dimension and 161.49±16.03 in total score. When compared to the age group and communication situation, significant differences were found in the emotional dimension and scale total score ( $p<.05$ ). And statistically significant differences ( $p<.01$ ) were found in all scale scores according to family approach, difficulty in communicating with patients and own friends.

**Conclusion:** The communication scale scores of the nursing students were above the average level. We are suggest that was establishment of communication laboratory in school for the development of communication skills.

**Keywords:** Communication, communication skills, nurse, student.

## S 4329

### AN EXAMINATION OF THE EDUCATION BASED ON STANDARD PATIENT SIMULATION IN NURSING STUDENTS' APPROACH TOWARD PATIENTS WITH BIPOLAR DISORDER: RANDOMIZED CONTROLLED RESEARCH

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**Introduction:** The use of appropriate simulation methods in the training of patients with bipolar disorder has positive contributions on both the student and the trainer. Simulation applications in psychiatric nursing education in our country are not widely used and there are not enough studies made in this area. Therefore, it is aimed to evaluate the effect of simulation application on different parameters in psychiatric nursing education.

**Method:** The study was conducted as an experimental, randomized controlled study for the education of psychiatry nursing students, in order to determine the effect of the simulation method with the participation of standardized patients toward patients suffering from bipolar disorder. The Student Information Form, Fear and Behavior Intent Scale (FABI), The Communication Skills Assessment Scale (CSAS), State and Trait Anxiety Level (STAI), Self-Efficacy-Sufficiency Scale (SES), Clinical Decision Making in The Nursing Scale and the Simulation Assessment Form were used in the study. The study was performed with 74 students from the Department of Nursing. In the assessment of the study's data, the tests used for repeating measurements were; the variance analysis, t-test, percentage, and chi square tests.

**Results:** According to the findings of the study, which looked at the approach of nursing students toward the patients suffering from bipolar disorder, the simulation training which used standardized patients indicated that the fear and behavioral intents of the students against individuals with mental disorders created a significant difference between their general average points, STAI-I, STAI-II and CSAS averages with reference to the control and trial groups in addition to the measurements ( $p<0.001$ ).

**Conclusion:** According to the results, it was found that the simulation trainings with standardized patients are effective for the development of positive attitudes and behaviours in the students' fear and behavior intentions, as well as communication skills and reduction in their level of anxiety.

**Keywords:** Bipolar Disorder, psychiatric nursing, simulation, standardized patients.

## S 4330

### THE EFFECT OF STANDARD PATIENT PRACTICES ON EMPATHY LEVELS AND PROBLEM SOLVING SKILLS OF NURSING STUDENTS

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**Introduction:** The purpose of this study is to evaluate the effect of

simulated training using standard patient on the empathy levels and problem solving skills of intern nurses.

**Method:** The sample of the study consisted of 39 intern nurses. The students were divided into two separate groups and each group was run with a scenario prepared with two separate cases. (patient who has ex-sickness in intensive care unit, patient who has been diagnosed with colon and has rejected treatment). The groups were taken into simulation application on different days. The data collection forms were applied before the simulation application and after the completion of the two scenarios. Student data form, Problem Solving Scale, Empathic Tendency Scale-A (ETS-A) and Empathic Tendency Scale-B (ESS-B) were used as data collection forms in the study.

**Results:** It was determined that there was a statistically significant difference between the mean scores of ETS-A and ESS-B pretest and posttest scores of the intern nurses. In addition, the problem solving scale and problem solving scale subscales were not found to be statistically significant between the pretest and posttest scores. Prior to participating in the simulation training, the mean of the ESS -B score of the intern nurses was determined as  $139.02 \pm 20.4$  ( $t = -3.739$ ,  $p = 0.001$ ) and the mean ETS-A score was  $59.02 \pm 8.31$  ( $t = -8.263$ ,  $p < 0.001$ ). After completing the training of the simulations, the mean of the ESS-B score and the ETS-A score increased to a statistically significant level.

**Conclusion:** Simulation training using a standard patient increases the empathy skills of intern nurses. However, since there are standard patient applications that affect the problem solving skill in different studies, it is suggested to perform simulation studies in which different scenarios are applied.

**Keywords:** Standardized patients, empathy, problem solving, nursing students.

## S 4334

### EFFECT OF PARENTAL ATTITUDES IN NURSING STUDENTS ON PROBLEM SOLVING IN INTERPERSONAL RELATIONSHIPS

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**Introduction:** In a family environment with a democratic structure, children can express their feelings and emotions clearly, and giving their opinions in decisions about themselves helps to establish self confidence in children. By acquiring the ability to express oneself, the individual will be comfortable in their interpersonal relationships. All the problems encountered require people to use problem-solving skills in order to be able to live their lives effectively. This research was conducted to determine the effect of parental attitudes of nursing students on interpersonal problem solving.

**Method:** Data were collected by applying the Personal Information Form, Interpersonal Problem Solving Inventory (IPSI) and Parent Attitude Scale. The data were analyzed by IBM SPSS 22 using numbers, percentages, mean, student t tests.

**Results:** It was determined that 53.1% of the mothers and 59.6% of the fathers of the students who participated in the study had authoritarian attendance. The scores obtained by the students from the

subscales of the IPSI; negative approaching to problems way was found to be  $43.9 \pm 12.16$ , constructive problem solving  $54.0 \pm 9.73$ , self confidence  $16.40 \pm 5.82$ , Unwilling to take responsibility  $13.06 \pm 4.29$ , Insistent-persevering approach  $20.24 \pm 4.12$ . It was determined that the students who had both parents' authoritarian attitudes had a significantly higher negative approaching to problems, self-confidence, and Unwilling to take responsibility scores. On the other hand, the students who had both parents' democratic attitudes had a significantly higher constructive problem solving and Insistent-persevering approach scores ( $p < 0.05$ ).

**Conclusion:** Individuals who grow up in environments with positive parental attitudes will have the ability to solve their problems effectively and rationally. Psychiatric nurses working in the field of community mental health are advised to include practices aimed at improving parental attitudes among the interventions for risky groups

**Keywords:** Attitude, parent, problem solving, psychiatric nursing.

## S 4336

### TURNING CRISIS INTO OPPORTUNITY: FROM THE IMMIGRATION CRISIS TO RECOVERY

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**Introduction:** The purpose of this review is to highlight the importance of the professional support to be provided in the recovery processes for the affected immigrants and local people within migration fact.

**Method:** It is reported that 3% of the world's population is immigrant and individuals move into or out of their countries for many reasons for a certain period or on a permanent basis. Our country has been witnessing the internal migration since the 1950s and the ever-growing external migration since the year 2006. This circulation holds many positive and negative variables. These variables constitute a risk to the health of both immigrants and local people. For immigrants, the things lost and left behind and the psycho-social factors that they try to comply with such as language, religion and culture; and for local people, their emotions against the unknown and attitudes towards it drag both sides of the immigration fact into a crisis. According to Caplan, crisis both gives you the opportunity to develop yourself and may result in psychopathology. Whether an individual can experience the effect that may develop himself/herself is up to the migrated country's policies, understanding of social state and health and economic system. If the individual cannot fit in the new place because of situational and individual reasons such as the deficiencies in the local system and forced migration, social and situational crisis may occur. Crisis interventions make it easier for individuals to adapt to the process. And this adaptation process will bring along recovery. Stages of a crisis intervention are like that of a care plan: diagnosis, planning, intervention, evaluation.

**Results:** Recovery process for immigrants and local people can be evaluated with behaviour patterns such as gaining confidence, effectively coping with the crisis, restructuring relationships with work, family and friends, refreshing the purpose of life and undertaking independent roles. In the recovery process that differs from one person to another, if a care in accordance with the requirements of the individual and including cultural values is given to the individual, this will allow him/her to complete crisis period by developing himself/herself.



**Conclusion:** In the migration fact, it is thought that managing a common process for their requirements determined within the framework of cultural characteristics of both sides will save time on the path leading from crisis to recovery and will be efficient.

**Keywords:** Migration, crisis, recovery.

## S 4337

### PSYCHOLOGICAL RESILIENCE ACADEMIC ACHIEVEMENT AND SELF-EFFICACY LEVELS IN NURSING STUDENTS

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**Introduction:** For nursing students, they may experience stress and difficulty while trying to cope with many difficult situations, such as separation from family, new environment, accustomed to classes and academic success, experiencing for the first time clinical experience, communicating with patients, participating in patient care and not knowing how to deal with patient's problems. In order to prevent these; students with a good psychological resilience in the face of vital difficulties and who believe that they will be able to overcome academic difficulties are expected to have higher academic achievement. The aim of this study is to determine the psychological endurance, academic achievement and academic self-efficacy levels of the students studying at the faculty of nursing and their relationship.

**Method:** The study was descriptive and was conducted by nursing faculty students of a university. Personal Information Form, Adult Psychological Durability Scale and Academic Self-Efficacy Scale were used in the study.

**Results:** 454 students participated in the study. The average age of the students is  $21.38 \pm 2.19$  and 59.7% is females. A significant but weak relationship ( $r=0.263$ ,  $p<0.001$ ) was determined between the total points average of the Adult Psychological Durability Scale and Academic Self-Efficacy Scale.

**Conclusion:** According to the results of the research it was found that there was a significant relationship between the students' gender, class, family structure, family attitude, staying place, social support, departmental willing selection variables and psychological endurance and gender, marital status, class, family attitude, departmental willing choice variables, academic self-efficacy and general academic averages. It has been determined that there is a meaningful but weak relationship between the psychological endurance of the students and the academic self-efficacy of the students in the positive direction. It was determined that there was a positive but weak relationship between academic self-efficacy and general academic average, while no significant relationship was found between psychological endurance of students and general academic averages. In the direction of the research results, it is evaluated that the studies on increasing the psychological endurance of the students will have an effect on the academic self-efficacy of the students.

**Keywords:** Psychological resilience, academic self-efficacy, academic achievement.

## S 4338

### TIDAL MODEL IS CONSIDER THE IMPROVMENT MODEL IN PSYCHIATRIC NURSING

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Despite the individual unique process of change in the attitudes, values, aims, skills and roles of the healing person, and limitations related to the disease, life is a hopeful and fulfilling meaningful living. The concept of healing from mental illness is a satisfying, hopeful and participatory life in spite of the limitations caused by the disorder. The tidal model is a model that focuses on the maintenance environment processes that are the basis for psychiatric nursing practice in the recovery process and facilitates the process. The philosophy underlying the model is that it carries the potential to rehabilitate the lives of individuals who have been interrupted by the experience of disorder. Thus, the individual may aim to explore the meaning of his experience and experimentation by planning the next step for the needs that need to be met in the recovery journey without focusing on solving the cause of life problems. It is stated that this model is an opportunity for psychiatric nurses to demonstrate their creativity and personal abilities. Tidal Model, the nurses who apply the model, "how do I provide appropriate care for the individual's needs and story, and how do individuals begin their recovery journey or how do the individual go on his journey to healing?". It is considered an improvement from the mental illness that the individual struggles to come from above the disease, develops a relationship that heals and cooperates with those who care for him, and achieves personal goals and regains individuality. It is important that the tidal model is known and practiced by psychiatric nurses; it is important in the individual's healing process. In this model the nurse can only help the individual to reveal the potential for healing, and nurses are only tools for solutions. In conclusion, the Tidal Model is one of the major improvement models in which nurses demonstrate their creativity and personal abilities, contributing to the already existing recovery potentials of the nurses; part of the holistic perspective.

**Keywords:** Tidal Model, mental health, nursing.

## S 4342

### THE EFFECTS OF PSYCHOLOGICAL FIRST AID TRAINING ON DISASTER PREPAREDNESS PERCEPTION AND SELF-EFFICACY

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**Introduction:** Psychological first aid is a supportive and practical approach to individuals exposed to severe stress. In various countries in the world, psychological first aid training has been integrated with the scope of disaster preparedness. In that context, it was emphasized that professional groups, who are likely to encounter trauma victims as part of their daily routine, should be trained in Psychological first aid. This study, which was conducted with the aim of determining the effects of psychological first aid training on disas-

ter preparedness perception and self-efficacy, was conducted with randomized controlled experimental design which involved pre-test / post-test, follow-up measurement.

**Method:** The study was carried out with a total of 76 nursing students including 38 in the experiment group and 38 in the control group. The data were collected using a Personal Information Form, the Disaster Preparedness Perception Scale for Nurses and the General Self-Efficacy Scale. Sessions of Psychological First Aid training that lasted 60 minutes were carried out with the students in the experiment group once a week along 6 weeks. The statistical analysis on the data involved descriptive statistical methods (means, standard deviations, frequencies), Mann Whitney U test, Spearman Correlation, Friedman and Wilcoxon Signed Ranks tests.

**Results:** It was found that the mean scores of the experiment group under all sub-dimensions of the disaster preparedness perception scale for nurses (preparation, intervention, aftermath) increased significantly after the training and in follow-ups, and these were significantly higher than the mean scores of those in the control group. It was determined that the mean post-training and follow-up general self-efficacy scores of the experiment group increased significantly, and these were significantly higher than the mean scores of those in the control group. There was a significant and positive relationship between general self-efficacy and all the sub-dimensions of the disaster preparedness scale for nurses (preparation, intervention, aftermath).

**Conclusion:** It was determined that psychological first aid training positively affected perceptions of disaster preparedness and general self-efficacy perceptions. In the light of these results, it is recommended that training programs with psychological first aid training modules are provided in the curricula of undergraduate nursing degrees.

**Keywords:** Psychological first aid, nursing, disaster preparedness, self-efficacy.

## S 4345

### EXAMINATION OF STATE OF CHILD AND ADOLESCENT PSYCHIATRIC NURSING IN THE CONTEXT OF A CLINICAL PRACTICE AND A REGULATION IN TÜRKİYE

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**Introduction:** Child and adolescent psychiatric (CAP) nurses provide care that helps reduce the unpleasant experiences of children and young people and uncovers their potential. CAP is a younger field of expertise than other health sciences. As a result, in recent years, CAP nursing has begun to develop. The aim of this review is determination of the situation of CAP nursing in accordance with the Nursing Regulations (2011) Annex 2-3 and to make suggestions about future reflection in the direction of experience gained in the practice of PhD course.

**Method:** In order to obtain comprehensive information in review, observation and document analysis were examined as data collection method. The data from observation were obtained from the clinical practice performed between 08-11 January 2017 at Akdeniz University Hospital Child Adolescent Psychiatry Clinic. In the document analysis, the sections of the Nursing Regulation related to CAP nursing and the list of nursing interventions were used.

**Results:** There are no CAP nurses in the outpatient clinic according to observational data. In the analysis of document, CAP nurses' duties, authorities and responsibilities related to "Nursing Care" and "Education and Counseling" and Nursing Interventions take part in Nursing Regulations Annex 3 were matched. The interventions corresponding to the "Nursing Care" and "Education and Counseling" were determined by the researchers.

**Conclusion:** Despite the fact that defining the duties, authorities and responsibilities of the CAP nurses in the regulation is a great achievement in the name of our country psychiatric nursing, this definition is limited. It is considered that the effectiveness of the care and treatment process will increase with the visibility of CAP nurse in the practice.

**Keywords:** Child and adolescent psychiatry, psychiatric nursing, regulation, clinical practice, case study.

## S 4347

### EFFECTS OF HEALTHY LIFESTYLE BEHAVIORS ON THE SELF PERCEPTION OF THE OF HEALTH SCIENCES FACULTY STUDENTS

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**Introduction:** Development of health is a process that to help individuals make conscious decisions to raise their physical and mental health to the optimum level and to improve their physical and social environment. University education leads to changes in personality development, individual life and health behaviors. This change is important in terms of attitudes and behaviors in the field of health; because the student's attitudes and behaviors related to health influence him / herself individually and in the present and future life of the family and society. This research was planned to determine the effect of healthy lifestyle behaviors on self-perception in health science students.

**Method:** As data collection tools; Individual Information Form, Healthy Lifestyle Behavior Scale (HLBS) and Rosenberg Self-Esteem Scale (RSES) were used. The study was conducted with 797 students from midwifery and nursing departments of health science faculty of the a university. The analysis of the data was made in IBM SPSS 22.

**Results:** The mean RSES score of students was determined as 19.35±2.84 and the mean score of HLBS was 126.11±18.79. It was determined that there was a significant positive correlation between the RSES score and the total scores of the HLBS subscale (p<0.05).

**Conclusion:** It is the relationship between competence and worthiness that constitutes and develops self-esteem. Proficiency is defined as the ability of an individual to initiate action and achieve a successful outcome, particularly in addressing problems effectively and achieving specific personal goals; worthiness include subjective evaluation of the values as good, bad, true-false, healthy-unhealthy. Health workers are in a position to be a role model with positive health behaviors and health care provided will be strong if this group is healthy. It is thought that improving the health of the first of the students will be effective in improving the health of the individuals and the community that they live in.

**Keywords:** Student, self-esteem, healthy life style.

## S 4349

### THE EFFECT OF PSYCHOEDUCATION ON CARE BURDEN APPLIED TO MOTHERS OF CHILDREN UNDERWENT BONE MARROW TRANSPLANTATION

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**Introduction:** This study was conducted in order to effect of semi-structured and the individualized psychoeducation on the care burden of mothers of children underwent bone marrow transplantation.

**Method:** The research was structured as a single group, semi-experimental, pre-test-post-test and follow-up test. Twenty-one mothers whose children were transplanted bone marrow constituted the sample of the study. "Identification Information Form" and "Clinically Adapted Zarit Burden Interview" (ZBI-TR-18) were used for data collecting. Psychoeducation consisted of four sessions each of which took one hour, discussing bone marrow transplantation and care, feelings to illness, stress and anger management, and family-partner-social relationships. The results were analyzed via descriptive analysis, correlation analysis, analysis of variance (ANOVA), and Bonferroni test.

**Results:** The participants' mean age was calculated as 35.38±6.4 and their duration of staying at the hospital was 45 days on average. 57.1% (n=12) of the participants had only primary school degree and 90.5% (n=19) of the participating mothers were housewives whereas only one mother was single. Mothers' average ZBI-TR-18 scores were recorded as 26.85±12.9, 20.42±12.6, and 20.52±11.49 at pre-test, post-test, and follow-up test respectively. After psychoeducation, a significant difference was found between pre-test-post-test ( $p=0.006$ ,  $p<0.05$ ) and pre-test-follow-up test ( $p=0.001$ ,  $p<0.05$ ) score means. There was no significant difference between the post-test-follow-up test score means ( $p=1$ ,  $p>0.05$ ).

**Conclusion:** Results of the study indicated that this psychoeducation had a positive impact on care burden. It is advised that psychoeducations based on the needs should be provided to the mothers with caring responsibilities during challenging periods like bone marrow transplant. It is foreseen that psychoeducation applications help reducing the care burden of the mothers, increasing the quality of care provided to the children and decreasing the physical and mental symptoms observed at the mothers.

**Keywords:** Bone marrow transplant, mother, psychoeducation, psychiatric nurse.

## S 4350

### DETERMINE THE HEALTH EDUCATION NEEDS OF PATIENTS WITH SCHIZOPHRENIC DISORDER

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**Introduction:** In this study it is aimed to determine the health education needs of patients with schizophrenic disorder.

**Method:** The study was descriptive and cross-sectional, with 213 participants. The research data were collected through the "Introductory Information Form" and the "Health Education Needs Assessment Scale".

**Results:** 58.2% of the students who participated in the survey were male. When the ages of the patients were examined, it was determined that the minimum age was 17, the maximum age was 83, the average age was  $x\pm 34\pm 10.78$ , 77% were single, 93% were living with their families, 47% were high school graduates and 54% were unemployed. When the regular working status of the patients was examined 89% were found unable to work regularly. When the income status of the patients participating in the survey is examined; it was determined that 50% of the patients had no monthly income and 59% needed education support. The general education level of schizophrenia and the gender status of schizophrenia patients were found to be statistically significant ( $p<0.05$ ). It has been determined that patients need to learn the most rights.

**Conclusion:** As a result, it can be said that they want to learn the rights and the rights of individuals with schizophrenic disorder.

**Keywords:** Schizophrenic disorder, health education, nurse.

## S 4351

### EXAMINATION OF THE FACTORS AFFECTING THE PSYCHOLOGICAL WELL-BEING OF THE ACADEMIC STAFF OF FACULTY OF NURSING

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**Introduction:** The research has been conducted as a descriptive study in order to determine examination of the factors affecting psychological well-being of the academic staff of a faculty of nursing in a university.

**Method:** While the research universe consists of 112 academic staff who were working in the 2017-2018 academic year in Ege University, Faculty of Nursing, sample selection was skipped and research was conducted with 89 volunteer academic staff. The participation rate is 79.46%. Research data was collected with "Individual Identification Form", "Psychological Well-being Scale(PWBS)", "Problem Solving Inventory(PSI)", "Multidimensional Scale of Perceived Social Support(MSPSS)" and "Workload Scale(WS)", and "Multidimensional Perfectionism Scale (MPS)". Data was evaluated in a computer environment with number, percentage distributions, and Spearman correlation test.

**Results:** It was identified that 93.3% of the survey participants were women, 64% of them were married, 56.2% of them were in the age range of 25-35, 15.7% of them were working for more than 20 years in the institution, their physical and mental health was "good" at a rate of 78.7%, and their work performance was "medium" at a rate of 69.6%. PWBS point average was 44.19±7.92. The relationship between PWBS and PSI and its sub-dimensions is examined, a statistically "too weak negative directional" relationship between "hasty", "thinking", "avoidant" and "planned approach" score averages and the scale total score average was identified. When the relationship between PWBS and MSPSS is examined, a "too weak positive directional" relationship with family and total score, and a "weak positive directional" relationship with friend sub-dimension were identified.

In the MPS relationship, a "weak positive directional" relationship with "self-oriented perfectionism" sub-dimension and a "too weak positive directional" relationship with scale total score were identified ( $p < 0.05$ ). It was determined that it had no statistically meaningful relationship with WS ( $p > 0.05$ ).

**Conclusion:** As a result, it can be said that the psychological well-being of the academic staff is "good" above the average. According to research findings, there was a statistically significant relationship between participants' psychological well-being, problem-solving skills and styles, perceived social support, and perfectionist attitudes toward them. As this research, studied with a limited sample, cannot generalise the findings, it is recommended that the research should be repeated with qualitative researches.

**Keywords:** Academician, psychological well-being.

## S 4352

### INVESTIGATION OF THE USE OF PATOLOGICAL INTERNET AND GAME IN UNIVERSITY STUDENTS

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**Introduction:** In this study it is aimed to investigation of the use of pathological internet and game in university students

**Method:** Research has been conducted on the public university student campus ( $n=360$ ). The questionnaire prepared by researchers of the study was collected by Internet and Game Addiction Scales in order to determine internet and game dependency.

**Results:** 33.9% of the students who participated in the survey were male, 66.1% were females. Male students, those with average achievement of 1.50-2.49, and students of sports science faculty game and internet addiction scores were higher and statistically significant difference was found ( $p < 0.05$ ).

**Conclusion:** It can be said that university students spend most of their time playing games on the internet, and one of the 10 students has internet and gaming addiction.

**Keywords:** University students, internet, internet addiction, game addiction.

## S 4354

### EXAMINATION OF THE RESEARCH CHARACTERISTICS OF THE POSTGRADUATE THESISES PSYCHIATRIC AND MENTAL HEALTH NURSING

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**Introduction:** Nursing is a discipline based on knowledge and skill. Continuation of the existence of nursing, increase of nursing-specific

knowledge and skills is possible by taking postgraduate education. The education and theses taken in master's and doctoral programs in the field of nursing provide the development of nursing science by integrating the theoretical and evidence-based applications. In this study, it is aimed to examine the master and doctoral theses at psychiatric and mental health nursing in Turkey.

**Method:** The descriptive research is conducted with the master and doctorate theses at psychiatric and mental health nursing in Turkey. The theses are reached at "National Thesis Center" website by searching "Department of Psychiatry Nursing", "Department of Mental Health and Diseases Nursing", and "Department of Mental Health and Psychiatry Nursing", between 2013 and 2017.

**Results:** In the study, 146 thesis including 100 masters and 46 doctorates in mental health and psychiatry nursing are reached in the research. Of the master thesis, 86% were descriptive, 4% were experimental, 4% were methodological, 3% were qualitative and 3% were semi-experimental whereas 45.7% of the doctorate thesis were experimental, 28.7% were semi-experimental, 13% were mixed, 8.2% were methodological, 2.2% were descriptive and 2.2% were qualitative. Of the master thesis, 15% were physical patients, 10% were students, 19% were nurses, 15% were psychiatric patients, 11% were patients' relatives, 23% were special groups (teenagers, lgbt, pregnant, women, elderly and etc.) and 7% were healthy individuals while 17.4% of the doctoral thesis were general patients, 4.3% were students, 10.9% were nurses, 30.4% were psychiatry patients, 8.7% were patients' relatives, 21.7% were special group members and 6.6% were healthy individuals.

**Conclusion:** When the postgraduate theses of psychiatric and mental health nursing are examined, it was observed that doctoral thesis are more experimental and mixed method and qualitative type theses, while the majority of master's theses were descriptive type when the master's theses were examined. It was concluded that the majority of the sample groups consisted of psychiatric patients and the master's thesis was composed of adolescents with special groups.

**Keywords:** Postgraduate, psychiatry nursing, education.

## S 4355

### THE VALIDITY AND RELIABILITY OF THE TURKISH FORM OF RECOVERY PROCESS INVENTORY

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**Introduction:** Recovery is a way of living a satisfying, hopeful and meaningful life, as well as making contributions, despite the limitations originating from illness. It includes a period of change regarding the patient's attitudes, values, feelings, aims, abilities and roles. The aim of this study is to evaluate the reliability and validity of the Turkish version of the Recovery Process Inventory with a sample of people who have been diagnosed with mental illness.

**Method:** The study used a methodological design. Its sample included 220 people who have been diagnosed with mental illness. At first, the linguistic validity and the content validity methods were

done. The scale's applicability and understandability was pilot tested. The data of the study were obtained from June 2018 to August 2018 by the Information Form, the Recovery Process Inventory (RPI) and the WHOQOL-8 Quality of Life Scale (QLS) validity and reliability analyses were done.

**Results:** The mean age of the patients was  $38.13 \pm 12.07$  years, 58.6% were women, 95.4% had health insurance, 50.5% of them don't work, 57.3% live with spouses and children, 48.6% have depression and 29.5% have anxiety disorder, 79.5% were not hospitalized. The mean score of the WHOQOL-8 QLS was  $25.60 \pm 5.06$  (min-max=14-36). The Cronbach alpha scale of the scale is 0.95, the KMO value is 0.85, and it is seen that the sample represents the universe well. The total explanatory variance of the scale was 57.62%. Cronbach alpha according to the subscale; 1) Connected to others 0.54; 2) Recovery/ Self-esteem 0.72; 3) Living Situation 0.67; 4) Anguish 0.65; 5) Others care/ Help 0.05; 6) Hopeful/Cares for Self is 0.21. Item 7 in the of hopeful/cares for self subscale and item 16, item 20 in the others care/help subscale reduced the value of Cronbach alfa because these items were not culturally appropriate the Turkish population.

**Conclusion:** As a result of the validity and reliability analyses, it was determined that the RPI is a valid and reliable scale to measure subjective recovery in individuals who are diagnosed with mental illness. It has been suggested that the RPI should be applied to wider sample groups to investigate the instability of individuals who are diagnosed with mental illness.

**Keywords:** Recovery, mental disorder, reliability and validity.

## S 4356

### THOUGHTS AND SUGGESTIONS RELATED TO PSYCHIATRY NURSING APPLICATIONS BY A GROUP OF INTERN NURSES

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**Introduction:** 4<sup>th</sup> grade nursing students are expected to improve their cognitive, affective, and behavioral skills during the internship programs, one of the most significant components of nursing education, which are designed to make clinical education more affective and teaching. It was believed that thoughts and suggestions of the students were influential on increasing the student gains. This research was conducted in order to examine both the problems that a group of intern students encounter during psychiatry nursing applications and suggestions proposed by them in order to overcome such problems.

**Method:** The research is a qualitative phenomenological study. It was conducted between April 2<sup>nd</sup> and 27<sup>th</sup> of 2018, during spring semester of 2017-2018 academic year. Convenience sampling, a kind of qualitative sampling method, was used for determining the research space. Thirty-three intern nursing students who were on their internship during the study and agreed to participate the study are the subjects of the research. Focus Group Interview was used as data gathering method. Focus group interview were held with 4 different groups each including average 8 or 9 students. Open ended questions related to sub-problems were constructed by the researchers

and were used for collecting data. Thematic analysis was used for examining and evaluating the data. MAXQDA© was used at coding the data, identifying the findings, and evaluating them.

**Results:** The findings gathered from the qualitative research were divided into two groups namely the problem fields which the intern nurses encounter during their psychiatry nursing applications and the suggestions related to improving the application offered by the interns. Four sub-theme, theoretical knowledge, application processes, nursing skills, and clinical environment, were identified as the problem fields faced by the intern nurses during psychiatry nursing applications. Suggestions of intern nurses to improve the practice of psychiatry nursing was two sub-themes which related to regulating the content of practical applications and theoretical trainings.

**Conclusion:** Students have problems such as restricted areas for application, loaded number of student in fields of using theoretical knowledge in nursing process, observing, start-end of interview. Students suggested to application with smaller groups.

**Keywords:** Psychiatry nursing, intern nurse, application.

## S 4357

### THE PROFILE OF PSYCHIATRIC NURSES IN TURKEY: ACADEMIC FIELD

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**Introduction:** There is no updated data on number and qualifications of academics that teach mental health and psychiatric nursing, in Turkey. In this context, this study aimed to reveal the profile of academicians who are working in mental health and psychiatric nursing area, in Turkey.

**Method:** In this descriptive, cross-sectional study, data were collected between January and May 2018 via digital questionnaire. 227 academic personnel were invited and study was completed with 177 people. The questionnaire consisted of 42 questions about personal and professional experiences. Descriptive statistics were used in the analysis of the data.

**Results:** The average age was  $37.71 \pm 8.71$ . 5.6% of the participants were professors; 16.9% were associate professors; 31.3% were assistant professors, 14.6% were teaching and 31.6% were research assistants. The percentage of participants who had mental health and psychiatric nursing master's degree was 73,4% and doctorate was 55,4%. 37.9% of them work as educators in the graduate programs. Of the institutions, %22 had no master's and %44.6 had no doctoral education programs in nursing. As work experiences, it was determined that 34.5% had academic experience for 1-5 years, 89.8% worked full time and 45.2% gave courses except mental health. Although 45.8% had worked in the mental health services before 11.9% had no work in any clinical area before. Of the academicians, 34.5% stated that they visited a foreign institution and 63.8% participated in congresses abroad. The international congress participation mean was  $3.92 \pm 5.31$  (max.43); 64% of them have publications within the scope of SSCI; the mean of publications was

5.85±5.25 (max 22). In addition, the rate of being a project coordinator was 29,9% and the rate of being a researcher within the scope of projects is 44.6%.

**Conclusion:** The fact about one third of the academicians are at the beginning of their academic experience and half of them have no doctorate degree, can be considered as a characteristic that can pose a risk to reach goals. A high number of those with clinical experience in the field of mental health is a strong feature. It is determined that the ratio of attending congresses and having a scientific publication is more than half. However, the obstacles should be examined in detail for academicians who did not attend any congress or have any publications.

**Keywords:** Psychiatric nursing, academic staff, profile.

## S 4359

### DETERMINATION OF RISKY BEHAVIORS AND PARENTAL ATTITUDES IN ADOLESCENTS

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**Introduction:** The aim of the study was to determine risk behaviors and parental attitudes in adolescents.

**Method:** The students who were educated in Public High Schools in Antakya, Hatay Province in the 2016-2017 academic year, formed the universe. The study was carried out in 7 state high schools which were connected to the Ministry of National Education within the boundaries of the Central District of Hatay. The sample consisted of 874 people. Permissions were obtained from the ethics committee of the relevant university. Personal Information Form, Risky Behaviors Scale (RBS) and Perceived Parental Attitude Scale (PPAC) were used for data collection. Shaphiro wilk, Student t, Mann Whitney, Anova and Kruskal Wallis tests were used for the evaluation of the data. Cronbach alpha coefficients of the scales were calculated.

**Results:** 54.2% of the students were male and 58.6% were in the 16-17 age group. It was determined that 33.3% of the students perceived parental attitudes as democratic, 22.9% disinterested, 23.0% were authoritarian, and 20.8% perceived as tolerant. It was determined that female students perceived parental attitudes as democratic, male students' parental attitudes were irrelevant. It was determined that students who used cigarette and alcohol perceived parental attitudes irrelevant. The mean score of the RBS was 71.69±22.30. RBS of total male and female antisocial behaviors, alcohol use, smoking, and school drop subscale scores are higher than males. In the study, it was determined that the students' gender, age, class, type of school affect perceived parental attitude and risky behavior levels.

**Conclusion:** It was determined that the students perceived parental attitudes to be democratic and the level of risk behaviors were moderate. It was determined that perceived parental attitudes affect the risk levels of students. Training programs can be organized for parents and adolescents to raise awareness about risky behaviors.

**Keywords:** Adolescent, parental attitude, risky behavior.

## S 4360

### INVESTIGATION OF SOCIAL MEDIA DEPENDENCE LEVELS OF PRIVATE HEALTH VOCATIONAL HIGH SCHOOL STUDENTS

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**Introduction:** The study was carried out to investigate the levels of social media addiction of private health vocational high school students.

**Method:** The research is descriptive type and consists of 950 students who were educated in the departments of nursing and ATT (Emergency Medical Technician) in 2015-2016 in four private health vocational high schools in the city center of Hatay. In addition, the study was completed with 747 students. The ethics committee has been approved by the ethics committee of the relevant university. The data were collected by applying the personal information form and the Social Media Addiction Scale (SMBÖ). Frequency, percentage, t test, One-WayAnova and Bonferroni Post Hoc analyzes were used to evaluate the data.

**Results:** 84.6% of the students were nursing students, 52.5% of them were male and the mean age was 16.09±0.91. The majority of the students (48.9%) had a first-line phone number of 10-13 years of age, 97.1% of them used social media and 37.1% reported using social media for 1-3 hours per day. The mean total score of the students was found to be 102.31±40.47az-dependent. The mean total score of the male students (108.90±42.11) was higher than the female students' score (95.04±37.30) (p<0.01). Most of the social media applications they used were Facebook (83.3%) and Youtube (81.7%). In the research, it was determined that the age, age of the first phone, age of the first phone, the age of the students who used the social media, and the duration of using social media were affected by social media dependency (p<0.05).

**Conclusion:** As a result, it was found that the students were less dependent on the social media and the level of dependence was changed according to the factors affecting them.

**Keywords:** Adolescent, social media, addiction.

## S 4361

### ASSESSMENT OF MANIC SYMPTOMS AND SUICIDALITY IN INDIVIDUALS WITH BIPOLAR DISORDER THROUGH NURSE OBSERVATION

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**Introduction:** The purpose of this research was to determine how effective nurses' assessment of individuals with bipolar disorder through interactive observation in psychiatric units is in determining individuals' manic symptoms and suicide probability.

**Method:** This research is a descriptive follow-up study. The study sample consisted of individuals who were diagnosed with bipolar

disorder in two public hospitals Psychiatric Unit between 01 August and 31 December 2017 (n=56). Data were collected with a Personal Information Form, the Young Mania Rating Scale, the Suicide Probability Scale, and the Interactive Observation Scale for Psychiatric Inpatients. Data were analyzed using mean and standard deviation, percentage values, and Pearson Correlation coefficient.

**Results:** The mean score of the participants on the Interactive Observation Scale for Psychiatric Inpatients was  $0.83 \pm 0.30$ . The participants' mean scores on the subscales of Social Interest and Neatness, Psychomotor Agitation and Irritability, and Psychoticism were  $0.88 \pm 0.35$ ,  $0.99 \pm 0.44$  and  $0.42 \pm 0.67$ , respectively. The participants' mean score on the Young Mania Rating Scale was  $14.25 \pm 0.33$ . Their mean scores on the subscales were  $1.27 \pm 0.77$  for Elevated Mood,  $1.50 \pm 1.24$  for Increased Motor Activity-Energy,  $0.66 \pm 0.77$  for Sexual Interest,  $0.98 \pm 1.10$  Sleep,  $2.04 \pm 1.73$  for Irritability,  $2.93 \pm 0.02$  for Speech Rate and Amount,  $0.71 \pm 0.93$  for Language-Thought Disorder,  $2 \pm 2.80$  for Thought Content,  $0.71 \pm 1.40$  for Disruptive-Aggressive Behavior,  $0.73 \pm 0.84$  for appearance and  $0.71 \pm 1.34$  for Insight. The participants' mean score on the Suicide Probability Scale was  $77.57 \pm 11.32$ . Their mean scores on the subscales of Hopelessness, Negative Self-Evaluation, Hostility and Suicide Ideation were  $26.50 \pm 5.16$ ,  $22.16 \pm 4.15$ ,  $14.18 \pm 3.77$  and  $14.73 \pm 5.13$ , respectively. The results revealed that 48.2% of the individuals with bipolar disorder in this study had moderate levels of suicide probability and 51.8% had severe suicide probability. Significant increases were also noted in the scores of the Young Mania Rating Scale and the Suicide Probability Scale as the participants' scores increased on the Interactive Observation Scale for Psychiatric Inpatients. Finally, in parallel with the increase in the participants' Suicide Probability Scale mean scores, their mean scores on the Young Mania Rating Scale was also found to increase significantly.

**Conclusion:** In the light of these results, interactive Observation Scale which is filled by interaction and observation by the nurses with the patient can be said to be effective for determining suicide risk and manic symptoms in the patient. It is suggested that nurses regularly use "the Interactive Observation Scale for Psychiatric Inpatients" when assessing manic symptoms and suicide risk in individuals with bipolar disorder through observation.

**Keywords:** Bipolar, suicide, nursing, interaction, observation.

## S 4362

### EXAMINATION OF WORKLOAD-RELATED PSYCHOLOGICAL SYMPTOMS IN INTENSIVE AND CRITICAL CARE NURSING

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**Introduction:** In this study, we aimed to investigate qualitatively and quantitatively study psychological changes that may take place due to workload through comparing the symptoms related to workload and reported by intensive care nurses with the SCL 90-R test results.

**Method:** In the research, multiple method has been adopted and conducted in two stages. Purpose of the first stage has been to determine the workload, and demographic characteristics, TISS-28 (Therapeutic Intervention Scoring System-28) assessments, APACHE-II (Acute Physiology and Chronic Health Evaluation Score) and morality records of

152 patients have been retrospectively studied. In the second stage, individual in-depth interviews have been had, and as a result of such interviews, the SCL 90-R scale has been applied to each interviewer in order to determine the way nurses mentally experience the effects of their current workloads and working conditions. The obtained data has been analyzed with SPSS 21.0 and MAXQDA plus10.

**Results:** Upon assessment of the existing records, intensive care nurses' workload (minute) has been determined to be 315.8, and the TISS 28 score has been determined to be 65.00. As a result of in-depth interviews held with intensive care nurses, it has been determined that participants experienced professional stress due to workload and went through psychological changes such as anger, tension, stress, insensitivity, withdrawal, adaption problems, feeling of inadequacy and unhappiness. And in the applied SCL 90-R scale, somatization, obsessive compulsive, depression, anger and hostility, additional scale scores of participants have been higher than the general symptom level; and interpersonal sensitivity, phobic anxiety, paranoid ideation, psychoticism symptoms have been low.

**Conclusion:** Findings of the research demonstrate that psychological symptoms seen in intensive and critical care nurses are related to workload. Improving the psychological and social conditions of work spaces can be effective in decreasing mental problems experienced by nurses.

**Keywords:** Intensive care, nursing, workload, psychological symptom.

## S 4363

### JOURNEY ON THE PEEP (DIARIES): DOES IT NEEDS TO REQUIRE HEALING ?

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**Introduction:** The swing within social networks in the virtual world is presented as the basic necessities for individualism and interpersonal communication in the last century. Peeping is the desire to know and learn everything about everyone. The process of peeping, which is defined as creative use of reality, takes place through technology. Voyeurism/peeping, which one of the results or causes of the development of technology, creates a socio-cultural structure related to being a watching society. The question of the relationship between the results of this culture and mental health is an important issue for the future of the society. In this study, it is aimed to draw attention to the results of interaction through social networks as it is experienced today.

**Method:** In this study, the book titled "The Peep Diaries:" by Hal Niedzviecki in 2009 is examined through text analysis and basic themes are discussed by trying to determine what the basic ideas in the text are.

**Results:** The developments that have been taking place in 2008 are a new era, Canadian writer Hal Niedzviecki, who is described as "The Age of Peep Culture," suggests that communication technologies play an important role in creating a watching society. At this point, each individual in the position of the object, both the peeping and the watching, plays a role in feeding the peeping culture and transforming the peeping culture into an inclusive network with the participation of every single representative in the society. The mental results of this transformation are currently being addressed in a narrow context within the context of "addiction and related disorders".

**Conclusion:** If there is an unhealthy path, cause, consequences, and, prevention, the ways of recovery must already be determined. This is because the control over travel on the peep is exerted by the individual and it must be realized that it is time to "take the bit between one's teeth" which means (for a horse) to get the bit between its teeth and save himself from the rider's administration and to run as far as possible".

**Keywords:** Diaries, technology, communication, internet, social.

## S 4364

### SHACKLES ON OUR FEET

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**Introduction:** Purpose of this study has been to study the reasons why nursery in Turkey cannot provide consistency in professional progression and social reputation on a surrealist principle.

**Method:** In this research, case study method, one of the qualitative research methods, has been adopted and focus group interviews have been had as the survey model. Twelve participants have been determined using the probabilistic and purposive sampling and the study group has been divided into two groups of six individuals. Unstructured interview method has been adopted in the research, participants have been asked to write a letter on progress and social reputation of nursery within 30 minutes and the topic to be handled in the next session has been determined upon analysis of such letters by the analyzers. Sessions continued until satisfying the researcher and participants and, upon determining the topic of each session based on the analysis of the previous session, five interviews have been had with the first focus group and six interviews have been had with the second focus group. Content analysis of the data has been conducted with MAXQDA plus 10 qualitative research software.

**Results:** As a result of focus group interviews with participant nurses, healthcare policies in our country, prominence of therapeutic services, absence of branching, investments in medical vocational high schools, lack of self-control, most of nursery applications depending on doctors' request, motivation based on economic gains, choosing the profession unwillingly, failing to adapt to the profession, high women population and feminine image of the profession, mostly experienced depressive mood of nurses due to lack of reading and researching after school and lack of motivation have been determined to be obstacles before professional progression and reputation.

**Conclusion:** Research findings indicate that emotion management of employees must be prioritized in terms of nurses' mostly depressive mood, overcoming professional obstacles, growing stronger and ensuring progression. Within this respect, it is recommended that emotional training programs are organized through determining emotional problems experienced by nurses.

**Keywords:** Nursing, professional ilerleme, reputation.

## S 4369

### THE EFFECT OF ART THERAPY WITH MARBLING ART IN INDIVIDUALS WITH POST-TRAUMA STRESS DISORDER

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**Introduction:** This research examines the effects of art therapy on the level of depression, anxiety and hopelessness of individuals who have been diagnosed with post traumatic stress disorder. Marbling art encourages the individual to think about his/her fears, choices, limitations, and gives courage against the situations about their existence.

**Method:** Pre-post test was applied as a semi-experimental study with experimental group. The study was carried out between January and April 2018 on eight female participants who were diagnosed with posttraumatic stress disorder and art psychotherapy program consisting of fourteen sessions and marbling art. The quantitative data of the study were obtained from the quasi-experimental research model through the experimental group pre- and post-test model; qualitative data were obtained by using descriptive method. The research data were collected on the basis of the ebru art products produced in the sessions, verbal sharing of participants, Personal Information Form, Beck Hopelessness Scale, Beck Depression Scale and Beck Anxiety Scale. The scales were analyzed using the "Wilcoxon Marked Rank Test".

**Results:** When the mean scores of the scales were examined, a statistically significant relationship was found between depression, anxiety and hopelessness pre-post test scores (depression,  $z=-2.041$   $p<.05$ ; anxiety;  $z=-2.214$   $p<.05$ ; hopelessness level;  $z=2.220$   $p<.05$ ).

**Conclusion:** The study shows that art therapy with art of marbling has a positive effect in reducing the level of depression, anxiety and hopelessness in individuals who have been diagnosed with post-traumatic stress disorder. In the literature, art therapy methods such as painting, dance and movement, sculpture, music, collage have been used. No study has been found in which marbling art was used and structured for therapeutic purposes. It is thought that this research will contribute to the literature and the work to be done in the field because it is structured and semi-experimental.

**Keyword:** Post-Traumatic Stress Disorder, art therapy, marbling art.

## S 4373

### RELATIONSHIP OF THE SOCIAL APPEARANCE ANXIETY WITH SELF ESTEEM AND SOCIAL ADJUSTMENT IN WOMEN

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**Introduction:** It is one of the leading factors in occurring and development of the self-esteem, to feel precious, ability to reveal, achievement, appreciation of society, acceptance, love, acceptance and adoption of self-esteem. Individuals want to be more attractive, more impressive on other people. The individual who thinks he can not make a good impression on other people lives with concern. The meanings and evaluations that given to appearance can vary according to the time



and the culture of the society. One of the components of the social self-perception is social appearance anxiety. This research was planned as a descriptive study to determine the relation of Women's Social Appearance Anxiety to self-esteem and social adjustment.

**Method:** As data collection tools; Individual Information Form, Social Appearance Anxiety Scale (SAAS), Social Adaptation Self-Evaluation Scale (SASS) and Rosenberg Self-Esteem Scale (RSES) were used. The study was conducted with 436 women. The analysis of the data was in IBM SPSS 22.

**Results:** The RSES mean score of the women was  $22.36 \pm 4.47$ , the SASS score average was  $42.42 \pm 6.51$ , and the SAAS score average was  $32.18 \pm 13.71$ . There was a significant relationship between social anxiety, self-esteem, and social adjustment in the negative direction, and positive correlation between self-esteem and social adjustment ( $p < 0.05$ ).

**Conclusion:** Anxiety about social appearance has been a concern for how individuals are assessed by others, and it has been determined that this anxiety affects women's self-esteem and social adjustment negatively. Psychiatric nurses working with this group; they can determine their perceptions of how women are assessed within the society they live in and their beliefs about the appearance of women in that society. Later on they can contribute to the solution of the problem by planning the applications which will create positive awareness about their social appearances.

**Keywords:** Women, Self esteem, social appearance anxiety, social adjustment psychiatric nursing.

## S 4374

### DETERMINATION OF ANXIETY LEVELS OF THE INDIVIDUALS WHO HAVE THE PATIENTS IN THE INTENSIVE CARE UNIT

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**Introduction:** This study was conducted to determine the anxiety levels of the individuals who have the patients in the intensive care unit.

**Method:** The research was made as a descriptive study. The sample of the research; a university hospital's General, Cardiovascular Surgery and Coronary Intensive Care Units, a single close relative of each patient who treated for 48 hours or more, between October 1, 2016 and February 1, 2017 included a total of 117 people to be included in the study. The data of the study were collected by using "Personal Information Form" for patients and their relatives, "State - Trait Anxiety Scale" for patient relatives and using the "Glasgow Coma Scale" for the patients. In the evaluation of the data, Mean, Percentage, Analysis of Variance, Tukey Test, T-Test in Independent Groups and Pearson Correlation were used.

**Results:** The mean score of the State Anxiety Scale of the patients who were in the intensive care unit was  $58.9 \pm 9.1$  and the average score of Trait Anxiety Scale was  $46.9 \pm 8.8$ . Individuals' State anxiety levels were above the middle level and trait anxiety levels were close to the middle level. Trait anxiety scores of women and those in hospital were found to be significantly higher. The individuals who had a lower incomes and wanted a place to sleep in the Intensive Care Unit have the highest State and Trait Anxiety level.

**Conclusion:** In line with the results obtained in the study; It is sug-

gested that to create a waiting room where the patients in the intensive care unit can wait and interact with health workers. It is also suggested that healthcare professionals should take into consideration that women, staying at hospital and low-income individuals are more at risk for anxiety.

**Keywords:** Intensive care unit, patient, patient relatives, anxiety.

## S 4375

### THE NEAR FUTURE OF TEACHING PSYCHIATRY NURSING: SIMULATION APPLICATIONS

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**Introduction:** Psychiatric nursing is a top professional field the nursing practice that provides care and treatment for the prevention of the occurrence of mental illnesses in all age groups, the protection and maintenance of mental health. The psychiatric nursing clinic often works with a delicate patient group whose reality assessment is impaired, has behavioral questions, is at risk of harming himself or herself, is discriminated by the community and needs help from others in building social relationships. Most of the nurses working in this sensitive patient group in our country do not receive specialist training in the field of psychiatric nursing. For this reason, how the psychiatric nursing lesson and application is given in nursing undergraduate education becomes much more important.

**Method:** Nursing educators have recently been turning to innovative, evidence-based, and interactive teaching methods, such as the emergence of problems (appropriate clinical finding, inadequate number of hours, excess number of students, lack of teaching staff etc.) in the practice of psychiatric nursing, the inability to present the clinical environment to the students in a realistic manner in the classroom environment and the unpredictable patient behavior causing fear and anxiety in the students. One of these teaching methods, whose popularity is increasing day by day and using in psychiatric nursing is becoming widespread, is simulation.

**Results:** In the field of health, simulation is a possible way of understanding, managing and developing skills by presenting a situation that is most likely to happen in the clinic to the truth. In the simulation, human, patient simulators and virtual patient models can be used. Through this method, students have the opportunity to observe and practice nursing science. Simulation-based teaching has been reported to be a positive contribution to nursing students' clinical skills, reduction of anxieties, communication skills, critical thinking, problem solving skills, and learning motivation.

**Conclusion:** When the national literature was examined, it is seen that the articles related to simulation applications in psychiatric nursing teaching generally publish review articles and the research articles are limited in number. In addition, when the national thesis center was screened with the "simulation" keyword, it was reached one dissertation-thesis which used simulation in psychiatric nursing teaching. Simulation, which is a flexible and proven learning method, is thought to be used in the field of psychiatric nursing will contribute to increase of knowledge related to this subject and widespread the using of it. In addition to the simulation will contribute to the solution of the problems are in the teaching of psychiatric nursing (appropriate clinical finding, inadequate number of hours).

**Keywords:** Psychiatric nursing, simulation, teaching, innovative teaching models.

**S 4377****STIGMA EXPERIENCES OF PSYHIATRIC NURSES AND COPING STRATEGIES: A QUALITATIVE STUDY****Sibel Çaynak<sup>1</sup>, İlky Keser<sup>1</sup>, İlhan Günbayı<sup>2</sup>**<sup>1</sup>Akdeniz University, Faculty of Nursing, Department of Psychiatric Nursing, Antalya, Turkey<sup>2</sup>Akdeniz University, Faculty of Education, Department of Educational Sciences, Department of Educational Administration, Antalya, Turkey

**Introduction:** From the past to the present, the individual with mental impairment has been stigmatized and isolated from society. While this prevents many patients from searching for appropriate help, it also negatively affects the quality of the care provided and the quality of life. Some studies have emphasized that employees in the psychiatric clinic are afraid of being exposed to stigmatization. In this study, it was aimed to draw attention to the stigmatization of psychiatric nurses by identifying the stigma experiences of the psychiatric nurses with the stigmatization and coping strategies.

**Method:** The sample of the study consisted of twelve volunteer nurses working in the Psychiatric Services and Alcohol Substance Abuse Research and Application Center of Akdeniz University during June-July 2018. The research is a descriptive case study, which is one of the qualitative study types. Within the scope of the study, individual interviews with 12 people and focus group interviews with 6 people were held. Sociodemographic data form and semi-structured interview form were used to collect data. The obtained data were analyzed by descriptive analysis and content analysis using NVIVO.

**Results:** All nurses participating in the research were female, with the average age of 43.25. Stigmatization experiences and the ways of coping were discussed under the seven following themes: nurses' thoughts on the environment and illness, different aspects of the clinic with respect to the other clinics, interpretations the nurses about the clinic they were working at, interpretations of the work of the clinic done by the extracurricular health personnel and difficulties experienced as psychiatric nurses. It was found that nurses, although differing from one clinic to another, were occasionally subjected to stigmatization by their immediate environment as well as by other health personnel.

**Conclusion:** In light of these results, it is recommended that supportive intervention programs should be developed for nurses in order to share their emotions, thoughts and experiences related to their work field as well as providing awareness trainings about patient groups and the activities carried out in psychiatric clinics to reduce the stigmatization.

**Keywords:** Stigma, coping, psychiatric nursing.

**S 4378****THE INVESTIGATION OF THE RELATIONSHIP BETWEEN DEPRESSION, ROLE NORMS AND PSYCHOLOGICAL HELP SEEKING ATTITUDES IN COLLEGE MEN****Bedia Tarsuslu<sup>1</sup>, Gülgün Durat<sup>2</sup>**<sup>1</sup>Sakarya University, Faculty of Health Sciences, Department of Mental Health and Psychiatric Nursing, Sakarya, Turkey<sup>2</sup>Sakarya University, Sakarya, Turkey

**Introduction:** Males experienced externalized depressive symptoms,

and that academic achievement was affected negatively in university students. Moreover, it is seen that men adopting masculine norms displayed negative attitude towards seeking professional psychological help. The aim of the study is adaptation of a scale, in Turkish and investigation of the relationship between masculine depression, role norms and help seeking attitude in college men.

**Method:** The two-stage research, as methodological (337 participants) and descriptive-cross-sectional (337 participants) design, was conducted with a total of 674 college men between February 2018 and April 2018. Data was collected with the use of Interview Form I, Masculine Depression Scale and Beck Depression Scale in the methodological phase and Interview Form II, Masculine Depression Scale adapted to Turkish, Male Roles Scale and Attitudes towards Seeking Professional Psychological Help Scale-Short Form in the second phase. The data were analyzed using explanatory and confirmatory factor analysis, descriptive and comparative statistical methods, transferred to IBM SPSS 23 and AMOS 23 programs.

**Results:** The study found that the 18-item two-factor structure of the Masculine Depression Scale was valid and reliable. The majority of students preferred informal sources when needed psychological help. A negative significant relationship was found between psychological help seeking attitudes and toughness, antifemininity. Also, a positive significant relationship was found between internalizing depressive symptoms and adhered male norms ( $p < 0.05$ ).

**Conclusion:** The Masculine Depression Scale with 18 items is a valid and reliable measurement tool for evaluation of masculine depressive symptoms. The internalized depressive symptoms increase as the adhered masculine norms by college men. Attitude towards seeking help is decreased as the antifemininity and toughness. These conclusions are important in terms of raising awareness in professionals working the field of mental health on sex differences of depressive symptomatology, traditional masculine norms and seeking help.

**Keywords:** Men, masculine depression, masculine norms, seeking help, college men.

**S 4379****NURSE'S DIAGNOSIS LEVELS ON SYMPTOMS AND RISKS OF CHILD ABUSE AND NEGLECT****Yadigar Çevik Durmaz<sup>1</sup>, Pelin Tuncer Çoban<sup>2</sup>, Ayşe Kuzu<sup>3</sup>**<sup>1</sup>Munzur University, Nursing Department of Health Faculty, Tunceli, Turkey<sup>2</sup>Tunceli State Hospital, Orthopedics and Traumatology, Tunceli, Turkey<sup>3</sup>Bülent Ecevit University, Ahmet Erdoğan Vocational School of Health, Zonguldak, Turkey

**Introduction:** In addition to informing the public about child abuse and neglect, the other task of the health professional is to diagnose child abuse and neglect and to inform the judicial authorities (1, 2, 3). This study was conducted to determine the diagnosis levels on symptoms and risks of child abuse and neglect of nurses working in Tunceli State Hospital.

**Method:** Without using a sampling method, all nurses who volunteered to participate in the study were included. The study data were collected using the Personal Information Form and the Scale of Diagnosis of the Symptoms and Risks of Child Abuse and Neglect (SDSRCAN). In the statistical analysis of data, number, percentage, standard deviation, student-t test, one-way variance analysis (ANOVA) and Kruskal Wallis variance analysis were used.

**Results:** 87.5% of the participant nurses were male, 32.5% were between 22-31 years of age, 65.0% had undergraduate degrees, 85.0% were married and 70.0% had children. The age of the participants was between 21-44 years, 42.5% were working in service. 18.8% of the nurses encountered with child neglect and abuse, 21.2% had a suspicion of neglect and abuse and 27.5% were trained on this subject. The mean score of the participants total SDSRCAN score was  $240.28 \pm 20.96$  (min: 192.00; max: 289.00). When the educational level and SDSRCAN scores of the participants were compared, it was determined that there was a difference between the groups and that the difference was due to the high scores of nurses who were educated at undergraduate and post-graduate level ( $p < 0.01$ ). When the encountering with child neglect and abuse and SDSRCAN scores were compared, it was determined that there was a difference between the averages and this difference was due to the high scores of nurses who encountered with child neglect and abuse ( $p < 0.032$ ).

**Conclusion:** As a result of this study, it was determined that the participant nurses are well informed about symptoms of child abuse and neglect, the knowledge levels of nurses who had undergraduate and post-graduate education and witnessed child neglect and abuse were found to be higher. It is recommended to plan and implement effective training programs that include all health professionals, primarily nurses, in order to diagnose and prevent child abuse and neglect early, and to conduct studies to evaluate the results of these training programs.

**Keywords:** Child abuse, child neglect, nurse, knowledge level.

## S 4380

### OBSESSIVE COMPULSIVE DISORDER (OCD) AND ANXIETY IN MIDWIVES AND NURSES

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**Introduction:** Midwives and nurses who work intensively and in shifts face many problems and difficulties in performing their duties, and therefore, this situation paves the way for various psychological conflicts such as anxiety and obsession (1,2,3,4). This study was conducted to determine the effects of some characteristics related to working life of midwives and nurses on their obsessive-compulsive symptoms and anxiety level.

**Method:** The universe and sample of study consists of 157 midwives and nurses working at Tunceli State Hospital, Tunceli Dental Hospital and 3 Family Health Centers who accepted to participate in the study. The study data were collected using the Personal Information Form, the Maudsley Obsessive Compulsive Inventory (MOCI) and the Beck Anxiety Inventory (BAI). In the analysis of the study data, descriptive statistics, Mann Whitney U and Kruskal Wallis variance analysis were used.

**Results:** It was determined that 84.1% of the midwives and nurses participating in the study were female, 38.2% were between 25 and 36 years of age, 62.4% were married, 87.3% had university graduate or higher, 72.0% were service nurses. The mean MOCI score of the participants was  $29.34 \pm 6.01$  and the mean BAI score was  $8.20 \pm 8.64$ . It was determined that the MOCI scores of the individuals who had

no family members ( $p < 0.002$ ) and no colleagues with obsessive thoughts were higher, and the difference between the groups was significant ( $p < 0.001$ ). When the working position and MOCI scores of the participants were examined, it was found that there was a statistically significant difference between the groups ( $p < 0.011$ ). It was observed that the BAI scores of males ( $p < 0.001$ ), those who working 40 hours or more ( $p < 0.042$ ) and those who had family members ( $p < 0.001$ ) and colleagues ( $p < 0.001$ ) with obsessive thoughts were higher and the difference between the groups was significant. When the working position and BAI scores of the participants were examined, it was determined that the difference between the groups was statistically significant ( $p < 0.012$ ).

**Conclusion:** The results of the study show that the obsessive-compulsive symptoms of midwives and nurses are high, their anxiety is moderate and these symptoms are affected by some working conditions. It is suggested that to conduct studies to reveal the relationship between working life and mental health with wider participants.

**Keywords:** Nurse, midwife, anxiety, obsession, compulsion.

## S 4382

### THE EFFECT OF MOTIVATIONAL INTERVIEWING AND TELEPSYCHIATRIC FOLLOWING ON MEDICATION ADHERENCE OF PATIENTS WITH BIPOLAR DISORDERS

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**Introduction:** This study was conducted to determine the effect of individualized motivational interview-based improve medication adherence program and telepsychiatric follow-up on outpatients with bipolar affective disorder's medication adherence at the Community Mental Health Center.

**Method:** The research is a randomized-controlled experimental research. This study was conducted with 54 patients with bipolar affective disorder meeting the sampling criteria in Sivas Community Mental Health Center. Data were collected using the Information Form, Morisky Medication Adherence Scale and Medication Adherence Rating Scale. Motivational interview-based improve medication adherence program was individually applied the experimental group. The program consists of 6 sessions, lasts 240-270 minutes in total. After the program was applied, SMS reminders were sent in the medication hours during 3 months patients in the experimental group. All of the patients were reapplied scales at the third and sixth months by telephone. In the data analysis Variance analysis, significance test of difference between two means, Friedman test, Mann-witney U test, Chi-square test were used.

**Results:** In this study, medication nonadherence found  $2.96 \pm 0.69$  before application,  $0.46 \pm 0.83$  in the third months and  $0.14 \pm 0.44$  in the sixth months by MMAS in the experimental group. The difference between both groups in terms of MMAS scores averages was found statistically significant ( $p < 0.05$ ). There was no difference between measurements in terms of MMAS scores averages in the control group of patients ( $p > 0.05$ ). Medication adherence in the experimental group found  $4.17 \pm 1.78$  before application,  $7.66 \pm 1.95$  in the third months and  $8.57 \pm 1.68$  in the sixth months by MARS. The difference

between both groups in terms of MARS scores averages was found statistically significant ( $p < 0.05$ ). There was no difference between measurements in terms of MARS scores averages in the control group of patients ( $p > 0.05$ ).

**Conclusion:** The result reached that motivational interview and telepsychiatric follow-up can be used to increase medication adherence of bipolar patients.

**Keywords:** Bipolar affective disorder, medication adherence, motivational interview, psychiatric nursing, telepsychiatry.

## S 4383

### THE EFFECT OF COMMUNITY MENTAL HEALTH CENTER APPLICATIONS ON CARE BURDEN, DEPRESSION AND EXPRESSED EMOTION OF CAREGIVERS OF PATIENTS WITH SCHIZOPHRENIA

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**Introduction:** Schizophrenia is a mental disorder that affects the individual, his/her environment and the society. The fact that schizophrenia is progressive disorder and causes disability makes it necessary to care for patients with schizophrenia. Over time care becomes a psychological and sociocultural burden for caregivers. Because of the social structure in Turkey, most of the patients live with their families, most of them spend the whole day at home, at least one person in the family stays away from social life and involvement in production for patient care. This may cause problems in the family. Community mental health centers (CMHC) function as centers that contribute to the well-being of the family and the patient, where the treatments of patients are maintained and patients can spend time during the day. This study was conducted descriptively to determine the effect of CMHC on care burden, depression and expressed emotion of caregivers of patients with schizophrenia.

**Method:** The research was carried out with family members who provided primary care to patients diagnosed with schizophrenia for at least one year and registered to CMHCs of Sivas between January 1, 2018 and July 30, 2018. A total of 70 caregivers participated in the study. Data were collected using the Sociodemographic data form, the Expressed Emotion Scale (EES), the Beck Depression Inventory (BDI), the Zarit Burden Interview (ZBI), and analyzed using IBM SPSS Statistics 23 program.

**Results:** 80.0% of the participants were women, 58.6% were 50 years and over, 64.3% were single, 72.9% were housewives. 44.3% of them lived with their parents, 85.7% lived in a nuclear family with 4 people average and 70% of them lived with their family for more than 20 years. There was no other patient in 78.6% of the houses, no children in 60% of the houses and no elderly in 68.6% of the houses. 62.9% of the patients were found to be taking medication without help, and 60% were found not to receive support from another. EES mean score of the participants was  $15.14 \pm 6.39$ , BDI mean score was  $11.88 \pm 10.49$  and their ZBI mean score was  $27.41 \pm 15.88$ . The difference between the scale scores of the caregivers of patients who

went to CMHC and who did not was statistically insignificant at the level of  $p < 0.05$ .

**Conclusion:** There is a need for research on what the problems experienced by schizophrenia caregivers are and what the appropriate interventions can be made in CMHC.

**Keywords:** Schizophrenia, care burden, expressed emotion, CMHC.

## S 4384

### THE EFFECT OF COMMUNITY MENTAL HEALTH CENTER ON SOCIAL FUNCTIONING AND DRUG COMPLIANCE OF PATIENT WITH SCHIZOPHRENIA

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**Introduction:** Schizophrenia is a mental disorder that causes problems in the work and daily life of the patient and causes changes in the daily life of the patient and patients's relatives. Today, it is stated that drug treatments commonly used in the treatment of schizophrenia are ineffective in reducing the negative indications in the patients, and therefore it is necessary to apply the treatment methods including psychoeducation and psychosocial rehabilitation for the social and functional disability of the patient. Community mental health centers (CMHC) established for this service aim to register those who have serious mental illnesses living in a certain geographical area and to reintegrate them into the society by providing regular follow-up, treatment and rehabilitation. This study was conducted descriptively to determine the effect of CMHC on social functioning and drug compliance of patients with schizophrenia.

**Method:** The research was carried out with patients of schizophrenia who were registered to CMHCs of Sivas for at least one year between January 1, 2018 and July 30, 2018. Data were collected using the Sociodemographic data form, Social Functioning Scale (SFS), the Medication Adherence Rating Scale (MARS), and analyzed using IBM SPSS Statistics 23 program.

**Results:** 61.4% of the patients were found to be male, 65.9% were over 40 years old, 51.1% were single, 33% were high school graduates, 45.5% were living with their parents, 39.8% had this illness for more than 20 years and 35.2% of them used medicines for more than 20 years. The mean score of the patients' social functioning scale was  $86.61 \pm 22$  and 40.9% of the patients were found to have good drug compliance. Regression analysis showed that the difference between SFS mean scores of patients who went to CMHC and who did not was statistically significant at  $F = 16.834$   $p < 0.01$  level but it was found statistically insignificant in terms of drug compliance. In the correlation analysis, it was found that there was a significant positive correlation between the SFS scores and the number of days in CMHC. As the number of days in CMHC increased, the score of SFS increased.

**Conclusion:** It may be useful to promote patients with schizophrenia about continuing to CMHCs regularly to improve their functioning, and to conduct new studies to improve drug compliance of patients as they are not at the desired level.

**Keywords:** Schizophrenia, social functioning, drug compliance, CMHC.

## S 4387

### HOW CAN WE IMPROVE THE CLINICAL PRACTICE OF PSYCHIATRIC AND MENTAL HEALTH NURSING? A QUALITATIVE STUDY ON STUDENT EXPERIENCES

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**Introduction:** Clinical practice is an important component of psychiatric and mental health nursing. Clinical practice allows students to put theory into practice, observe patients and develop skills for communication with patients. The aim of this study is to offer ideas about how to improve student experiences with the clinical practice of psychiatric and mental health nursing.

**Method:** This descriptive-qualitative study was carried out in collaboration with the students in the Department of Nursing at the School of Health Sciences of Ordu University as part of a course on Mental Health Nursing. In the study data were collected through focus group interviews. Sufficient data were gathered through interviews with 5 different focus groups composed of 8 individuals, a total number of 40 students.

**Results:** As a result of the analysis three main themes were identified. These include the improvement of emotions experienced during psychiatric clinical practice, the improvement of the difficulties experienced while putting theoretical knowledge into practice and the improvement of care-giving practices on patients with mental health disorders. The students who participated in the study stated that they experienced negative feelings during clinical practice and had difficulties in coping with these negative feelings. They also expressed that they needed emotional and psychological support for themselves before clinical practice. The majority of the students reported that they had difficulties while putting their theoretical knowledge into practice. They also suggested that a better planning process, an increased number of case studies.

**Conclusion:** In this study it was concluded that nursing students encountered problems that they failed to cope with during clinical practice. As a result of the study, a few suggestions were made to enhance and improve the clinical practice of psychiatric nursing.

**Keywords:** Clinical practice, psychiatry, nursing student, improvement.

## S 4389

### THE STUDY OF RELIABILITY AND VALIDITY OF OLD ORIENTED ATTITUDE MEASUREMENT GENYA

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**Introduction:** Aging is an inevitable period of human life. It is a universal process that has physical and psychological dimensions as well as its social dimensions, which is seen in every living thing and

is expected to suddenly or gradually diminish in whole or in part in all functions.

**Method:** In this study, it was aimed to develop an attitude scale towards the elderly. The sample of the study is between the ages of 15-65; a total of 1344 people from different genders, education and socioeconomic levels. The attitude scale development for the elderly started with the examination of the theoretical structure and then continued with the taking of the work permit and article writing steps. The steps followed the steps of language and psychometric controls, piloting for item selection, taking expert opinion, formulating and sampling the trial form, validity and reliability, and finally the final scaling of the scale. Whether or not the scale is valid was determined by examining the construct validity and internal validity. Factor analysis was used to determine construct validity, and sub-top group comparison was used to determine internal validity. In order to test the reliability of the scale, Cronbach's reliability coefficient and test-retest consistency were calculated.

**Results:** A scale with a variance of 50.3% was developed for the elderly attitudes, which consist of 4 subscales and 23 items, ranging from 23 to 115 in the end score range. The Cronbach's reliability coefficient of the scale was calculated as 0.88, which indicates high reliability.

**Conclusion:** It has been determined that this improved scale, validity and reliability are high, is a reliable and valid measuring tool in determining the attitudes of individuals towards their aging.

**Keywords:** Aging, elderly, attitude, scale development.

## S 4390

### REFLECTION OF INTERNET USE IN NURSES TO NURSING SERVICES

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**Introduction:** This study was carried out to examine the reflection of internet usage on nursing services among nurses.

**Method:** All the nurses working actively in their search hospital services in the city created the universe of the work. The sample was not selected in the survey, 64 nurses who accepted to participate in the survey and filled the information form were included in the study. The data were collected by a questionnaire consisting of 26 questions prepared by the researchers. Percentages and averages are used in the evaluation of the data.

**Results:** The mean age of the nurses included in the study was 32.17±6.38, 81.3% were female and married, and 57.8% were graduated. It was found that 85.9% of the nurses use social network, 62.5% follow nursing related areas on internet and 73.4% use internet for 0-2 hours on average. Only 32.8% of the nurses included in any of the nursing related areas (group or pages, THD, ICN ...) in the internet, while 82.8% thought that "nurses should be involved in the fields related to their professions on the internet". In addition, 29.7% of the nurses responded "yes" to the question "Do you have an intervention-care that you have learned through the internet and you are applying to the patient?" Like wise, in the same way, when asked "Where do you usually need to know when you need information for an application", 70.3% of the respondents surveyed on the internet, 43.8% answered the question by asking another nurse, 29.7% answered by asking the doctor.

**Conclusion:** According to the results of the study, the vast majority of nurses use information on the internet for professional information. However, it has been determined that occupational use is limited.

**Keywords:** Nurse, internet, nursing care.

## S 4395

### DETERMINING TO THE INTERNET ADDICTION AND FEAR OF MISSING OUT OF THE NURSING DEPARTMENT STUDENTS

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**Introduction:** Dependency is defined as "a relationship between the dependent person and the object for which this person exhibits excessive behavior". Young individuals can spend most of their days sharing information on social networks, watching the agenda, and updating their friends and their situation. This constant updating and monitoring behavior, fed from social networks, is called Fear of Missing Out (FoMO) all over the world. Because they use the internet and social networks for a very long time, students are seen as a risk group for internet addiction. In this study, it was aimed to evaluate the internet addiction in nursing students and fear of missing out.

**Method:** The study was planned to be conducted in a way that students studying in the nursing department would be descriptive of the intentions of the internet addiction and development of fear of social withdrawal. The application was completed with 511 nursing students who accepted to participate in the research. The Personal Information Form, the Internet Addiction Scale (SDS) and the Fear of Growing Fear of Social Development (FOMO) were used to collect the data.

**Results:** In the survey, it was determined that the average of internet dependence scale of students was  $41 \pm 20$ . This shows that students use controlled internet. At the end of the study, the average score of FOMO students was found to be  $23 \pm 8$  and the students' fear of missing out was found to be moderate. As a result of the study, it was found out that there is a relationship between FOMO and internet addiction of 0.000 and that students have fear of abduction in the social media as internet dependency increases.

**Conclusion:** This study reveals that the usage of internet is increasing in parallel with the increase of social media usage. which suggests the need to take precautions at risk groups.

**Keywords:** Internet addiction, social media, nursing students.

## S 4397

### PAIN LEVELS OF PATIENTS IN A PHYSICAL THERAPY HOSPITAL AND METHODS USED IN COPING WITH PAIN

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**Introduction:** Pain is an important symptom that develops related to physical illness. Patients often have difficulty coping with the pain they experience. This study was conducted as a descriptor to deter-

mine the levels of pain and the methods of coping with pain by the inpatients of a physical therapy hospital.

**Method:** The sampling of the descriptive study consisted of 107 patients who were hospitalized between 15<sup>th</sup> October and 15<sup>th</sup> December 2015 inpatient services of a Physical Therapy Hospital. The data of the study were collected using the Demographic Information Form, and the VAS to assess pain severity. Number, percentage, mean, and standard deviation were used in the analysis data.

**Results:** 72% of the patients were women, mean age was  $61.6 \pm 11.8$ , 71% were married. 33% of the patients were disc hernia and 24% complained of lumbar pain. The mean VAS score of the patients was  $6.4 \pm 1.8$ . The most commonly used approaches by the patients in coping with pain were pain medication (73%), waiting for relief (58%), praying (55%), resting (53%), massage (35%). When experiencing pain, 93% of the patients were using analgesics, and 21.5% of them took analgesics daily. It was found that 92% of the patients were offered physical therapy by the physician, and 31% of them were offered and given complementary medical applications (ozone therapy, acupuncture, prp etc.) other than medical treatment, and that these non-medication treatments reduced pain (86%). 18% of the patients reported that they went to psychiatry for the pain and used psychiatric medication (16 people).

**Conclusion:** As a result, it was determined that the patients' level of pain was above the median, that they frequently used analgesics to cope with the pain, and that they used approaches such as waiting for spontaneous relief, praying, resting, and massage.

**Keywords:** Pain, coping, physical illness, nursing.

## S 4401

### POST TRAUMATIC STRESS INDICATORS AND RELATED FACTORS IN HIGH SCHOOL STUDENT ADOLESCENTS IN SOUTHEASTERN ANATOLIA\*

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\*This study is composed of a part of the data of Ömer Faruk Baştuğ's thesis "Post Traumatic Stress Expressions and Related Factors in High School Student Adolescents in Southeastern Anatolia".

**Introduction:** The purpose of this study was determined as the post-traumatic stress indicators and related factors in high school students in adolescents in Southeast Anatolia

**Method:** The study was made as descriptive. The research population consisted of 9522 students and sampling consist of 459 students in the in 10 high schools of Cizre province. Personal Information Form, Posttraumatic Stress Diagnosis Scale (PDS) were used to collect data.

**Results:** Students was detected that 83.9% (n=328) of the students stated that they experienced a military conflict or war zone and 75.4% (n=295) of the students had a great fear. According to PDS 87.2% (n=341) of the students were found to have PDS indications

**Conclusion:** The fact that nine out of ten students are living with PDS is important in terms of preventive mental health services that to be offered in the region.

**Keywords:** Adolescence, Post Traumatic Stress Disorder, expectation.

## S 4402

### DEPRESSION RISK AND RELATED FACTORS IN HIGH SCHOOL STUDENT ADOLESCENTS IN SOUTHEASTERN ANATOLIA\*

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\*This study is composed of a part of the data of Ömer Faruk Baştuğ's thesis "Post Traumatic Stress Expressions and Related Factors in High School Student Adolescents in Southeastern Anatolia".

**Introduction:** Depression, which is an important social health problem at both the personal and the social level, is one of the most common psychological disorders. Depression is related to deeply distressed, sometimes along with both sad and moody emotions. Also, depression is a particular syndrome with deceleration in thought, speech, movement and physiological functions, stagnation and besides these feeling and thoughts of worthlessness, smallness, weakness, reluctance, pessimism. Deep sadness and sometimes a sad and moody feeling together with slowness, stagnation in speech, mobility and physiological functions, as well as worthlessness, smallness, weakness, reluctance, pessimism and thoughts. Depression in adolescents in our country and in the world is reported between 5,4% and 5,18%<sup>4,5</sup>. The purpose of this study was determined as the risk of depression and related factors in high school students in adolescents in Southeast Anatolia.

**Method:** The study was made as descriptive. The research population consisted of 9522 students and sampling consist of 459 students in the in 10 high schools of Cizre province. The Personal Information Form and the Beck Depression Scale were used for data collection purposes. The analysis of the data was done in SPSS 18 program and descriptive statistical analyzes and chi square test was used for evaluation.

**Results:** It was detected that, 51.7% (n=202) of students were 15 years of age and below, their age average is  $15.5 \pm 1.25$ , 64.2% (n=251) were female and 35.81% (n=140) were male. In 31.5% (n=123) of the students there is a risk of depression. Statistically significant differences were found between depression risk and high grade level ( $\chi^2=15.894$ ,  $p<0.05$ ), high age level ( $\chi^2=11.477$ ,  $p<0.05$ ), female ( $\chi^2=4.218$ ,  $p<0.05$ ), low socioeconomic status ( $\chi^2=9.889$ ,  $p<0.05$ ) of students and damage to home or workplace due to traumatic events ( $\chi^2=10.110$ ,  $p<0.05$ ). Statistically significant differences were detected between depression risk and what they want to do in the future ( $\chi^2=7.132$ ,  $p<0.05$ ), pessimistic expectations about their future ( $\chi^2=44.294$ ,  $p<0.05$ ), pessimistic expectations about the future of the country ( $\chi^2=33.830$ ,  $p<0.05$ ).

**Conclusion:** 31.5% of the students have a risk of depression. This rate is higher than the rates of depression reported for adolescents in the world and our country. The fact that one of the three students has a risk of depression is important in terms of preventive mental health services to be offered in the region.

**Keywords:** Adolescence, depression, future expectation.

## S 4403

### EXAMINATION OF POSTGRADUATE THESIS ON COMPLEMENTARY AND INTEGRATED THERAPIES USED TO IMPROVE ANXIETY AND DEPRESSION IN THE FIELD OF NURSING

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**Introduction:** The aim of this study is to examine of postgraduate theses on complementary and integrated therapies used to improve anxiety and depression in the field of nursing.

**Method:** It was scanned the data base of the National Council of Higher Education Thesis Center in the framework of research; Related to complementary and integrated therapies used to improve anxiety and depression in the field of nursing within the Institute of Health Sciences of 17 master's and 21 doctoral thesis, including a total of 38 theses were examined of between 2008 and 2018 have been analyzed. In this study, document review technique was used and the frequency and percentage techniques were analyzed.

**Results:** The first graduate article on ethics was prepared in 2008, and the highest number of graduate papers on ethics belongs to the year 2016 (23.68%) and the majority of these were doctoral theses 55,27%. Most were also specified to use the descriptive survey design and quantitative model. 21.05% of the dissertations were written in Ege University and more than half of the supervisors of the dissertations 44.73% were associate professor, and 60.52% of them had full text on the database. In the thesis, it was determined that reflexology 13.15%, massage 10.52%, music therapy 10.52% and progressive relaxation 10.52% methods were used and caesarean section 13.15% cancer patients 10.52%, hemodialysis and intensive care patients 7.89% were made and methods applied at 86.84% were found to be effective in reducing anxiety and depression.

**Conclusion:** As a result, the theses on improving anxiety and depression in the field of nursing. have been found a limited number. It may be advisable to increase the use of complementary and integrated therapies in postgraduate theses and integrate them into clinic nursing practice in proven methods.

**Keywords:** Nursing, anxiety, depression, complementary and integratif therapy, postgraduate, thesis.

## S 4405

### PSYCHIATRIC PATIENTS' PERCEPTIONS RELATED TO THERAPEUTIC ENVIRONMENT IN INPATIENT SERVICES

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**Introduction:** Studies of the service environment suggest that service environment assessments are important to achieving the best treatment outcomes and that the variables affecting the service environment perceptions must be addressed in a comprehensive manner. This study was conducted to determine the factors that could affect the perceptions of the adult patients in the psychiatric service about the therapeutic environment.

**Method:** This study, which is planned in descriptive and cross-sectional design, is a male service which is open for visitors who are inpatient at a Mental and Neurological Hospital in İstanbul between October and December 2016, the female service which is open for visitors and post-traumatic stress male services which is close for visitors and under supervision. The study included 114 patients with schizophrenia, depression, bipolar and psychotic diseases. For data collection, personal information form and Service Environment Scale (SES) were used. Analysis was conducted by using descriptive statistics, t-test, Mann-Whitney-U test, ANOVA and correlations.

**Results:** Women and high school and university graduates had higher levels of support, participation, order and organization scores from secondary school graduates and men; as the age increases, the spontaneous scores of the patients increased; working patients had higher anger and aggression scores than those who did not work; support and spontaneity scores of patients with regular income were higher than those without regular income; the participation and support scores were higher in open-services than those of the closed-services; support, autonomy and practical orientation scores of patients who had previous hospitalization history in different hospitals were found to be lower. The variables such as marital status, health insurance status, persons living together, disease diagnosis, and hospitalization frequency and hospitalization duration were not related to the service environment perception. In the Relationship Dimension subscales, the Support subscales' score was highest. This result showed that employees understand the needs of the patient and that the patients support each other. In the Personality Development subscale autonomy was scored as the lowest one. This finding suggests that patients are not sufficiently independent in taking their own decisions. In the Functionality of System subscales, the highest score was taken by the control of staff. A high level of staff control means that you have more supervision over the patients.

**Conclusion:** These results suggest that patients in the psychiatric services should be considered by their personal characteristics in the evaluation of their perception of the service environment. It is thought that qualitative studies involving in-depth and focus group interviews will contribute to making the environment therapeutic in order to understand the subject more deeply.

**Keywords:** Therapeutic environment, psychiatric hospital, psychiatric patient.

## S 4406

### CANCER PATIENTS' CAREGIVERS: COMMUNICATION WITH THEIR NURSES, CARE BURDENS AND ANXIETY LEVEL

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**Introduction:** This study is conducted with the aim of examining cancer patients' caregivers communication with their nurses, care burdens and anxiety levels

**Method:** This analytic and cross-sectional study is conducted between the dates of 1<sup>st</sup> May–31<sup>st</sup> July, 2018 in the department of oncology of a training hospital with the 246 cancer inpatients' caregivers to the study. The data is collected from The Personal Information Form,

which consists of 26 questions about the demographic information of the individuals and the caregiving process, Caregiving Burden Scale and Beck Anxiety Scale. In order to evaluate the data; descriptive statistical analysis, One-way ANOVA, Student t test and Pearson correlation analysis are used.

**Results:** The average age of participants' 45.99±12.08 is 77.2% female, 82.9% married, 41.5% living in a city most of their lifetime, 41.5% education status primary education, and 34.1% housewife. According to The Caregiver Burden Scale of caregivers who were included in the study, the mean score 44.48±17.84 is found to be moderate, and according to The Beck Anxiety Scale the mean score 13.31±7.99 is found to be low. The findings pointed out that caregiving burden is affected by informing the inpatient cancer caregivers about patient care (F=200.45, p=0.000), informing of applied procedure (F=19.61, p=0.000), informing about the illness and the cure (F=18.03, p=0.000). When the communication between the caregivers and the nurses is examined in general; it is found that reaching nurses (F=9.93, p=0.000), asking questions freely to nurses (F=11.46, p=0.000), receiving answers to the questions asked (F=25.63, p=0.000) affect care loads. Similarly, informing the inpatient cancer caregivers about patient care (F=56.76, p=0.000), informing of applied procedure (F=9.57, p=0.000), informing about the illness and the cure (F=14.87, p=0.000) affect the anxiety levels of the caregivers. In addition, reaching nurses (F=7.28, p=0.000), asking questions freely to nurses (F=9.31, p=0.000) and receiving answers to the questions asked (F=8.93, p=0.000) affect the anxiety levels of the caregivers. There is a positive, strong and significant relation between the anxiety levels and caregiving burden of the cancer patients' caregivers (r=0.616; p=0.000).

**Conclusion:** Consequently, caregiving burden and anxiety levels can be affected by the communication between the cancer inpatient caregivers and the nurses. Accordingly, an awareness education about communication between the cancer patients' caregivers and nurses can reduce the caregiving burden and the anxiety levels of the caregivers can be recommended to the nurses.

**Keywords:** Nursing, caregiving burden, anxiety, caregivers.

## S 4408

### CORRELATION BETWEEN SOCIAL RESPONSIVENESS OF CHILDREN WITH SPECIAL NEEDS AND SOCIAL COGNITION OF THEIR MOTHERS

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**Introduction:** This study aims at examining the correlation between social responsiveness of children with special needs in the 5-18 age group and the social cognition of their mothers.

**Method:** Data of the descriptive and cross-sectional study was collected between May 2017 and July 2018 after the approval of the research ethics committee. Sample of the study consisted of 77 mothers, whose children attending special education institutions at Sakarya. Personal Information Form for the mother and the child, "Strengths and Difficulties Questionnaire (SDQ)-Parent Form" and "Reading the Mind in the Eyes Test (RMET)" were completed with



personal interview with the mother. Internal consistency reliability value(s) were varied 0.38-0.70 for SDQ and 0.69 for RMET. Data was assessed in computer with statistical tests.

**Results:** Out of mothers with a mean age of  $38.14 \pm 7.06$ , 88.3% were married, 72.7% were primary or secondary school graduates. 61% of children participating were male with a mean age of  $9.44 \pm 3.72$ . Mean point scores of the SDQ subscales were  $18 \pm 5.79$  for total difficulties,  $3.77 \pm 2.24$  for emotional problems,  $2.71 \pm 2.12$  for conduct problems,  $6.93 \pm 2.74$  for hyperactivity,  $4.57 \pm 2.08$  for peer problems and  $7.11 \pm 2.51$  for prosocial. Some specialities of the mother and child were statistically meaningful with the SDQ subscales ( $p \leq 0.05$ ). On the basis of correct answers given to RMET, the mean score was  $18.42 \pm 4.77$ . It was found that the marital status and education level of the mother was effective in the test score ( $p \leq 0.05$ ). Otherwise, there was not found any correlation between SDQ and RMET ( $p > 0.05$ ).

**Conclusion:** Mothers experienced greater difficulties than normal in emotions and conducts regarding their children attending special education; however, that the children acted responsively (social responsiveness) in their relations with other individuals and that determination of this situation was not related with social cognition of the mothers.

**Keywords:** Child with special needs, social behavior, social cognition, social response.

## S 4409

### THE RELATIONSHIP OF PROBLEMATIC MOBILE PHONE USAGE WITH INTERACTION ANXIETY IN ADOLESCENTS

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**Introduction:** According to 2017 data of the Turkish Statistical Institute, 81.276 mobile phones were located in Turkey in 1994, and in 2017 this number reached 77.800.170. As well as being indispensable nowadays, mobile phone is a technological tool that carries serious risks for the spiritual well-being of individuals. In this study, it was aimed to determine the relationship between problematic mobile phone use and interaction anxiety in adolescents.

**Method:** This study, which was conducted in the relational screening model, was carried out with 1274 students who attended 3 anatolian high school and 3 vocational and technical anatolian high school selected from Yenimahalle in Ankara. For sample count, the 95% confidence level,  $\pm 5\%$  standard deviation and sample correlation were considered minimum 0.100, and the minimum number of students was determined as 1073. In the study, the "Mobile Phone Problematic Use Scale" developed by Augner and Hacker (2010) and the "Interaction Anxiety Scale" developed by Leary (1983), which have been adapted to Turkish, were used. The data were evaluated using The Statistical Package for Social Sciences, Version 16.0. Descriptive statistics and Pearson correlation analysis were used in the analysis of the data.

**Results:** It is determined that 43.9% of the students were female, 56.1% were male and the average age was  $16.07 \pm 0.99$  years, the most used application in mobile phones was internet with 74.4%, 73.9% of students used their mobile phones for at least 3 hours per day, 45.1% in those used mobile phone 5 hours or more and 95.3%

of the students have an account in at least one social networking site. It was determined that there is a significantly positive but weak correlation between scores of "Dependency", "Social Relations" and "Outcomes", which are subscales of Mobile Phone Problem Use Scale, and Interaction Anxiety Scale scores ( $p < 0.05$ ).

**Conclusion:** This study has shown that the problematic mobile phone usage is associated with the social interaction anxiety. The mobile phone functions as a social interaction tool for people who are experiencing problems in face-to-face communication, but this time the use of mobile phone can become problematic. Therefore, in terms of spiritual well-being of the students it may be suggested that improving healthy mobile phone usage and social interaction, and the relationship between problematic mobile phone usage and social interaction anxiety are examined by qualitative studies.

**Keywords:** Adolescent, anxiety, mobile phone, problematic mobile phone use, social interaction.

## S 4412

### THE RELIABILITY AND VALIDITY STUDY OF THE TURKISH VERSION OF SUBSTANCE ABUSE SELF-STIGMA SCALE

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**Introduction:** One of the problems related to substance and alcohol use is the negative feelings that the abusers perceive from the society and their environment. In our country, there is no measurement tool for evaluating internalized stigmatization/self-stigma in substance abuse. In researches to measure of the self-stigmatization in substance users, the Stigmatization Scale of Mental Illnesses is used which was developed by Ersoy and Varan. The aim of the study is to gain of Substance Abuse Self-Stigma Scale in literature, developed by Luoma et al (2014), which is used to measure self-stigma in the patient that had substance use history1.

**Method:** After obtaining ethic and institution permission, the data was collected with 260 people who accepted to participate of the methodological design study, continually participate of the group therapy in Probation Directorate, between April 15th and May 1st 2016. The data was collected with information form (20 item), Self-stigma in Substance Abuse Scale for parallel form validity analysis. Internalized Stigma of Mental Illness Scale was used after permission of scale owner. The data evaluated by reliability and validity, Spearman and Pearson correlation, item-total correlation, confirmatory factor analyses.

**Results:** The cronbach alfa reliability coefficient was found 0.77 determining the reliability of the scale. Item and total score correlation coefficients for the scale items were found between 0.307 and 0.637. According to confirmatory factor analysis, a value of the Chi-squared distribution was found 1.34. RMSEA value was found 0.036 ( $p < 0.05$ ). There was a positive and middle level correlation between Self-Stigma in Substance Abuse and Internalized Stigma of Mental Illness Scale ( $r = 0.594$ ;  $p < 0.001$ ).

**Conclusion:** The results of the study showed that the Turkish version of SASSS is a reliable and valid instrument in determining self-stigma in substance users. The scale should be used in the different centers with a patient that in a long-term treatment, and a large population.

**Keywords:** Substance addiction, substance abuse, stigma, reliability and validity.

**S 4414****THE EFFECT OF ASSERTIVENESS SKILLS TRAINING ON SELF-ESTEEM AND INTERNALIZED STIGMATIZATION OF CHRONIC PSYCHIATRIC PATIENTS****Burcu Ceylan<sup>1</sup>, Nesibe Günay Molu<sup>1</sup>, Fatma Yener<sup>1</sup>, Ayşe Özcan<sup>2</sup>, Akif Usta<sup>3</sup>**<sup>1</sup>*Necmettin Erbakan University, Faculty of Nursing, Mental Health and Psychiatric Nursing, Konya, Turkey*<sup>2</sup>*Karatay University, School of Health Sciences, Nursing Department, Konya, Turkey*<sup>3</sup>*Ministry of Health, The Public Hospital, Konya, Turkey*

**Introduction:** Low self-esteem and internalized stigmatization are the symptoms seen in chronic psychiatric patients and affecting patients negatively. This study was planned to evaluate the effect of assertiveness skill training on chronic psychiatric patients on self-esteem and internalized stigmatization levels of patients.

**Method:** This study was planned as a semi-experimental study consisting of a single group of repeated measures. The research will be conducted in the Community Mental Health Center (CMHC) of a hospital affiliated to the Ministry of Health in Konya. All patients will be included in the study except for those patients with acute symptoms and mental retardation who are consulted from the TRSM team. The data will be collected using the Information form, the Rosenberg Self-Esteem Scale, and the Internalized Stigmatization Scale for Mental Illness. Appropriate statistical analysis will be used to examine the relationship between the scale scores of the data. The results were tested at the  $p < 0.05$  significance level.

**Results:** Although assertiveness skills training applied to chronic psychiatric patients decreased the mean self-esteem of the patients, it was found to be not significant ( $p = 0.542$ ). Education on internalized stigmatization is found to be effective (0.002).

**Conclusion:** Assertiveness skills training is thought to be effective methods to increase the low self-esteem of patients and to combat internalized stigmatization.

**Keywords:** Assertiveness skills training, self-esteem, internalized stigmatization, chronic psychiatric patients.

**S 4416****THE AIM OF THIS STUDY IS TO DETERMINE THE EFFECT OF A CONTACT HYPOTHESIS-BASED INTERVENTION PROGRAM ON NURSING STUDENTS' ATTITUDES, SOCIAL DISTANCE AND STIGMATIZATION BEHAVIORS TOWARDS SCHIZOPHRENIA: A RANDOMIZED CONTROLLED TRIAL****Burcu Ceylan<sup>1</sup>, Ayşe Özcan<sup>2</sup>**<sup>1</sup>*Necmettin Erbakan University, Faculty of Nursing, Mental Health and Psychiatric Nursing, Konya, Turkey*<sup>2</sup>*Karatay University, School of Health Sciences, Nursing Department, Konya, Turkey*

**Introduction:** The aim of this study is to determine the effect of a contact hypothesis-based initiative program on nursing students' attitudes, social distance and stigmatization behaviors towards schizophrenia.

**Method:** A randomized controlled trial was used in this study. The study group consisted of 81 freshman nursing students who were assigned to the experimental (41) and control (40) groups. The Beliefs toward Mental Illness Scale (BMI), the Social Distance Scale and the Stigmatization Scale were used as data collection forms. The measurements were performed before the contact hypothesis based initiative program, after the theoretical training, after the contact training and three months later. The data were analyzed using the analysis of variance for repeated measures and the two-way analysis of variance and Cochran's Q test. The results were tested at the  $p < 0.05$  significance level.

**Results:** this training program based on the contact hypothesis has been found to be effective in reducing the negative beliefs and behaviors that "schizophrenia patients are dangerous" which is an important role in the development of social distance and stigmatization behavior towards schizophrenia patients.

**Conclusion:** It is recommended to use this method in cooperation with the media and related institutions in the training of the focus groups in the society (health workers, community leaders, employers, teachers, students, etc.)

**Keywords:** Stigmatization; belief; social distance; schizophrenia; contact hypothesis-based education program.

**S 4418****THE RESILIENCE LEVELS OF CAREGIVING FAMILY MEMBERS OF PATIENTS WITH CANCER AND THEIR WAYS OF COPING WITH STRESS****Eda Ay<sup>1</sup>, Hatice Durmaz<sup>1</sup>, Zeynep Olçun<sup>1</sup>, Ayşe Okanlı<sup>2</sup>**<sup>1</sup>*Atatürk University, Faculty of Nursing, Department of Psychiatric Nursing, Erzurum, Turkey*<sup>2</sup>*Istanbul Civilizations University, Faculty of Health Sciences, Nursing Department, İstanbul, Turkey*

**Introduction:** This study was conducted to investigate the relationship between levels of resilience and coping with stress of caregiving family members of patients with cancer.

**Method:** The study was conducted with a descriptive research design, and the study population consisted of patient relatives (392 individuals) of the patients who received inpatient treatment at the Atatürk University Research and Practice Hospital Oncology Clinic and who visited the Oncology Polyclinic for follow-up and treatment. The study data were collected between January 1, 2017 and December 12, 2017. No method was used in sample selection. All the patient relatives who met the research inclusion criteria at the specified time interval and who agreed to participate in the research were included in the study. The survey data were collected by using a 16-item questionnaire developed by the researchers, Resilience Scale for Adults and the Ways of Coping Questionnaire (WOC). In the evaluation of the data, mean, standard deviation, percentage distributions, and correlation analysis were used.

**Results:** It was determined that 58.7% of the patient relatives was female, 70.2% was married, 66.1% was primary school graduate and 65.3% was unemployed. Of the caregivers, 42.9% was the parent of the patient, and 43.6% was the patient's spouse. Of the patient relatives, 75% was living in the same house with the patient. Of the patient relatives, 71.2% was giving care to his/her patient for 19 hours a week, and 11.5% stated that he/she did not receive social support while giving care. The proportion of the patient relatives who believe

that caregiving affected their personal responsibilities was found to be 26.3%. A positive significant relationship was found between the mean scores of the relatives social support, optimistic, helpless and submissive approach, which are subscales of the WOC, and the total mean score on the Resilience Scale for Adults ( $p < 0.05$ ). A negative significant relationship was found between the mean scores of the self-reliant approach subscales of the WOC, and the total mean score on the Resilience Scale for Adults ( $p < 0.05$ ).

**Conclusion:** It was concluded that the resilience levels of the patient relatives who give care to patients with cancer were positively correlated with their way of coping with stress.

**Keywords:** Cancer, resilience, coping with stress.

## S 4419

### PSYCHOMETRIC PROPERTIES OF THE TURKISH VERSION OF THE SUPPORTIVE CARE NEEDS SURVEY—PARTNERS AND CAREGIVERS

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**Introduction:** The purpose of this study is to adapt the Turkish Supportive Care Needs Scale for the purposeful Spouses and Caregivers, to test the validity and reliability.

**Method:** The sample of the study consisted of 228 patients who were treated in an oncology hospital. Statistical program of SPSS 21 (SPSS Inc., Chicago IL, USA) was used for the evaluation of the data. Verification of the structure obtained by confirmatory factor analysis was provided by AMOS 21.0. Internal consistency reliability (Cronbach's alpha coefficient), spearman-brown reliability, validity analyzes (confirmatory factor analysis and content validity) were performed as psychometric tests.

**Results:** The Cronbach's alpha coefficient of the scale was 0.96 and the Spearman-Brown value was 0.86. The model was confirmed by confirmatory factor analysis ( $\chi^2/sd=2.53$ , GFI=0.73, IFI=0.87, CFI=0.87, RMSEA=0.08, and RMR=0.088).

**Conclusion:** The Turkish version of the Supportive Care Needs Scale for Spouses and Caregivers in cancer patients was found valid and reliable. The use of the scale in clinical trials can provide a better understanding of the needs of caregivers. It is recommended that a larger sample group be used in future studies.

**Keywords:** Caregiver, oncology, psychometrics properties.

## S 4422

### PSYCHODRAMA WITH NEGLECTED AND ABUSED CHILDREN

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**Introduction:** Psychodrama, as a model based on action, is based

on creativity and spontaneity. This aspect is very suitable for children and adolescents. Aim of this study is to strength traumatized and involuntarily living together children and adolescents'abilities of adaptation to new living environments, establishing relationships and compromising. Increasing the group cohesion and fostering positive experiences via psychodramatic surplus reality is also aimed. In addition, psychodrama's effect on cohesion, imperishableness and social atomosis examining in this study.

**Method:** The psychodrama group was composed of children aged 14-18 years. The institution and employee information were kept confidential and in March-May 2017 a total of 90 units were held twice a week for 18 sessions of 3-3.5 hours. Rathus Assertiveness Inventory (RAI) and Social Atomic Scale (SAC) were used as data collection tools. The data were analyzed with the SPSS (Statistical Package for the Social Sciences) 18.0 program.

**Results:** Although the assertiveness scores of the group members after the psychodrama did not show a statistically significant difference compared to before the psychodrama, they showed an increase. It was determined that the scores of SAC total score and subscale scores after psychodrama decreased and that the strongest decrease was in the parents' subscale. While the scores of the parents were high before the psychodrama, there was no increase in the scores of the friends after the psychodrama.

**Conclusion:** It is observed that the end of the psychodrama group therapy, children's accordance to group and living areas increased. In addition, reconciliatory communication methods, cohesion and positive life experiences are provided; level of imperishableness scaled up and cohesion and recovery in social support systems increased among children. Using both qualitative and quantitative measurement methods is important since the study is conducted with abused, neglected adolescents and measurements conducted with the same groups, at different times. The using of psychodrama in neglected and abused children's groups should be expanded.

**Keywords:** Child abuse, child neglect, psychodrama, group therapy.

## S 4423

### THE IMPACT OF SOCIAL SKILLS TRAINING ON THE LEVEL OF SOCIAL SKILLS AND INTERPERSONAL RELATIONSHIP IN STUDENT NURSES\*

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**Introduction:** This study is conducted to determine the effect of social skills training on social skills student nurses.

**Method:** This study was performed as with pretesting and post testing control group and patterned intervention investigation. The universe of the research is composed of 100 first-year students enrolled in the Department of Nursing at the Faculty of Health Sciences in 2017-2018 academic years. It was identified that 80 students were eligible to participate in the program. 40 students were randomly assigned to experimental and control groups also by taking into account the voluntary basis of determined 80 person main group. The social skill program consisted of eight session was implemented to experimental group. The research was completed with 78 students. Percentage distribution, independent samples t-test, Mann Whitney U test, variance analysis (ANOVA) and bonferroni test for repeated

measures were used in the analysis of data. Ethics of Research: This study conducted by taking written permission from related The Faculty of Health Sciences Department of Nursing and Aksaray University Human Research Ethics Committee.

**Results:** There was no change in the control group, although there was a significant increase in the social skills scores of the students participating in the social skills training group after the program and at the fourth month follow up. In the experimental group, there was not significant change in the control group while, there was a significant decrease in the level of interpersonal relationship poisonous relationship style dimension at the 4th month follow up. There was not statistically significant change in the experimental group and the control group in post training and 4th follow-up in terms of interpersonal relations scale nutritional relationship style dimension.

**Conclusion:** Given social skills training was effective on the social skill level of the nursing students but not effective on the interpersonal relationship level. It had been proposed to organize the social skills training programmers in schools offering nursing education in order to improve the social skills levels of students.

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**Keywords:** Social skill, interpersonal relation, social skills training, care, nursing students.

## S 4424

### CROSS-CULTURAL ADAPTATION AND PSYCHOMETRIC TESTING OF THE HOLISTIC WELL-BEING SCALE FOR THE TURKISH POPULATION

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**Aim:** The aim of the study is to carry out a cross-cultural adaptation and a psychometric analysis of the Holistic Well-being Scale in Turkish patients with cancer.

**Method:** A convenience sample of 230 patients, being treated with cancer were asked to fill in the questionnaire. The data was evaluated using SPSS 21 (SPSS Inc., Chicago IL, USA) statistical software. The verification of the structure obtained with CFA was provided by AMOS 24.0. Psychometric testing included internal consistency reliability (Cronbach's alpha coefficient and split half reliability, validity (confirmatory factor analysis).

**Results:** The Cronbach alpha value of the scale was 0.73. The split-half reliability results were quite reliable (Cronbach's  $\alpha=0.77$ ) The model was validated by confirmatory factor analysis ( $\chi^2/sd=2.41$ , GFI=0.82, IFI=0.81, CFI=0.81, RMSEA=0.07, and RMR=0.674).

**Conclusion:** The Turkish version of the Holistic Well-being Scale was found to be reliable and valid with Turkish patients with cancer after doing some modifications. Planning and repeating new studies on the same subject in different sample groups may provide new evidence of suitability for the purpose of scale.

**Keywords:** Psychometrics properties, holistic well-being scale, cancer patients, Turkey.

## S 4426

### SEEKING SAFETY THERAPY

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**Introduction:** Seeking safety therapy is a cognitive behavioral therapy method applicable to traumatic experiences has been linked to substance use disorders, including abuse and dependence. Successful results have been achieved with seeking safety therapy which aims to treat both post-traumatic stress disorder and addiction. Suitable for the patient group and easy to apply. It aims to create hope by offering concrete strategies in daily life and makes patients feel safer.

**Method:** There are 25 topics, each a safe coping skill. The topics address cognitive, behavioral, and interpersonal skills, plus there is a focus on engaging clients in community resources. Examples of seeking safety topics include, honesty, creating meaning, setting boundaries in relationships, taking good care of yourself, compassion, coping with triggers, healing from anger, and recovery thinking. In the study conducted with patients with pathological gambling behavior with post-traumatic stress disorder it was evaluated that the Seeking safety therapy provided positive contributions in terms of self-affection, psychopathology and functioning. In other studies; substance use, trauma-related symptoms, suicide risk, social cohesion, family processes, problem-solving and coping with depression skills have been found to significant improvements. Significant results were obtained within one year in social support, distress statements, posttraumatic stress disorder, especially avoidance behaviors. In the studies in seeking safety therapy, treatment participation and patient satisfaction were very high.

**Conclusion:** It has been shown that the literature review, seeking safety therapy is a feasible and practical method like other cognitive behavioral therapies and is an acceptable and useful therapy for the patient group. In terms of psychiatric nursing, it is thought that it can be used to increase the patients' healthy coping responses, which will make a significant contribution to the therapeutic efficacy of the care.

**Keywords:** Seeking safety therapy, psychiatric nursing, substance use disorder, Posttraumatic Stress Disorder.

## S 4427

### INTERNALIZED STIGMA, QUALITY OF LIFE AND SELF ESTEEM IN PATIENTS WITH BIPOLAR DISORDER

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**Introduction:** Although bipolar disorder is a relatively poorly recognized and stigmatized disorder in terms of people and society, the perceived stigmatization in patients is considerable, and patients are stigmatized before each visit. In this study, it was aimed to determine the relationship between internalizing stigmatization, some factors affecting the quality of life and self-esteem of the patients with Bipolar Disorder and the related variables.

**Method:** The universe of the study is composed of patients with

bipolar disorder at the time of remission who were served by Psychiatric Polyclinic and TRSM of an educational research hospital in Izmir with 105 patients. "ISMI", "WHOQOL-BREF" and the "RSE" were used in the study. Mann-Whitney U test and Kruskal Wallis variance analysis were used in the comparison of the variables between the groups by making number and percentage distributions. Spearman correlation analysis was used to determine the relationship between the scales.

**Results:** While the age, gender and marital status of the patients did not make a statistically significant difference between the groups on all scales ( $p > 0.05$ ), the patients with lower education and economic income levels, those who did not work in a job, the higher the quality of life and the self esteem of the stigmatization were found to be lower. In addition, internalized stigmatization levels were found to be higher in patients with family history of mental illnesses, patients who did not adhere to drug treatment, and patients who frequently use the hospital.

**Conclusion:** Results and suggestions Some of the descriptive and clinical features affects internalized stigmatization, quality of life and self-esteem in patients. Also there was a positive correlation between ISMI and WHOQOL-BREF and RSE, and a positive relationship between RSE and WHOQOL-BREF ( $p < 0.01$ ). It is suggested that different intervention programs be created by nurses, especially psychoeducation, in order to decrease the perceived stigmatization, to cope with the stigmatization, to increase the quality of life and self-esteem.

**Keywords:** Bipolar Disorder, quality of life, internalized stigma, self-esteem.

## S 4429

### DETERMINATION OF THE FEELINGS OF RESILIENCE AND WELL-BEING IN INDIVIDUALS WHO HAVE CANCER DIAGNOSIS

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**Introduction:** The feeling of well-being can be achieved by the self-restructuring of individuals. Individuals diagnosed with cancer as a vulnerable group can reach a state of well-being by self-healing and strengthening. Resilience is the strength and at the same time the process in the challenging life experience. This study was conducted to determine the levels of resilience and well-being of individuals diagnosed with cancer.

**Method:** The study was planned as a descriptive study. It was held with 360 individuals, between January - September 2016 with the individuals who applied to Akdeniz University Hospital Medical Oncology Unit. It was used "Personally Identifiable Features Form", "Resilience Scale" and "Psychological well-being scale". SPSS 23.0 package program was used for statistical analysis. Data were evaluated using independent sample t-test, one-way analysis of variance, Pearson's Correlation test, percentile, mean, standard deviation, minimum and maximum values.

**Results:** The mean total score on the psychological well-being scale was  $47.83 \pm 7.32$  and resilience scale was  $191.97 \pm 26.47$ . The study was a significant positive correlation between resilience and psychological well-being scale. Individuals with working and good economic status have high levels of well-being. It has been found that individ-

uals have a significant positive relationship between their level of resilience and the level of education, their single status, their work, their good economic status, their living in the city center and their support. There was a negative relationship between the duration of the diagnosis and the level of resilience and well-being.

**Conclusion:** Individuals have high levels of resilience and well-being. A positive relationship was found between the levels of resilience and well-being. In the light of these results, it is suggested that affected factors the resilience and well-being feelings of individuals diagnosed with cancer should be assessed; to be included in nursing education, be creating informative and supportive approaches as institutional and be measuring of the results with different methods as methodological.

**Keywords:** Cancer, psychiatric nursing, resilience, well-being.

## S 4430

### EVALUATION OF PSYCHOSOCIAL ASPECTS OF A DEPRESSION DIAGNOSIS: A CASE REPORT

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**Introduction:** Psychiatric nursing is a health discipline that carries out care and practices during the life of the individual in situations where mental illness / health is needed. The psychosocial assessment of the patient is becoming an integral part of the health care service that will be provided to develop holistic nursing care and practices. By holistic assessment of the individual, the nurse can more thoroughly evaluate the needs and problems of the patient. This will reduce the risk of development of more serious problems that may occur in the hospital. Patient with psychosocial assessment; sociocultural history, emotional and biological aspects of problems, spiritual and philosophical beliefs, and family problems. Thus, the psychosocial dimension focuses largely on the patient and family influence rather than the physical manifestations of the disease. For this reason, the use of psychosocial skills allows the nurse to better shape the way of thinking and achieve a more productive outcome from the nursing practice to achieve the desired patient outcomes in a shorter time. After this evaluation, the process of defining basic nursing diagnoses begins. Despite the importance and usefulness of assessing the psychosocial aspects of diseases in health care practice, it is still not used at the desired level. In order to increase the use of psychosocial skills in the clinical field, it is thought that the evaluation needs to be explained with clinical examples. For this reason, it is aimed to emphasize the importance of the evaluation of the psychosocial aspects of the female patient with depression treatment by establishing the sample nursing process contributing to nursing diagnosis, treatment and practice.

**Method:** One patient who was randomly selected from the patients who applied to a district state hospital psychiatry outpatient clinic was included in the study.

**Results:** Counselor Ms. 30 years old, housewife, 3 months ago, she had been applying for a psychiatric polyclinic for 2 weeks because of insomnia, insomnia, dizziness, crying crises, constant crying, anger control.

**Conclusion:** The detailed anamnesis in the psychosocial dimension taken before the counselor's care plan was established showed positive contributions to the nursing process. It is suggested that the psychosocial assessment should be included in order to give better quality care to all the nursing processes used in the health field.

**Keywords:** Nurse, comprehensive healthcare, depression.

## S 4432

**ASSESSMENT OF RELATIONSHIP BETWEEN SOCIAL APPEARANCE ANXIETY AND EATING ATTITUDES AT NURSING STUDENTS ACCORDING TO VARIOUS VARIABLES****Neslihan Sürmeli<sup>1</sup>, Mehmet Cihad Aktaş<sup>2</sup>, Fatma Yasemin Kutlu<sup>3</sup>, Yaşar Göz<sup>1</sup>**<sup>1</sup>Van Yüzüncü Yıl University, Van School of Health, Department of Nutrition and Dietetics, Van, Turkey<sup>2</sup>Van Yüzüncü Yıl University Van School of Health, Department of Nursing, Van, Turkey<sup>3</sup>Istanbul University-Cerrahpaşa, Florence Nightingale Faculty of Nursing, Department of Mental Health and Psychiatric Nursing

**Introduction:** There is an independent relationship between mental state and eating attitude. It has been observed that eating behavior changes according to different emotions. Eating behavior is seen as a complicated phenomenon by regulating the central and spatial factors of cognitive, social, motor and emotional development. Social appearance anxiety often affects body image, so this situation affects eating attitudes. Assessment of eating behavior is important in predicting problems with body weight and eating disorders. In this study; it's aimed to evaluate relation between social appearance anxiety and eating attitude according to various variables at nursing students.

**Method:** Study sample is consist of 323 nursing students who are studying at Van Yüzüncü Yıl University. The data was collected with a personal information form, "Eating Attitude Test (EAT)" and "Social Appearance Anxiety Scale (SAAS)".

**Results:** All of the participants were single, 68.7% were women and the average age was 21.12±1.75. 12.4% of the participants stated that they were doing regular sports, and 14.9% made diet in the last 1 month. In the study, the mean score of SAAS was 30.29±11.90, EAT 20.95±14.50. Significant differences were found between SAAS and EAT scores ( $p<0.05$ ). Also significant difference was found in the SAAS and EAT scores of those who applied diet program in the last month whereas those who did regular sports showed a significant difference only in EAT scores ( $p<0.05$ ).

**Conclusion:** Individuals with high social appearance anxiety were found to have higher scores on the eating attitude test. This suggests that individuals with high social appearance anxiety are more susceptible to eating disorders. It has been found that doing sports positively affects eating habits. It's recommended to provide supportive trainings to these individuals and to assess the effectiveness of these trainings.

**Keywords:** Anxiety, eating behavior, nursing.

## S 4433

**INVESTIGATION OF THE EFFECT OF GROUP ART THERAPY ON DISEASE SYMPTOMS, FUNCTION LOSS, DIFFICULTIES IN EMOTION REGULATION AND GROUP THERAPEUTIC FACTORS IN INDIVIDUALS DIAGNOSED WITH SCHIZOPHRENIA****Aylin Çitakbaşı<sup>1</sup>, Merve Ece Turan<sup>2</sup>, Nurhan Eren<sup>3</sup>**<sup>1</sup>Istanbul University Social Sciences Institute Applied (Clinical) Psychology, Istanbul, Turkey<sup>2</sup>French Lape Hospital, Istanbul, Turkey<sup>3</sup>Istanbul University Istanbul Medical Faculty Department of Psychiatry, Social Psychiatric Service, Istanbul, Turkey

**Introduction:** Schizophrenia; is one of the most challenging, chronic illnesses in the psychiatric field that interfere with the relationships between people and reality, influences affects, thoughts and behaviors negatively, and prevents them from continuing their daily life activities. This study was conducted to investigate the effects of group art therapy applied to individuals diagnosed with schizophrenia on negative symptoms, psychosocial skills and awareness.

**Method:** This study was planned in the form of pre test - post test, quasi-experimental research. Non-parametric Wilcoxon Test was applied for pre-test and post - test comparisons. The sample consisted of 7 individuals who had been diagnosed with schizophrenia, were being treated in the "Art Psychotherapies and Rehabilitation Program", which were continuing to be remotely treatment at the IU ITF Psychiatry Department. Individuals are mainly involved in the study with negative symptoms, such as difficulty in making friendship and daily activities and inability to cope with problems. Data were collected before and after the study by using the Goal-Question List, Group Therapeutic Factors List, GAF Scale-General Assessment of Functionality, GAF Scale-Ability Dysfunction/Function Loss, Beck Depression and Anxiety Scale, and DERS-Difficulties in Emotion Regulation Scale.

**Results:** The average age of the experiment group is 45. In the group, there are no volunteer-sheltered, part-time employees outside of 2 persons working. The group was respectively found to be most benefited from existential factors, universality, identity and experience of family environment in the group. Although not statistically significant, the Beck Depression Scale score decreased from 17 to 14, and the Beck Anxiety Scale score decreased from 21 to 15. In the experiment group, it was found that there was a statistically significant change between before and after treatment scores in the "GAF Scale-General Evaluation of Functionality", "GAF Scale-Ability Dysfunction/Function Loss" ( $Z=-2.371$ ,  $p<0.01$ ). A decrease in the total score of the Difficulties in Emotion Regulation Scale was observed. The "Openness Subscale", which assesses the difficulties in understanding emotional reactions, showed a statistically significant change ( $Z=-2.117$ ,  $p<0.05$ ).

**Conclusion:** As a result of the study, it has been seen that individuals have improved in their functionalities at an advanced level and have improved their sense of emotional response. Comprehensive, comparative studies suggesting that the number of samples is higher and the group art therapy program lasts longer.

**Keywords:** Schizophrenia, art therapy, negative symptoms, group therapeutic factors.

## S 4434

### SCHIZOPHRENIA, FAMILY AND COMMUNITY MENTAL HEALTH NURSING

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**Introduction:** Schizophrenia is a chronic mental illness that affects more than 21 million people in the world, causing disability. By progression of disability, the need for care and support of schizophrenia patients increases. At this point, family play a key role. Patients with high family support are more likely to adapt to disease, whereas in dysfunctional families, the number of relapse and rehospitalization is particularly high in patients exposed to high emotional expressions.

**Method:** Studies on the impact of the family and the roles of community mental health (CMH) nursing in the rehabilitation of schizophrenia have been compiled.

**Results:** Symptoms becoming chronic and exacerbated in the course of time can bring along problems within the family. After relapse, functional status of patients diminish. This vicious circle which affect adversely both patient and family places a burden for caregivers. According to Kaya's research, as the level of social functioning of the patients increased, the burden of the patients' relatives decreased. According to the results of research, family members caring patients with schizophrenia have a high risk of psychological problems.

**Conclusion:** Psychiatric nursing is important in supporting these patients and their families in difficult times. Particularly community-based mental health services are becoming more widespread and there is a greater need for specialized nurses. By CMH Centers, individuals with chronic psychiatric illness were targeted to monitor, be socially active and support their families after discharge. CMH nursing is the area of psychiatric nursing. The regulation includes giving nurses group counseling, coping with stress, crisis management, anger control and providing training and counseling. Therefore, CMH nurses can strengthen patient and family in the role of education and counseling in terms of appropriate expressions of feelings in family interactions, the use of social support from family, and prevention of psychiatric morbidity in families.

**Keywords:** Schizophrenia, family, nursing, community mental health.

## S 4435

### QUALITY OF LIFE LEVELS AND RELATED FACTORS OF INPATIENTS TREATED IN A PHYSICAL THERAPY HOSPITAL

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**Introduction:** This study was conducted as a descriptor to determine quality of life and related factors of inpatients treated in a Physical Therapy Hospital.

**Method:** The sampling of the survey consisted of 107 patients

treated in inpatient services of a Physical Therapy Hospital. Data of the study were collected using the Demographic Information Form and SF-36 Quality of Life Scale. In the analysis of data, Spearman Correlation Analysis was used to identify descriptive statistics and SF-36 related factors. For non-parametric distributions Mann-Whitney U and Kruskal Wallis were used, whereas for parametric ones ANOVA and t-test Between Two Samples were used.

**Results:** It was determined that there was a difference between mean scores of pain subscale according to gender, and physical function and emotional role limitation subscale according to educational status, physical role limitation subscale according to marital status ( $p < 0.05$ ). Negative correlations were found between age and physical function ( $r = -.332$ ), physical role limitation ( $r = -.192$ ) and of general health perception ( $r = -.235$ ); positive correlations were found between disease duration and pain subscale ( $r = .198$ ); negative correlations were found between pain severity, and pain ( $r = -.394$ ) and general health perception ( $r = -.192$ ).

**Conclusion:** It was found that being female, being older, being single, having high pain severity, having lower quality of life levels, and being sick for a long time were risk factors for low quality of life levels.

**Keywords:** Pain, quality of life, physical illness, nursing.

## S 4436

### INTERNALIZED STIGMATIZATION AND SUBJECTIVE RECOVERY IN INDIVIDUALS WITH CHRONIC MENTAL ILLNESS

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**Introduction:** Stigmatization and discrimination against mental illnesses are common in the society. Individuals with mental illness, as they are stigmatized by society, are also stigmatized themselves, and this process is internalized. This may adversely affect the recovery process. This study was conducted to investigate the relationship between internalized stigmatization and subjective recovery in patients with schizophrenic.

**Method:** This research is a descriptive cross-sectional type. The sample of the study consisted of 94 patients with schizophrenia registered to the community mental health center. Sociodemographic information form, internalized stigmatization scale and subjective recovery assessment scale were used in the collection of data. Number and percentage distributions t-test and pearson correlation coefficient were used in the evaluation of the research data.

**Results:** Patients participating in the study, 31.9% were female, 68.1% were male, 13.8% were working, 86.2% did not work and 86% were unemployed. The mean score of the subjects' subjective recovery scales;  $57.07 \pm 14.21$ , Mean scores of internalized stigma scale subscales of mental illness;  $14.35 \pm 3.46$  for the alienation sub-dimension,  $15.90 \pm 3.93$  for the stereotype endorsement sub-dimension,  $12.95 \pm 3.57$  for the perceived discrimination sub-dimension,  $15.24 \pm 3$  for the social withdrawal sub-dimension 95 and the stigma resistance subscale was  $10.94 \pm 2.97$ . The subjective recovery was found to be significantly higher in those with upper high school and higher education status. In correlations between scales; the subscales of

subjective recovery scale and mental illness stigmatization scale showed weak correlations between alienation and social withdrawal in the negative, and other moderately negative correlations with the other subscales.

**Conclusion:** In the study it was found that there is a relationship between internalized stigmatization and subjective recovery. Increased levels of internalized stigma patient outcome would decrease the level of recovery. It is recommended that nurses perform intervention programs to reduce internalized stigmatization in patients with schizophrenia.

**Keywords:** Internalized stigma, subjective recovery, psychiatric nursing, chronic mental illness.

### S 4437

#### EFFECT OF MUSIC THERAPY ON THE ANXIETY OF PATIENTS CONNECTED TO MECHANICAL VENTILATION IN INTENSIVE CARE UNIT AFTER SURGICAL OPERATION

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**Introduction:** However, anxiety occurs in 70% to 80% of ICU patients, especially in patients receiving mechanical ventilator support. Because of the anxiety-related symptoms, a vicious cycle occurs between prolonged intubation times by the inability to separate the mechanical ventilator. Anxiety treatment seems to increase the cost of care and the length of hospital stay. This situation requires investigation of alternative, non-pharmacologic treatments for ventilated patients. This study was planned to investigate the effect of listening music on the anxiety level of the patients who were connected to mechanical ventilation.

**Method:** The study was designed in a semi-experimental design with a total of 30 patients, 15 of which were due to postoperative mechanical ventilation and 15 control groups in Kocaeli University Research and Application Hospital Anesthesia and Reanimation Intensive Care Unit. The data were obtained by using patient introduction form, patient monitoring form, Ramsey Sedation Scale, Glasgow Coma Scale, Face Anxiety Scale, State Anxiety Inventory. The data were obtained by using patient introduction form, patient monitoring form, Ramsey Sedation Scale (RSS), Glasgow Coma Scale, Face Anxiety Scale, State Anxiety Inventory. Soft instrumental music (Rast Makam which is efficient after afternoon makes people pleasure and comfortable) was played to the patients of experience group for 60 minutes with MP3 player. Data on the measurements of the 0, 30 and 60 minutes of music listening were recorded in the related forms and earphones. Student t, Mann Whitney U, Paired Sample t, Wilcoxon Signed Ranks, Repeated Measures, Friedman, Bonferroni Test, Dunn's, Pearson Chi-Square and Fisher-Freeman-Halton test were used for the evaluation of data. Significance was at least  $p < 0.05$ .

**Results:** As a result of the evaluation of the data, it was found that musical listening positively influenced the anxiety symptoms of the patients such as systolic blood pressure, pulse rate, state anxiety score and facial anxiety score and decreased these values; respiratory rate, diastolic blood pressure and oxygen saturation were not affected.

**Conclusion:** As a result of the research, it has been concluded that music listening can be used as a nursing intervention in the management of anxiety in patients who are dependent on postoperative mechanical ventilation. As an alternative therapeutic approach, it is proposed to include music listening in routine nursing practice and to perform experimental study by covering wider patient groups.

**Keywords:** Mechanical ventilatory, music therapy, anxiety.

### S 4440

#### VALIDITY AND RELIABILITY STUDY OF TURKISH FORM OF PSYCHIATRIC NURSE JOB STRESSOR SCALE

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**Introduction:** Psychiatric nursing is being accepted as one of the most stressful job in the world. Therefore, in this study it is aimed to provide the Turkish equivalence, validity and test the reliability of Psychiatric Nurse Job Stressor Scale-PNJSS which evaluates the job stress of the psychiatric nurses.

**Method:** 155 nurses from psychiatry clinics of İstanbul Bakırköy Prof. Dr. Mazhar Osman Mental Health and Neurological Disorders Education and Research Hospital and 53 nurses from TC Sağlık Bakanlığı Erenköy Mental Health and Neurological Disorders Education and Research Hospital and in total 208 nurses participated to the study. In the study; for collecting data; inquiry form, Psychiatric Nurse Job Stressor Scale and Nurse Stress Defining (Check list) Form were used. In analysis of the data right along with descriptive analysis for validity coverage validity, structure validity (confirmatory factor analysis) and reliability analysis (item-total point and parallel form reliability, for internal consistency Cronbach- $\alpha$  analysis) were calculated.

**Results:** The average age of the participants is  $35.97 \pm 9.85$ , 77.4% of them ( $n=161$ ) are women, 49.5% of them ( $n=103$ ) are postgraduates. Structural validity analysis results of the Psychiatric Nurse Job Stressor Scale (14 item/4 factor) is  $\chi^2/df=1.06$ ;  $p=0.333$ ; RMSEA: 0.018; SRMR=0.059; GFI=0.95; AGFI=0.93; CFI=0.96. Cronbach's  $\alpha$  values of each factor of total Cronbach's  $\alpha$  .686 psychiatric nursing skill is .673, the attitude related with nurse is .510, and communication with patients and their families is .637. Item total score correlations took value between .16-.74. It has been found that there is a statistically meaningful relation ( $p < 0.001$ ) between scale total score and other factors except first factor of parallel form reliability.

**Conclusion:** This study shows that Psychiatric Nurse Job Stressor Scale (14 items/4 factors) is valid and reliable in Turkish Culture.

**Keywords:** Psychiatry nursing, job stress.



## S 4441

### USAGE OF SMARTPHONES BY UNIVERSITY STUDENTS' AND ITS RELATION BETWEEN SLEEP QUALITY AND DEPRESSION

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**Introduction:** The studies which aim to investigate the various mental, physical and social effects of smartphone usage have been increased recently. Two variants about this literature are sleep quality and depressions levels related with usage of smartphones. The aim of this study is to determine the relation between the sleep quality and depression related with usage of smartphones in university student who continue their education in Health Services Vocational School.

**Method:** The sampling of the research constitutes from 804 students from of the 1250 which continues their education in İğdir University Health Services Vocational School between 2017-2018 education year. In collecting data inquiry form, Smart Phone Addiction Scale-Short form (ATBÖ-KF), Pittsburgh Sleep Quality Index (PUKI) and Beck Depression Inventory (BDI) were used. In analysing of the data; Descriptive statistics, Correlation analysis, one -sample t test and, multiple regression analysis were used.

**Results:** 65% of the students are women and 35% of them are men. The starting age of using a smart phone is  $17.18 \pm 2.52$  in those of the students whose average age is  $20.88 \pm 2.62$ . They reported their daily use of smart phone as  $7.85 \pm 4.55$  hours. They mostly use the smart phones for connecting to the social media (instagram, facebook and twitter, etc.) PUKI total average score is  $6.68 \pm 3.09$ , the students' Smart Phone Addiction Scale -Short form average score is  $32.07 \pm 11.45$ , and Beck Depression Inventory average score is  $18.46 \pm 11.15$ . It has been determined that the students who have a worse sleep quality have more addiction level than those who have a better sleep quality ( $t=12.843$ ;  $p=0.000$ ). According to the multiple regression analysis the variables which predicts the BDI; age starting the using of a smart phone is ( $\beta=-0.076$ ,  $p<0.000$ ); SPAS- SF point is ( $\beta=0.175$ ,  $p<0.000$ ), and PSQI is ( $\beta=0.323$ ,  $p<0.000$ ).

**Conclusion:** These findings showed the importance of smartphone addiction and bad sleep quality which predicts the variables among depression. The results should be used in preventing smart phone addiction and its treatment.

**Keywords:** Smart phone, sleep, depression.

## S 4443

### A STATE UNIVERSITY HEALTH SCIENCES UNDERGRADUATE STUDENTS' PERCEIVED MEANING OF LIFE AND THEIR COPING STYLES

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**Introduction:** Students seek personal meaning in their lives, and develop goals, values and ideals during university education, which is, therefore, a critical time for them to learn ways to make meaning of

life and to cope with problems. Therefore, the aim of this descriptive study was to determine health sciences undergraduate students' perceptions of personal meaning in their lives and their coping styles. It was thought that learning the coping styles of the students would guide the nurses in determining and presenting protective mental health services.

**Method:** Study sample consisted of 1160 students of the Institute of Health Sciences of Hacettepe University in the 2017-2018 academic year. Data were collected using a Personal Information Form, and the Personal Meaning Profile Scale (PMP) and the Ways of Coping Inventory (WCI).

**Results:** Participants' PMP subscale scores significantly differed by faculty, grade level, gender, age, parental status, internship practice, economic level, activity, family relation, major and smoking-drinking status ( $p<0.05$ ). Participants had the highest mean scores on the PMP subscales "relationship" and "intimacy" while they had the highest and lowest mean scores on the WCI subscales "self-confident approach" and "submissive approach," respectively. The PMP subscales "achievement," "religion," "self-acceptance," "intimacy," self-transcendence, "fair treatment" and "relationship" were negatively and weakly correlated with the WCI subscales "helpless approach" and "submissive approach" ( $p<0.05$ ).

**Conclusion:** Students are involved in new and different interactions during their university education, they attach particular importance to human relationships, which might be the reason why they make use of human relations and social bonds to make sense of their lives. Students do not adopt helpless and submissive coping strategies when they use meaning making sources. It is, therefore, recommended that guidance, in the scope of nursing services; education and counseling services provided to health sciences students lay emphasis on ways of making meaning of life and raise awareness about coping styles.

**Keywords:** Coping, existence, meaning.

## S 4445

### EVALUATION OF ATTITUDES OF NURSES CONCERNING VICTIM AND THE ABUSER ON CASES OF CHILD SEXUAL ABUSE

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**Introduction:** The aim of this study is to evaluate attitudes of nurses towards victim and the abuser on cases of child sexual abuse.

**Method:** This study was conducted with 100 participants randomly selected among the nurses working in various health institutions in Istanbul between April and July 2018. In the study, a socio-demographic information form and the form consisting of 6 scenario were used to obtain the personal information of participants. 6 different scenarios involving the cases of child sexual abuse were presented to each participant and 11 common questions related to each scenario were prepared at the end of each scenario. In this way, attitudes of participants concerning the victim and abuser were determined according to type of scenario. The data obtained from the study were transferred to the computer via SPSS 16.00 programme and analyzed.

**Results:** According to results of the study, attitudes of participants

towards the victim and abuser vary depending on age of victim, age of abuser and qualification of sexual abuse. It was determined that victim was responsible for incident and could turn the course of incident as the age of victim increased. On the other hand, as the age of victim decreased, it was designated that abuser is responsible for incident and nature of sexual abuse (rape, harassment, pornography, etc.) affected attitudes of participants about how abuser was punished.

**Conclusion:** As a result of the study, it can be said that there should be courses related to child abuse which consist of comprehensive and up-to-date information in the curriculum besides major area courses for nursing in Health Care Vocational High School and universities and that current trainings on "child abuse" for nurses working in the field should be obligatory in inservice training.

**Keywords:** Child, nurse, sexual abuse, child abuse.

## S 4446

### STRESS MANAGEMENT IN HEALING FOR NURSES: MINDFULNESS-BASED PRACTICES IN STRESS MANAGEMENT

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**Introduction:** The study was conducted in order to give information about mindfulness based practices in stress management for nursing.

**Method:** The study was prepared as a review searching literature.

**Results:** It is important for nurses, one of the occupational groups in which stress is intensively experienced, to use stress management as a skill in healing and well-being. Stress management is the ability of individuals to reduce or limit the negative effects of stress. All of the cognitive, emotional and behavioral dynamics efforts to control the claim and conflicts that transcend or overcome the resources of the individual are explaining stress management. There are different intervention programs in stress management. Mindfulness-based applications is one of the technique that is evaluated in studies. Mindfulness is an effective intervention in stress management that we can define as a non-judgmental, obvious and accepting attitude exhibitions of everything that happen over time, when people are in their consciousness. Findings from mindfulness-based programs in reducing stress experienced by nurses suggest that the program is effective in reducing stress, increasing quality of life, and improving health care staff self-care. Such programs may reduce the stress, anxiety and burnout levels of nurses; and increase empathy.

**Conclusion:** Nurses need to learn stress management to be able to maintain their physical, psychological and social well-being. At this point, it can be said that mindfulness-based practices are a positive coping method in reducing the negative effects of stress on nurses.

**Keywords:** Nursing, stress management, mindfulness.

## S 4447

### STIGMATIZATION EXPERIENCES OF INDIVIDUALS WITH LESBIAN, GAY, BISEXUAL AND TRANSEXUAL (LGBT) IN COMMUNITY, PROVINCE SAMPLE OF SAMSUN

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**Introduction:** Due to sexual orientation of homosexual individuals and for reason gender identities of transsexual individuals are discriminated and stigmatized by many segments of society; emotional, verbal or physical violence. This study was conducted in order to examine in-depth the stigmatization experiences of LGBT individuals in the society.

**Method:** This research, which is in the form of a qualitative research, was made using phenomenological approach and content analysis method. The group studied by snowball sampling method consisted of 25 individuals, 16 gay, 3 lesbian, 4 bisexual, and 2 transsexual. Participant information form and interview form were used in the research. The data collection process was conducted using the face-to-face interview method. Therapeutic communication techniques were used during the interviews. The interviews were recorded with the permission of the participants.

**Results:** As a result of the content analysis, the findings of participants' stigmatization experiences were collected under ten themes. These are: The discovery of existence, the first experiences after discovery, the process of being "I" in the family, the sense of being a problem to be solved, being authentic and worth, living as an object of violence, becoming a LGBT citizen, internalizing society judgments, LGBT: Solidarity? Decomposition? and social support mechanisms. Each theme consists of sub-themes. The evaluation of findings has been done within this scope.

**Conclusion:** As a result of the study; it has been determined that in the society LGBT individuals intensely experience stigmatization, expose physical and emotional violence, experience fear of death and being alone in the future, have to behave and hide out "as if" because of the pressure of community, have problems while getting health care as a citizen, internalize the stigmatization and have the burden of family put to shame.

**Keywords:** Stigmatization, LGBT, nursing.

## S 4453

### DETERMINATION OF RELATIONSHIP BULLYING IN THE EARLY ADOLESCENT PERIOD WITH FAMILY FUNCTIONALITIES AND CHILD BEHAVIORS

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**Introduction:** This study is a descriptive study aimed to determine the relationship of peer bullying in the early adolescent period to family functions and children's behavior. The universe of the research consists

of 320 students and parents who accepted to participate in the research. The data of the study were collected using the student and parent questionnaires formulated by the researchers, The Traditional peer Bullet Scale, The Family Assessment Scale and The Assessment of Child and Adolescent Behavior Scale. In evaluating the data; descriptive statistics (percentile calculation, mean), Ki-Square, Mann-Whitney U and Kruskal Wallis tests and Spearman correlation analysis were used.

**Results:** In the study, it was determined that 12.5% of the students were bullies, 14.1% were victims and 13.1% were bullies/victims. It has been determined that verbal and physical bullying was found to be high in the older age group ( $p<0.05$ ), students in the 7th grade ( $p<0.05$ ) who do not like school are tend to bully others at a higher rate ( $p<0.001$ ). It was found that the students who were separated from their parents, who witnessed the violence among the family members and who stated that the violence was applied by the family members, took more place in the bullying cycle ( $p<0.05$ ). It has been found that there are medium level positive relationships between roles subscale and emotional reaction and behavioral control subscale, somatic complaints subscale and anxiety/depression subscale, aggressive behaviors, cognitive problems and attention problem subscale ( $p<0.005$ ); there is a high-level positive relationship between anxiety/depression subscale and social problems subscale ( $p<0.001$ ).

**Conclusion:** As a result of the study, it is understood that the peer bullying is a problem that widespread correlated with family functionalities and child behaviors. It can be suggested that increasing the awareness level of students, school employees and families.

**Keywords:** Bullying, student, family structure, school nursing.

## S 4454

### DETERMINING PSYCHOEDUCATION NECESSITIES AND QUALITY OF LIFE OF PEOPLE WHO HAVE BIPOLAR DISORDER AND THEIR CAREGIVERS

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**Introduction:** Although it is known that psychoeducation in bipolar disorder increases the quality of life, its content is not always in line with the needs of the individual. The aim of this study was to investigate the relationship between psychoeducation needs, quality of life, and variables influenced by the caregivers of individuals with bipolar disorder and their psychoeducation needs and quality of life.

**Method:** This cross-sectional study was carried out with 149 individuals with bipolar disorder and 120 caregivers. The data of the study was collected by the "Information Form of Individuals with Bipolar Disorder", "Caregivers' Information Form", "Psychoeducation Needs Assessment Form", "The World Health Organization Quality of Life Instrument-Short Form".

**Results:** The most needed psychoeducation subjects of individuals with bipolar disorder was to cope with the energy, appetite and sleep problems. The quality of life of who had lost their spouse, who had low income, who attempted suicide and who had been diagnosed with the latest mood-type major depressive disorder and individuals who had been bipolar disorder type II was lower. The most needed psychoeducation subjects for caregivers was the causes of bipolar disorder, other treatment methods, early warning symptoms and

legal rights. There was significant negative correlation between the psychoeducation needs and the quality of life both individuals with bipolar disorder and caregivers statistically.

**Conclusion:** Psychoeducation needs and quality of life were affected by some sociodemographic and disease characteristics of individuals with bipolar disorder and caregivers. Also as quality of life decreased as psychoeducation needs increased. It may be suggested that psychoeducation programs should be structured according to the needs in order to improve the quality of life and to improve the treatment process.

**Keywords:** Caregivers, individuals with bipolar disorder, bipolar disorder, psychoeducation needs, quality of life.

## S 4455

### FROM THE PERSPECTIVE OF PATIENTS: RECOVERY FROM CHRONIC SCHIZOPHRENIA

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**Introduction:** Unlike traditional clinical healing in chronic diseases such as schizophrenia, in recent years, by describing "personal healing", representing a personal journey for the patient to regain a meaningful / self-determined life and manage the problems caused by the disease; emphasized the importance of personal healing, preservation and maintenance of the process. Information obtained scientifically about patients' personal recovery process will contribute to the care of psychiatric nursing. The purpose of this research is to examine the definition of healing for patients, the factors contributing to healing, and their expectations from the treatment team in this process.

**Method:** Permission for ethics committee and institution has been obtained in order to carry out the phenomenological typed research. Twenty-four patients who had not been hospitalized for at least 3 years and who were identified by purposeful sampling method were sampled and the study was conducted with semi-structured interviews. The data were analyzed by content analysis method and the expert examination technique transferred by Başkale (2016) was used to increase the validity of the findings. All interviews (voice recordings) were deciphered and read by the researchers repeatedly, two investigators independently codified, all researchers created themes by associating codes, and opinions were obtained from an independent expert who conducts qualitative research with schizophrenia patients.

**Results:** The mean age of the patients was  $43.45\pm 1.47$  and the mean duration of illness was  $20.25\pm 1.05$ . Personal improvement themes were to live symptom-free, to be good and happy, to participate in life, to be sufficient; factors contributing to healing were drugs, family support, relationships, to continue to work, to take responsibility, to be interested in art/sports; and expectations from treatment team were to be interested/sensitive, to organize activities and to be good listener/understanding.

**Conclusion:** It can be argued that the results of this study are; some of the patients' self-recovery definitions overlap with clinical healing criteria such as decrease in symptoms and increase in functioning, increased pharmacological treatment and relationships, maintaining an effective daily life and taking self-responsibility contribute to healing process, patients' expectations from the team is therapeutic communication. Psychiatric nurses may be advised to focus on individual meaning and needs throughout the care period.

**Keyword:** Chronic schizophrenia, well-being, psychiatric nursing.

**S 4456****EVALUATION OF ANXIETY AND DEPRESSION LEVEL BEFORE AND AFTER SURGERY IN BREAST CANCER PATIENTS****Güllü Yazkan, Nezihe Uğurlu, Havva Akpınar, Fatma İlknur İnan, Aytuğ Türk***Muğla Sıtkı Koçman University, Faculty of Health Sciences, Department of Nursing, Muğla, Turkey*

**Introduction:** Breast cancer, which affects 10% of women in Western societies and in our country and increases with time, is the most common type of cancer in women. Clinically significant depression and anxiety rates can occur in 33% of patients after surgery. Health professional's working in general surgery and oncology clinics need to be aware of depression and anxiety, direct patients to appropriate centers and expand psycho-oncology services. The aim of this study is to evaluate changes in anxiety and depression levels of patients with breast cancer before and after surgery.

**Method:** The anxiety and depression levels of thirty female patients with breast cancer were evaluated before and after surgical treatment using Hamilton Anxiety Rating Scale and Hamilton Depression Rating Scale. Alternative nonparametric statistical techniques were used to analyze the data. Chi-square test was used to compare the characteristics of the participants, and Friedman Test was used to evaluate the difference between the mean scores of the group before and after the treatment. The Wilcoxon Signed Rank Test was used to determine which measurement group was the most significant.  $P < 0.05$  was considered significant in all tests.

**Results:** When the age groups of the patients were examined, it was observed that the most frequent age range was 48-57 (43.3%). In the study, the anxiety and depression levels obtained after the operation were found to be  $r=0.23$  and  $p < 0.05$ , and it was found to be statistically more significant than the data obtained before the operation.

**Conclusion:** The results of this study it was observed after surgery of breast cancer diagnosed patients, their anxiety and depression levels were increased. Psychiatric problems in patients with breast cancer significantly affect the course of the disease and the quality of life. Considering this situation, it can be said that cooperation between consultation liaison psychiatry, consultation liaison psychiatry nursing and oncology is important.

**Keywords:** Breast cancer, anxiety, depression.

**S 4457****THE RELATIONSHIP BETWEEN EATING ATTITUDES, BODY IMAGE COPING STRATEGIES AND CHILDHOOD TRAUMA OF UNIVERSITY STUDENTS****Leyla Baysan Arabacı, Ayşe Büyükbayram, Dilek Ayakdaş Dağlı, Gülsenay Taş***İzmir Kâtip Çelebi University, Faculty of Health Sciences, Department of Nursing, Department of Mental and Psychiatric Nursing, İzmir, Turkey*

**Introduction:** The research was conducted to investigate the relationship between eating attitudes, body image and coping skills of university students and childhood trauma.

**Method:** This descriptive research was conducted in İzmir during the

spring semester of the academic year 2017-2018. It was conducted with 654 students who were determined by stratified and simple random sampling method from all university students. Four measurement instrument were used to collect the data: "Introductory Information Form", "Scale for Handling Body Image-BIBSO", "Eating Attitude Test-YTT" and "Childhood Trauma Scale-CTS". The reliability coefficients of the scales for this sample are 0.82, 0.85 and 0.93, respectively. Percentage distributions and the correlation analysis were made for the evaluation of the data.

**Results:** 57.0% of the students were female and the mean age was  $20.71 \pm 1.55$ . BIBSO score ( $71.33 \pm 10.32$ , max: 116); YTT score ( $19.61 \pm 14.60$ ) and CTS score ( $41.15 \pm 15.99$ ) were found below the average. There was a statistically significant relationship between the CTS and the YTT mean scores. Although there was significant correlation between BIBSO scale mean score and the subscales of "Avoidance" and the "Positive Logical Acceptance", in general there was no significant correlation between BIBSO and YTT and CTS scales mean scores ( $p > 0.05$ ).

**Conclusion:** It has been determined that university students' tendency to anorexia nervosa is low, and there is no risk for this disorder. Also university students have a tendency towards positive coping skills by showing a positive rational acceptance of body image threats and negativities and it is shown that their childhood trauma is low. However, it has been determined that students with childhood trauma stories tend to show coping skills of avoidance with body image threats and negativities, and eating attitude tendencies are negative, indicating anorexia nervosa.

**Keywords:** Eating, child abuse, body image, coping skills, students.

**S 4461****A DIMENSION IN RECOVERY: RETURN TO WORKING LIFE AFTER BREAST CANCER****Figen Şengün İnan<sup>1</sup>, Neslihan Günüşen<sup>1</sup>, Burcu Özkul<sup>1,2</sup>, Nesrin Aktürk<sup>3</sup>***<sup>1</sup>Dokuz Eylül University, Faculty of Nursing, Psychiatric Nursing Department, İzmir, Turkey**<sup>2</sup>Dokuz Eylül University, Institute of Health Sciences, İzmir, Turkey**<sup>3</sup>Dokuz Eylül University Hospital, Department of Radiation Oncology, İzmir, Turkey*

**Introduction:** Returning to work after breast cancer is an important step in psychosocial recovery and the improvement of quality of life of the patient. The purpose of this qualitative study is to explore the experiences of women who have completed their breast cancer treatment regarding their returning to work and maintaining it.

**Method:** The study was conducted with breast cancer survivors who were registered at a University Hospital Medical Oncology Department and met the inclusion criteria of the study. The data were collected through semi-structured interviews. In the study, 12 women who had completed their breast cancer treatment were interviewed. In the analysis of the data, the content analysis method was used.

**Results:** Women's experiences regarding their returning to work and maintaining it were arranged under four themes: decision-making process, difficulties in work life, sources of motivation in work life and benefits of return to work.

**Conclusion:** In conclusion, although returning to work life and maintaining include various difficulties, it affect the mental and social well-being of women positively. During the post-treatment fol-

low-ups, health care professionals should question the difficulties women encounter in returning to work and maintaining it and support them. In addition, positive contributions of returning to work should be considered as an important source of compliance with the post-treatment period. It is also recommended that further studies should focus on experiences of all stakeholders such as physicians, colleagues and employers.

**Keywords:** Breast cancer, post-treatment period, recovery, return to work, qualitative study.

## S 4462

### EVALUATION OF SELF-EFFICACY LEVELS IN PARENTAL DUTY IN 12-36 MONTH FORENSIC JUVENILE CASES

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**Introduction:** Self-efficacy is a cognitive process which organizes one's behaviour. A strong self-efficacy in parents is described by children care and children rise knowledge, attitude and beliefs. In early childhood, children's independent movements, their continuing cognitive and behavioural developments, using their mouth and hands as a discovery gadget and their underdeveloped autonomy may increase the risk of accidents. Therefore, preventing indoor and outdoor accidents is a duty for parents. In this study, the aim is to examine self-efficacy levels of parents of 12-36 months old forensic juvenile cases.

**Method:** Data were collected from applicant mothers who accepted to join while their 12-36 months children were treated in Cukurova University, Faculty of Medicine, Children Emergency Ward as a judicial case. They were asked to fill "Information Form" and "The Self Efficacy for Parenting Task Index (SEPTI)".

**Results:** The forensic juvenile cases consist 43% girl and 57% boy. When forensic juvenile cases mothers' educational level was examined it has been found which their levels were 0.5% illiterate, 6.5% literate, 31.5% elementary school, 34.5% high-school and 27% college degree. When forensic juvenile cases have been examined 46% of the cases were falling, 22% were scald, 15.5% were drug intoxication, 6.5% were corrosive substance, 5% were foreign body aspiration, 3% were traffic accident, 1.5% were electric shock and 0.5% were carbondioxyde poisoning. According to result there was a statistically significant difference between research group and control group in the meaning of SEPTI total scores ( $p < 0.001$ ) and subscale scores which named as emotional efficacy ( $p = 0.011$ ), sensible reaction, nurture-interest ( $p < 0.001$ ), protection ( $p < 0.001$ ), discipline/restriction ( $p < 0.001$ ), game ( $p < 0.001$ ), teaching ( $p < 0.001$ ) and errands/care/configuration ( $p < 0.001$ ).

**Conclusion:** Consequently, building a generation who has higher self-efficacy will play crucial role in the meaning of child care and security. Thus, in order to lower the indoor and the outdoor accidents parents' self-efficacy has to be improved.

**Keywords:** Self-efficacy, mother, children, accidents, forensic case.

## S 4463

### PERCEPTION OF SUBJECTIVE RECOVERY OF THE PATIENTS WITH SCHIZOPHRENIA AND BIPOLAR DISORDERED

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**Introduction:** This study was aimed to investigate whether there is any difference between the subjective recovery of patients with schizophrenia and bipolar disorder.

**Method:** This cross-sectional research was conducted on patients with remission in schizophrenia ( $n = 58$ ) and euthymic in bipolar disorder ( $n = 51$ ) who applied to a psychiatric outpatient clinic between April-August 2018. The patients with schizophrenia and bipolar disorder included in the study homogeneity was provided among sample groups in terms of the age at onset of the disease, the duration of the disease, the number of hospitalizations and the patient's working status among ( $p > 0.05$ ). Data were collected by questionnaire, Subjective Recovery Assessment Scale (SubRAS), Clinical Global Impression-Severity (CGI-S) and the Schedule for Assessing the Three Components of Insight (SAI). Data were analysed by means of percentile distributions, averages, Mann-Whitney U test and Sperman Correlation Analysis.

**Results:** SubRAS mean score of the patients with schizophrenia were  $63.53 \pm 17.87$  while the patients with bipolar disorder were  $62.76 \pm 14.93$  and were found to have no significant difference between the disease groups ( $p > 0.005$ ). The CGI-S score of the patients with schizophrenia were  $3.47 \pm 0.88$ , while the score of SAI were  $12.63 \pm 4.15$ . The CGI-S score of the patients with bipolar disorder were found  $2.57 \pm 0.76$ , and the score of SAI were  $17.33 \pm 1.47$ . There was significant difference between the CGI-S and SAI scores of the patients ( $p < 0.001$ ,  $p < 0.001$ , respectively). In addition, negative significant correlation was found between CGI-S and SAI ( $p < 0.001$ ). There was significant positive correlation between initial age of the disease and SubRAS ( $p = 0.002$ ).

**Conclusion:** In conclusion, no significant difference between the subjective recovery perceptions of patients with schizophrenia and bipolar disorder. Clinical condition and cognitive insight of schizophrenia patients were found to be worse than bipolar patients. In both groups of patients, it was determined that patients' perception of subjective recovery was better as the age of onset of the illness increased.

**Keywords:** Bipolar disorder, recovery, schizophrenia.

## S 4464

### SUICIDE: EXTINGUISHING THE LIGHT AT THE END OF THE TUNNEL

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**Introduction:** Suicidal behavior not only is a psychiatric problem but also has economic, social and cultural impacts to public health.

According to recent researches, suicide rates rise significantly. It has been concluded which suicidal behaviors stem from not only individual or social problems but also have been considered as a biological, psychiatric/psychological and social mixture. It has been deemed that sociodemographic variables as one's gender, age, marital status, job, educational level, economical level and place that one lives may affect suicide attempts. The aim is to examine the cases which have been treated in Cukurova University, Faculty of Medicine, Neurosurgery Intensive Care Unit retrospectively.

**Method:** Among all the patients which have come between 2013 and 2018, 20 cases which have been treated for suicide attempt in Cukurova University Faculty of Medicine Neurosurgery Intensive Care Unit examined retrospectively by sociodemographic variables, psychiatric disorders and suicide attempt style with hospital records.

**Results:** According to results the mean age of the cases is  $29.95 \pm 12.32$ . Gender was separated by 65% were men, 35% were women. While 20% of the cases have attempted suicide before this percentage was 80% for others which haven't got any suicide history. When suicidal attempts examined it has been found that 70% of the cases were leap off and 30% of them have used firearms. According to cases' marital status, 92.3% of the singles have leapt off while this percentage 28.6% for married ones ( $p=0.007$ ). 92.9% of the cases were attempted suicide by leap off ( $p=0.003$ ). While leap off suicides have 71.4% percentage of a psychiatric history, firearm suicides haven't got any psychiatric history ( $p=0.011$ ).

**Conclusion:** In this study the correlation between the cases which have been treated in Neurosurgery Intensive Care Unit and their suicide attempt risk factors and other variables was tried to evaluate retrospectively. Healthcare professionals have crucial importance in the treatment of suicide attempts. To sum up knowledge of risk factors of suicide will be helpful by preventing suicides and to conduct preventive programs.

**Keywords:** Suicide, suicide attempt, risk factors, intensive care.

## S 4468

### DETERMINATION OF HEALTH WORKERS' ATTITUDES TOWARDS AGING

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**Introduction:** Recent innovations combined with improved technology in recent years have given the individual greater value to himself and his life, leading to the extension of the human life, and the number of people aged 65 and over is increasing rapidly in the world. While the proportion of the elderly population in our country is about 4.5%, it is expected to be 6% in 2030s. This study was conducted to determine the attitudes of elderly health personnel working at the hospital.

**Method:** This research, designed to determine the aging approach of health personnel working in a state hospital, a total of 350 healthcare personnel were admitted to the study, who agreed to participate in the survey, and face-to-face interviewing was conducted through questionnaire forms. Data were obtained by Socio-demographic Data Form and Kogan's Attitude Scale Toward Elderly People. A total of 34 questions on attitude scale towards the aged approach are 17 positive and 17 negative. In analysis of data organized using SPSS 15.0 Pack-

age Program; Percentage, Independent Sample t test, Non-parametric Kruskal-Wallis Test was used.  $P < 0.05$  and  $p < 0.01$  significance level.

**Results:** Participants' positive attitude to aging was found to be moderate at  $X=63.41$   $SD=9.28$ , and their negative attitudes at  $X=58.65$   $SD=11.34$  moderate. In addition, statistically significant differences were found between positive and negative attitude scale scores and demographic features.

**Conclusion:** It was observed that the health personnel participating in the study had a low number of children, high income level, and female gender had a more positive attitude towards the elderly. In line with these conclusions, it is suggested that health workers should be provided with necessary supporting trainings on the elderly and elderly care and this study should be done on wider groups.

**Keywords:** Health worker, elderly, attitude.

## S 4470

### THE EFFECT OF PLANNED INTERVIEWS TO ANXIETY THAT WERE DONE ACCORDING TO INTERPERSONAL RELATIONSHIPS MODEL OF MOTHERS WHO HAVE GASTROENTERITIS CHILD

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**Introduction:** This research was done with mothers who have gastroenteritis child in order to examine the effect of planned interviews that were done according to interpersonal relationship model to anxieties.

**Method:** The survey is conducted with quasi-experimentally pretest posttest with unpaired control group. The target population of the study is formed with the mothers who stayed in the pediatric service of the State Hospital of Tarsus, between the dates 02 May 2017-02 March 2018, with their kids diagnosed with gastroenteritis. The sample of the study is formed with 30 members of response group, 30 members of training group and 48 mother members of control group ( $n=108$ ). The data of the study is gathered with Personal Information Form and Spielberg's State-Trait Anxiety Inventory. In order to evaluate the data; Saphiro Wilk Test, Paired Samples t test and chi-square test are used.

**Results:** Statistically a significant difference was found in the pretest and posttest state anxiety point average of mothers in response group. After the planned interviews that were done to mothers in response group, mothers state anxiety points decreased significantly. There were significant different statistically in mothers pretest and posttest state anxiety point averages in education group. After the education given to mothers in education group, mothers state anxiety point decreased significantly.

**Conclusion:** Regarding these results; the nurses who work at the pediatric service are recommended to, by using the therapeutic communication techniques, make planned interactions including the issues such as "first meeting and environmental orientation", "lack of knowledge and definition of the necessities", the mothers' worry about the disease of their kids" and "the planning of the process after the patient discharge".

**Keywords:** Interpersonal relationships model, planned interview, mother, anxiety, nursing.

## S 4471

### ADAPTATION OF THE CAMBERWELL ASSESSMENT OF NEED SHORT APPRAISAL SCHEDULE / SELF-RATED VERSION TO TURKISH IN INDIVIDUALS WITH SEVERE MENTAL DISORDER: VALIDITY AND RELIABILITY STUDY

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**Introduction:** The study aimed to adaptation of the Camberwell Assessment of Need Short Appraisal Schedule / Self-rated version to Turkish and to test the validity and reliability in individuals with severe mental disorder.

**Method:** The study is methodologically designed. The sample was taken from 111 individuals with severe mental disorders between the ages of 18-65 who were followed from CMHC and who agreed to participate in the study. The gathering of the data was done by two interviews. The CANSAS was evaluated by the researcher and the observer and the participant completed the CANSAS-P in the first interview.

**Results:** For the individuals with severe mental disorders, the content validity index of CANSAS and CANSAS-P was found to be 0.84. The explanatory factor analysis, the CANSAS and CANSAS-P were found to be significant respectively KMO values 0.68 and 0.65. The confirmatory factor analysis of the CANSAS and CANSAS-P, the compliance indices were found to be acceptable at RMSEA 0.075 and 0.054. The CANSAS interrater reliability was found to be in good agreement with a total need of Kappa value of 0.62. The CANSAS and CANSAS-P were found to be highly correlated with the test retest reliability total need of 0.87 and 0.77, respectively. The parallel form reliability between the CANSAS and CANSAS-P, shows that the total need levels vary between 0.43 and 0.93 and are moderately and highly compatible.

**Conclusion:** These results indicate that the CANSAS and CANSAS-P are valid and reliable tool. The CANSAS is a mental health team working at CMHC; The use of the CANSAS-P by the individual with severe mental disorders are also an important tool to reveal the points of view of the expert and the individual, and it is thought that the interventions will help to form a cooperative service mentality in planning.

**Keywords:** Severe mental disorders, need assessment, reliability and validity.

## S 4473

### DISABILITY, SOCIAL FUNCTIONING AND SUBJECTIVE RECOVERY OF PATIENTS IN COMMUNITY MENTAL HEALTH CENTER

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**Introduction:** Psychiatric disorders can lead to inadequate intellectual abilities such as working life, interpersonal relationships, self-care and life skills that can lead to reductions in social and cognitive function. This study was aimed to investigate the disability, social functioning and subjective recovery of patients who have been fol-

lowed up and do not followed up in the Community Mental Health Center (CMHC).

**Method:** This cross-sectional research was conducted with patients who have been followed up in CMHC (n=19) and do not followed up in CMHC (n=19) in between dates of June-August 2018. Questionnaire form, Social Functioning Assessment Scale (SFAS) and Subjective Recovery Assessment Scale (SubRAS) were used for data collection. Data were analysed by the use of Independent-Samples t test, Chi-Square test and Spearman correlation Analysis.

**Results:** There was no statistical significance between the patients who followed up CMHC and do not followed up CMHC. It was determined that patients who followed up in CMHC had less disability, better functioning and subjective feeling of recovery. It was determined that as age of onset and income increased, the social functioning of the patients also increased ( $p=0.031$ ,  $p=0.032$ , respectively). Significant negative correlation were found between SFAS and WHO-DAS-II ( $p=0.045$ ) and positive correlation between SFAS and WHO-DAS-II total score ( $p=0.020$ ). Significant negative correlations were found between WHO-DAS-II and SubRAS total score ( $p=0.002$ ).

**Conclusion:** There was no significant difference between disability, social functioning and subjective feeling of recovery of patients who followed up in CMHC and do not followed up in CMHC. It is possible to try to decrease the level of disability by increasing the level of social functioning of the patients. It may be suggested that patients be encouraged to continue CMHC regularly.

**Keywords:** Disability, recovery, community mental health centers.

## S 4474

### EFFECT OF MUSIC ON POSTOPERATIVE PAIN AND VITAL FINDINGS IN PATIENTS UNDERGOING TOTAL KNEE PROTHESIS.

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**Introduction:** This study was planned as a quasi-experimental controlled study to determine the effect of music listening on postoperative pain, vital findings (blood pressure, heart rate, respiration rate, oxygen saturation), amount of analgesic medication, and duration of hospital stay in patients undergoing total knee prosthesis (TKP).

**Method:** This study was carried out on 60 patients who underwent TKP at Uskudar State Hospital between September 2016 and March 2017. "Patient Identification Form", "Patient Follow-up Chart", "Numeric Pain Rating Scale", sphygmomanometer, stethoscope, and pulse oximeter were used to collect data. The patients were divided into two groups as music group and control group. The data were collected 1 day before the operation, on the operation day, on the first day after the operation, and on the second day after the operation in the clinic by the researcher. The data were assessed in a computer-based environment.

**Results:** There was no statistically significant difference between the groups in terms of duration of hospital stay ( $p>0.05$ ). The amount of opioid analgesics consumed was statistically significantly lower in the music group than in the control group ( $p<0.05$ ). The amount of non-opioid analgesics consumed was statistically significantly lower

in the music group than in the control group ( $p < 0.05$ ). In the music group, at all sessions except for the second session on the first day after the operation, heart rate after each session was statistically significantly lower than heart rate before each session ( $p < 0.05$ ). In the music group, at all sessions after the operation, systolic and diastolic blood pressure after each session were statistically significantly lower than systolic and diastolic blood pressure before each session ( $p < 0.05$ ). In the music group, at all sessions after the operation, respiratory rate after each session was statistically significantly lower than respiratory rate before each session ( $p < 0.05$ ). In the music group, at all sessions except for the first session on the first day after the operation, oxygen saturation after each session was statistically significantly higher than oxygen saturation before each session ( $p < 0.05$ ). In the music group, at all sessions after the operation, pain scores after each session were statistically significantly lower than pain scores before each session ( $p < 0.05$ ). Similar to the results of this study, music has a positive effect on pain and life findings.

**Conclusion:** Music practice has positive effects on postoperative pain severity, life findings, and analgesic use in patients undergoing total knee prosthesis.

**Keywords:** Knee, prosthesis, pain, music, vital findings.

## S 4475

### THE RELATIONSHIP BETWEEN PSYCHOLOGICAL RESISTANCE AND PROBLEM SOLVING SKILLS OF NURSING STUDENTS

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**Introduction:** It is important for nursing students to adapt to the academic problems they are experiencing during their education, the difficulties that the profession requires, and to develop psychological endurance of that they can cope effectively. Nurses with high problem-solving skills can cope with negative emotions and thoughts, produce healthy solutions and improve the quality of health care offered. The purpose of this study is to determine the factors affecting psychological wellbeing in nursing students and to examine their relation with problem solving skills.

**Method:** This descriptive-correlational research was conducted between February 2018 and May 2018. The study's population constitutes students who are trained in a State University's the Health Sciences Faculty. A total of 293 students who voluntarily participated in this study were included. Data were collected by the researchers through "Personal Information Form", "Psychological Resilience Scale for Adults (PRSA)" and "Problem Solving Inventory (PSI)".

**Results:** The mean age of the participants was  $20.83 \pm 1.75$ , 81.9% were women, and 72.4% were currently residing in the country. Moreover, 11.9% of the participants stated that they have a health problem. There is a statistically significance between the education levels and PRS Dedication ( $p = 0.000$   $F = 7.310$ ), Control ( $p = 0.005$   $F = 4.307$ ), Challenge ( $p = 0.002$   $F = 5.203$ ) subscales and Problem Solving Confidence ( $p = 0.000$   $F = 6.598$ ), Approach Avoidance skills

( $p = 0.000$   $F = 8.005$ ) subscales of the PSI. The presence of health problem positively correlated with PRS Dedication ( $p = 0.019$   $t = 2.358$ ) and Challenge ( $p = 0.015$   $t = 2.447$ ); A negative correlation was found with PSI Approach Avoidance ( $p = 0.011$   $t = -2.561$ ). There was a statistically significant relationship between age and PRS Control sub-dimension ( $p = 0.018$   $F = 4.063$ ). According to the Post-Hoc Tukey test result; it was determined that this significance was between 24 and overage group ( $p = 0.013$ ) in 18-20 age group.

**Conclusion:** The results of the research showed that there was a significant relationship between the psychological endurance of the students and their problem solving abilities. In addition, the increase in the level of psychological endurance as the class level increases is considered as a result expected of the research. In the light of these results, it may be suggested to compare the results with the nursing students who are studying in different regions with the wider sample groups of similar studies and the students who are educated in other parts.

**Keywords:** Problem solving, psychological resilience, nursing, student.

## S 4476

### THE STUDY FOR ADAPTATION OF THE STAFF OBSERVATION AGGRESSION SCALE-REVISED INTO TURKISH AND FOR ITS VALIDITY AND RELIABILITY

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**Introduction:** As in every segment of the society, aggressive behaviours are faced frequently in medical services and especially psychiatry services are among the riskiest units in terms of aggressiveness. As there is no objective and practical tool developed for recording the aggressive behaviours of inpatients at psychiatry clinics and designating their severity, many aggressive behaviours missed in our country. The research was conducted in order to adapt "The Staff Observation Aggression Scale-Revised (SOAS-R)" into Turkish and determine its validity and reliability.

**Method:** After receiving the necessary permissions, language and content validities of SOAS-R were made and the last version of the scale was created. The research was planned to continue for four months at three acute services of Manisa Mental Health and Illnesses Hospital, however, data collection period was extended three months more as enough aggressive behaviours could not be recorded. The nurse observing the aggressive behaviour closely in the process of data collection recorded all incidents with SOAS-R and evaluated the intensity of aggressive behaviour with VAS. The nurses who observed the aggressive behaviour were asked to record their own information (sex, age, and experience in psychiatry nursing) and the information of the patient showing aggressive behaviour (sex, age, diagnosis). 102 aggressive behaviours were recorded during the research period.

**Results:** When the relationship between SOAS-R and the VAS scores was examined, a statistically positive directional significant relationship was found ( $r = .367$ ,  $p < 0.001$ ). Multiple regression analysis was made in order to determine the factors predicting the VAS score, the characteristics of the nurse and patient and the SOAS-R were included in the analysis and it was found that the variables included in the anal-



ysis explained 29.8% of the total change in the VAS score accordingly.

**Conclusion:** It is observed that as the SOAS-R score increases, the VAS score of the nurses also increases. This conclusion shows that SOAS-R, which shows parallelism with aggressive behaviour perceptions of nurses, is a useful tool to observe and record aggressive behaviours.

**Keywords:** Aggression, observation, psychiatry nursing, validity, reliability.

## S 4477

### NURSES' OPINIONS ON ONCOLOGY, ONCOLOGY PATIENT, DEATH AND NURSING

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**Introduction:** Providing care and treatment services to oncology patients with diverse needs is accompanied by a variety of emotional and professional challenges. Oncology nurses have extensive experience in end-of-life care and death. This process is often described as worrying, fearful. Often nurses can have difficulty expressing their feelings about the profession. This study was carried out to evaluate the opinions of nurses who working with oncology patients, about being a nurse, oncology patient, working with oncology patient and death.

**Method:** The data were obtained from a from that used for the session preparation and evaluation of a thesis study (5 open-ended, 19 gap-filling statements). This thesis conducted between March-April 2016 and with nurses working with oncology patients in a university hospital (n=39).

**Results:** Nurses are between 25 and 48 years old and all are feminine. Nurses have identified themselves as mostly positive expressions within the context of professional and human values. They said that the negative experiences of occupation, management and patients were excessive and frequent. If the experience is positive they felt happy and satisfied; if negative they felt tired, worthless, inadequate, helpless, sad, angry, anxious. They talked about being a nurse that they have matured and developed themselves, but they have caused emotional and physical problems. They have identified it is difficult, pleasant and privileged to work with an oncology patient; and oncology patients as sensitive individuals for which assistance, attention, and support should be provided. Many of them reported complicated feelings including anger, helplessness, success, satisfaction and exhaustion when they were with oncology patients. The majority of the nurses using the sentences that start with "we will all die, but ..." to know when to die and about death, and talk about spending quality time in the remaining life, unknowns future, helplessness, sadness, shock, denial, unavailability, planning for family. On planning for the remaining lifetimes they used the expressions of spending time with their family and loved ones, preparing them and making future plans for them, living the moment, doing/postponing what they could not do, and continuing their lives without making plans.

**Conclusion:** Nurses need to talk and share situations they live in. It is recommended that counseling and support units should also be established in order to be able to heal both themselves and their patients; also the research be conducted in different and large groups.

**Keywords:** Oncology, patient, oncology nursing, death.

## S 4478

### THE EFFECTS OF PEER EDUCATION IMPLEMENTED BY NURSING STUDENTS ON THE ATTITUDES OF UNIVERSITY STUDENTS TOWARDS THE MENTAL ILLNESS

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**Introduction:** Stigma and discrimination toward mental illness are great burdens for society. People with mental illness experience problems with seeking psychiatric help and reintegrating into society because of this stigmatization. The aim of this study is to investigate the effects of peer education by nursing students on the attitudes of university students, from different departments, towards mental illness.

**Method:** This study was carried out in the fall semester of the 2017-2018 academic year in a one-group pretest and posttest quasi-experimental design. After participating in a stigma reducing programme nursing students, who have theoretical and practical mental health nursing, (n=40) implemented a peer education on the university students, who constitute the sample group, from other departments than nursing in order to reduce the stigma towards people with mental illness. Peer educators implemented a stigma-reducing training by consulting in small groups. The data were collected through socio-demographic characteristics data collection form and the Beliefs Toward Mental Illness Scale.

**Results:** The average age of the peer educated students is 20.18, 61.8% of the students are women, 47.2% of the students are second grade, 84% of them do not have the family history of mental illness, %63.2 of the students do not have anyone, who has a mental illness, around. A statistically significant difference was found in all subscales of the Beliefs toward Mental Illness Scale (incurability and disturbance in interpersonal relationships, dangerousness, and shame), between the pre-test and post-test.

**Conclusion:** It was found that stigma-reducing peer education implemented by nursing students on the university students from different departments influenced the attitudes of these students towards mental illness positively. In this regard, peer education can be thought as a method for reducing the mental illness stigma. It is suggested that to increase the sample size and investigate the efficiency of peer education in a long-term monitoring.

**Keywords:** Stigma, mental illness, attitude, nursing students.

## S 4479

### INTERNALIZED STIGMA AND SOCIAL FUNCTIONING LEVELS IN ALCOHOL ADDICTED INDIVIDUALS

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**Introduction:** Internalized stigma causes negative emotions by alcohol-dependent individual. These negative emotions affect the

professional, family and social performance of the individual who consumes alcohol by increasing alcohol consumption. These negative emotions affect the professional, family and social performance of the individual who consumes alcohol by increasing alcohol consumption. This situation is thought to negatively affect the social functioning. Study was carried out to determine the levels of self-stigma and social functioning of alcohol dependent patients.

**Method:** The research is cross-sectional-descriptive. After the Ethical Committee's approval, data collected in August 2017- August 2018 from 104 alcohol-dependent patient who were inpatient treatment in a university hospital by face-to-face interviews. In the study, data was collected with personal Information Form, Internalized Stigma of Mental Illness Scale (ISMIS) and Social Functioning Scale (SFS). High scores in scales show negative self-stigmatization and high social functionality. Descriptive statistics, t-test and correlation analysis were used in evaluating data. ISMIS Reliability coefficient was 0.89.

**Results:** Patients mean age was  $47.28 \pm 10.10$ , %92.3 were male. The average age of starting alcohol is  $19.37 \pm 6.25$ . %74.1 of the patient has a profession, %77.9 of them have not any relationship. It was determined that 85.5% of the patients were also using cigarettes, 37.5% were previously treated because of alcohol dependence, and 34.6% were having legal problems. Patients ISMIS mean score was  $71.99 \pm 13.78$  and mean scores of subscales were moderate. In SFS, the mean scores of the "preliminary social activity" and "leisure activities" subscales and the total scale scores are moderate level and the other subscales (social withdrawal, interpersonal functionality, independent competence, independent performance, job-profession) were below the average. As the ISMI mean score increases, the SFS subscales mean scores decreases ( $p < 0.05$ ).

**Conclusion:** It has been determined that alcohol-dependent patients are stigmatized negatively themselves, their functionalities of Pro-social activities and Recreational activities are inadequate. Also, as ISMI tends to increase, SFS (Social withdrawal  $\uparrow$ , interpersonal functioning  $\downarrow$ , Pro-social activities  $\downarrow$ , Recreational activities  $\downarrow$ , Independence-performance  $\downarrow$ ) levels decreases. It is recommended to provide awareness to the patients by providing trainings on the subject.

**Keywords:** Internalized stigmatization, social functioning, alcohol addiction, mental disorders.

## S 4481

### DETERMINATION OF PSYCHIATRIC NURSING PERCEPTIONS OF A PSYCHIATRIC HOSPITAL STAFF

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**Introduction:** Accurate understanding of the roles of psychiatric nurses is very important in terms of maintaining and continuing the therapeutic environment, which is the first and most important step in the treatment process. However, because of the professional negative perception of the psychiatric nursing as well as the stigmatizing attitude towards the psychiatric field, fewer nurses work in this area. Despite studies in the literature regarding the perception of mental illnesses, studies on perception of psychiatric nursing are insufficient. This study was planned to determine the perception of psychiatric nursing by all employees working in a private psychiatric hospital.

**Method:** In this descriptive study was included 155 people were working in the Private French Lape Hospital. No sample has been

selected since the entire universe has been reached. The Study was used sociodemographic data form prepared by the researchers, 'The Psychiatric Nursing Perception Scale' developed by Olcay ÇAM and Leyla BAYSAN ARABACI. Data were evaluated by SPSS program with percentage and variance analysis.

**Results:** When the sociodemographic data were examined, the gender of the employees was 60% female ( $n=93$ ), the average age was  $34 \pm 5.2$ , educational status was respectively; 15.4% ( $n=24$ ) graduates, 21.9% ( $n=34$ ) graduates, 10.9% ( $n=17$ ) associate graduates, 13.5% ( $n=21$ ) high schools, 5.8% ( $n=9$ ) health vocational high school, 27% ( $n=42$ ) primary school, average of study years were  $4 \pm 3$  years. It was determined that psychiatric nursing was perceived negatively according to the average score of 'Psychiatric Nursing Perception Scale' applied to hospital staff.

**Conclusion:** The reason why psychiatric nursing is perceived negatively even in a psychiatric hospital; it is thought that the nurse is not able to express itself in the sense of professional competence. In order to change this aspect positively, it is suggested to support professional development with trainings, to improve the therapeutic environment by increasing the quality of care and to increase the awareness of team members with such studies.

**Keywords:** Psychiatry, psychiatric nursing, nursing perception.

## S 4484

### EXPERIENCES OF PATIENTS WITH HEMATOLOGICAL CANCER AND FAMILY CAREGIVERS: A DYADIC ANALYSIS

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**Introduction:** High mortality and relapse rates of hematological cancers, exposure to aggressive cancer treatments and long-term hospitalizations cause a variety of experiences for patients with hematological cancers and family caregivers. Studies on hematologic cancer diagnosis and treatment process are limited investigating in terms of patient and caregiver. Purpose of the study; to explain the experiences of hospitalized hematologic-oncologic cancer patients and family caregivers and the nature of the relationship between them in this process.

**Method:** A phenomenological dyadic approach was taken in the study. The sample consisted of eleven patient and family caregiver dyads who receive cancer treatment in an oncology clinic selected by purposeful sampling. In-depth interviews were conducted using a semi-structured interview format. Content analysis was used to evaluate the interviews.

**Results:** Four themes emerged as a result of the research. The theme of a tough journey includes disappointment due to deterioration in routines and future plans, feelings of loneliness and longing because of being far away from social support, concerns about uncertainties, fear of death, regrets about the past and having anger because of physical symptoms. The theme of together but alone includes coping by inclining towards religion, coping by trying to be strong, coping by hiding emotions, thoughts and needs and coping by crying. As well as due to intense feelings there may be less communication between patients and family caregivers, and they may have communication conflicts. The theme of companionship includes change in

role balance, increased bonding and increased confidence. New horizons theme involves understanding their own values, understanding the value of being healthy, being more relaxed, being patient and learning to be compassionate and developing coping skills.

**Conclusion:** Cancer disease and treatment are challenging for patient with hematological cancers patients and family caregivers. It is important that nurses carry out interventions to support patients and caregivers to cope by strengthening the relationship between patients and caregivers, teaching stress management, and promoting mutual communication.

**Keywords:** Cancer, caregivers, hematologic malignancies, nursing, qualitative methodology.

## S 4488

### A STUDY ON THE BELIEF ABOUT SENILITY AND FACTORS AFFECTING THE BELIEF ABOUT SENILITY

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**Introduction:** Just as the cultural structure of societies affects the point of view that occurs in the face of each event, it also affects the point of view that is old age. In today's societies, elderly individuals are often perceived by others as people in need of care, alone, unhappy, who have lost their functions in many areas. Since attitudes towards the elderly affect many issues, from the provision of social integration to the opportunities offered to the elderly, the meanings attributed to the elderly by individuals in various age groups have become an important issue. The purpose of this study is to examine the factors affecting the belief about senility.

**Method:** The sample of the study consists of 1180 individuals. The "Personal information form" and "Lomaşen senility belief scale" (LSBS) were used as data collection tools.

**Results:** The average score of the LSBS is 76.6±.500. The average score of those who are married is 79.8±.935, the average score of those who are single is 75.4±.586, while the beliefs of married individuals about senility are more negative than single individuals. Individuals with a nuclear family had an average score of 77.4±.583, those with an extended family had an average score of 73.9±1.001, those with other family types had an average score of 74.9±2.781, and the average score of those with a nuclear family type is higher compared to the others. The average score of those living in villages is 79.1±.901, the average score of those living in districts is 74.4±1.960, the average score of those living in cities is 75.9±.618, and the average score of the individuals living in villages is higher than those living in districts and cities. The average score of those who lived together with an elderly individual was 76.8±.640 while the average score of those who did not live together with an elderly individual was 76.4±.793. The average score of those who live together with an elderly individual now is 73.8±1.041, while the average score of those who do not live together with an elderly individual now is 77.4±.568, and the difference between them is significant. The average score of those who

want to live with an elderly individual is 75.5±.664, and the average score of those who do not want to live with an elderly individual is 78.0±.756, and the difference between them is significant. The average score of those who visited a nursing home is 73.4±1.063, and the average score of those who did not visit a nursing home is 77.8±.555, and the difference between them is significant.

**Conclusion:** Singles, those who have a wide family and other family type, and those who live in the district and city have a more positive belief in old age. While there was a positive and slightly significant correlation between the age and Lomaşen senility belief scale; there was a slight and negative correlation between the economic status, educational status, maternal educational status and paternal educational status, and Lomaşen senility belief. It is recommended to do repetitive studies examining the old age beliefs of individuals.

**Keywords:** Nursing, senility, belief about senility.

## S 4490

### USE OF REFLEXOLOGY IN NURSING TO PROVIDE SPIRITUAL GOODNESS

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**Introduction:** Reflexology observed that in providing mental well being, in addition to medical treatment, alternative techniques are used. In recent years, use of has become widespread. Reflexology used in many groups of diseases: by applying pressure to specific points in feet, hands, the body's energy in certain regions of the body by dissolving the treatment method. This study, it was aimed to re-view the effect of reflexology in the field of nursing studies in Turkey on mental well-being.

**Method:** Study was carried out on Yöktez, without any year limitation in the date range of 01.08.2018-20.08.2018, using the word "reflexology, mental healing, nursing" groups. The evaluation of the effect of a thesis in the field of nursing and mental status has been determined as the criteria for inclusion, nine results have been evaluated accordingly.

**Results:** The theses which are examined by psychiatric nursing. Also the sample group of studies gynecologic, colorectal cancer patients, women with perimenstrual distress, nursing students, have undergone elective cesarean section, patients with coronary artery disease and underwent coronary angiography process coronary angiography, percutaneous transluminal coronary angioplasty, total abdominal hysterectomy operations. Studies show that reflexology reduces anxiety, depression, negative emotion, and also positive effects on body image and emotional function.

**Conclusion:** It's recommended that reflexology, which is an approach that can be used in care and practice of consultation-liaison psychiatric nursing. We recommend reflexology be used in care, treatment of different disease groups, that the studies based on evidence and practice within the scope of psychiatric nursing related to subject should be increased, the results of the study should be reflected in psychiatric nursing care. In addition, it's thought that efficacy of reflexology should be evaluated in patients with mental disorders.

**Keywords:** Mental healing, reflexology, nursing.

**S 4491****INFORMATION AND OPINIONS OF NURSES WORKING IN PSYCHIATRY CLINIC ON PATIENT FALLING DOWN AND PREVENTION****Elif Şen<sup>1</sup>, Zekiye Çetinkaya Duman<sup>2</sup>**<sup>1</sup>Dokuz Eylül University Nursing Faculty, Psychiatric Nursing Department, Dokuz Eylül University Nursing Faculty, İzmir, Turkey<sup>2</sup>Dokuz Eylül University Hospital, Neurosurgery Clinic, Inciraltı Street, İzmir, Turkey

**Introduction:** Falling is a major patient safety problem in health care institutions all over the world. Despite the high risk of falls in psychiatric units, there is less interest. Ensuring patient safety in the clinical setting is one of the primary responsibilities of the nurse. It is important that nurses working in psychiatric clinics have knowledge and attitudes about causes of patient falls and prevention. This study was carried out to determine the knowledge and opinions of nurses working in adult psychiatric services about the patient falls and prevention.

**Method:** Research is descriptive in nature in Izmir province in June-July 2017 was carried out at two universities and five adult psychiatric ward of a public hospital. The study sample who agreed to participate in a psychiatric ward in this hospital employees and consisted of 80 nurses. Data collection was created in the literature of nurses in accordance with the information and opinions regarding the evaluation form and preventing patient falls were used. Number and percentage distribution were used in the evaluation of the data.

**Result:** The average age of the nurses participating in the research was 39.69±6.16, 85% female, 43.8% undergraduate, 55.1% in state hospital and 81.3% in patient fall. 97.5% of the nurses working in the psychiatric wards encountered patient falls. 85% of the nurses stated that there may be undeclared and undeclared falls. 88.8% of the nurses consider the patient falls as an important problem and 87.5% think that they have a role in preventing falls. 57.5% of the nurses stated that they needed training in the prevention of falls and falls.

**Conclusion:** According to the experience of nurses in psychiatric clinics, patient falls are considerable. The fact that nurses have a high rate of unexplained and unrecognized patient falls indicates that the risk of falling should be assessed and protective measures should be taken according to the risk level. Nurses working in the psychiatric clinic view patient falls as an important problem and need up-to-date information and training in managing and preventing patient falls. It is recommended that preventive programs, such as assessing the risk of falling for nurses working in psychiatric clinics, taking precautions to prevent falls in the therapeutic environment, are implemented and implemented.

**Keywords:** Nurse, psychiatric clinic, patient fall, information.

**S 4492****EVALUATION OF INFLUENCE ON LIFE QUALITY, SELF-PERCEPTION AND DEPRESSION STATUS OF WOMEN OF MENOPAUSE PERIOD****Sultan Alan, Ayseren Cevik, Emine Tekeli Sahin, Sule Gokyildiz Surucu, Cemile Onat Koroglu**

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**Introduction:** It is known that middle-aged women experience

common psychological problems. But; it is not observe right to suggest that menopause is the only source of them. This situation; it is thought that the woman is more related to her previous psychological state, her attitude towards menopause, self-confidence, marital status, family problems, socioeconomic status, life style, body image. This study has created as descriptive to assess effect of menopause on quality of life, self-perception and depression status of women.

**Method:** Research, has realized with 103 volunteer women who entered menopause in Adana province. Data has collected with which questionnaire form which prepared by researchers in light of literature, Menopause Specific Quality of Life Scale (MÖYKÖ), Epidemiological Research Center Depression Scale (EAMDS) and Rosenberg Self-Esteem Scale (RSES). Data which obtained have analyzed with SPSS 22 program and  $p < 0.05$  has taken significance value.

**Results:** The average age of participants has 55.56±5.521. 83.5% of women have married, 16.5% have single. Women's, in sub-group symptoms averages of their scores; vasomotor have 1.73±1.050, psychosocial have 1.04±0.699, physical have 1.29±0.604, and sexual have 1.32±0.954. When distribution of antidepressant use status and depression total scores of women have evaluated; There has a significant difference between antidepressant use and depression total scores ( $p = 0.22 < 0.05$ ). Mean of RBSE score has 2.06±0.381 and mean of EAMDS score has 13.95±6.607. While 35% of women use antidepressant, 65% do not use it. There was a significant difference between duration of antidepressant use and duration of menopause ( $p = 0.011 < 0.05$ ).

**Conclusion:** As a result of research, it was determined that self-perception of women participating in study have moderate and have high predisposition to depression. In light of all data; only menopause period has not adversely affected depression, self-perception and quality of life, but in presence of other conditions which accompany (activity status, age and duration of menopause, menopause perception status, etc.), it has been reached conclusion which increased risk of depression, adversely affecting quality of life and self-perception. It is possible healed with 'menopausal education and activity' classes physical, mental, social and sexual health of menopausal women. In this context; it is suggested that lack of knowledge of women is corrected by a midwife/nurse so that healing care maintenance in menopause is active, that menopausal education and activity classes are extended and are done more study in this matter.

**Keywords:** Menopause, depression, quality of life.

**S 4493****HUMOR AND NURSING CARE****Murat Köprü<sup>1</sup>, Kübra Manay<sup>2</sup>, Elif Bilgin<sup>3</sup>**<sup>1</sup>Batman Local State Hospital, Batman, Turkey<sup>2</sup>Marmara University Pendik Training and Research Hospital, İstanbul, Turkey<sup>3</sup>Erenköy Mental Health Diseases Training and Research Hospital, İstanbul, Turkey

**Introduction:** Humor is defined as the ability to see the fun side of the event and a way of making people have a pleasant time by means of behavior and gestures. Supporting individuals in physiological, cognitive, social and psychological aspects, humor can contribute to the recovery of them from negative feeling and thoughts. In his quote 'Humor is the weapon of weak against strong', L.Kirca

emphasized that one can cope with unfavorable situations by using humor. It is stated that humor is used by Coser for the first time in order to improve health condition in hospital and to health patients and it is a part of nursing care.

**Method:** The studies covering nursing and humor concept indicated humor as an important nursing initiative. In a qualitative study conducted with 22 nurses giving care to psychiatric patients, nurses revealed that humor was a helpful tool in establishing the trust relationship with the patient when used appropriately. In another qualitative study which was conducted with 8 nurses working in the intensive care unit, nurses stated that they used humor between themselves and their patients, including patients' relatives, and this situation was especially helpful during patient visits and deliveries. Besides, Bellert (1989) declared that humor reduced the pain of oncology patients and helped them cope with the fear of death. Pediatric nurses also stated that humor improved the ability of children to overcome the stress of illness and hospitalization.

**Conclusion:** Nurses can use humor while communicating with the patient and providing care. Furthermore, humor can contribute nurses to deal with stressors more effectively, increase work productivity by increasing energy, reduce tension, increase job satisfaction and enhance self-improvement.

**Keywords:** Humor, nursing care, improvement.

## S 4495

### THE COMPARISON OF METACOGNITION PROPERTIES AND SOCIAL FUNCTIONING OF PATIENTS WITH MENTAL DISORDERS

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**Introduction:** One of the important indicators in the treatment of mental disorders is the social functioning of the patient. In the study results, it is suggested that impairments in cognitive functions can predict a future change in the psychosocial functioning of patients between 20% and 60%. Metacognition is an upper system that allows one to be aware of the events and functions of one's own mind, and to direct the mind's events and functions. In this study, it was aimed to compare metacognitive features and social functions of patients with different mental disorders.

**Method:** The comparative descriptive study is conducted in a research hospital psychiatric outpatient clinic and an Family Health Center (FHC). The sample of the study constituted to 50 people from each psychiatric group diagnosed with schizophrenia and other disorders, depression, bipolar disorder, anxiety disorders, substance use disorders applied to psychiatry polyclinic of the hospital and 50 people (Control Group) did not have any psychiatric disorder applied to FHC. Personal Information Form, Metacognition Scale-30 (MCQ-30), Social Functioning Scale (SFS) were used to collect data. In the evaluation of the data, descriptive statistics, t test, correlation analysis, One Way ANOVA test and Kruskal-Wallis Variance analysis were used.

**Results:** The average age of the participants is 35.3±9.8, 60.3% male and 59.3% are married and 43.3% are primary school graduates. The mean MCQ-30 score of the individuals is 64.02±11.78, and it is

seen that metacognitive disorder is above average. According to medical diagnosis, it is observed that metacognitive disorder is the most in depressed patients, at least in the healthy control group. There was a significant relationship between the groups in terms of metacognitive disorder ( $p<0.05$ ). The mean SFS score of individuals had 100.6±25.4, individuals' social functioning is below the average. The social functioning was the most disrupted in schizophrenia and psychosis patients ( $p=0.001$ ). There was a significant negative correlation between metacognition and social functioning properties of the individuals ( $p=0.04$ ).

**Conclusion:** It has been determined that the most metacognitive disorder in mental disorder is depressive disorder and the most impaired social functioning are schizophrenia and psychotic disorder. Furthermore, as the patients' metacognitive disorders increased, social functioning decreased. Recommendations: It was recommended to provide social skills training based metacognition to patients with mental disorders by psychiatric nurses.

**Keywords:** Mental disorder, metacognition, psychiatric nursing, social functionality.

## S 4496

### HEALING GARDENS IN MENTAL ILLNESS

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**Introduction:** The term healing gardens are designed and applied to green spaces that specifically aim to improve health outcomes of the patient with mental illness psychologically and physiologically. Healing gardens are usually designed in the gardens of nursing homes, rehabilitation centers and hospitals.

**Method:** Healing is the individual change process in which individuals improve their health, to continue the life they want and use their own potential. In mental illness, in the process of healing, it is important that the individual acquires new skills and power, and lives and functions as freely as possible in society. The use of psychosocial approaches in combination with drug therapy has a positive impact on the healing process for the individual to achieve physical, cognitive, emotional and social skills. "Healing gardens" is one of the psychosocial treatment methods used in the treatment of mental illnesses. The use of plant and nature known for its healing effect is the oldest treatment. Looking at the nature and dealing with the garden in the process of healing makes it possible for individuals to feel good and to reduce their stress. In studies evaluating the effectiveness of healing gardens, it is stated that the natural environment and designed spaces contribute to the healing process by stimulating the senses of the individual, strengthening the body, mind and soul, reducing pain, suffering and stress, acquiring new skills, enhancing their functionality.

**Conclusion:** The results of the literature review have been shown that healing garden is applicable method for the treatment of mental illness. In terms of psychiatric nursing, it is thought that the use of healing gardens will make an important contribution to the therapeutic effectiveness of nursing care, where individuals increase their motivation, develop their self-efficacy and strengthen healthy coping responses and social skills.

**Keywords:** Mental illness; psychiatric nursing; healing gardens.

**S 4497****INTEGRATIVE MEANING CENTERED THERAPY:  
WHAT DO WE KNOW ABOUT IT?****Nur Demirbaş Çelik***Alanya Alaaddin Keykubat University, Education Faculty, Department of Guidance and Psychological Counseling, Antalya, Turkey*

**Introduction:** Paul Wong developed Integrative Meaning Centered Therapy (IMCT) which is consistent with the principals of cognitive-behavioral therapy. IMCT is a mixture of humanist tradition and cognitive-behavioral school, and also is a natural extension of logotherapy. IMCT aims to pave the way for producing systematical researches about the personal meaning by combining logotherapy's premises with the cognitive-behavioral processes and increase logotherapy's effectiveness. It aims to encourage clients to create positive meanings and follow these meaning structures. The purpose of this study is to introduce the IMCT.

**Method:** While it is possible to come across variety of existential-based approaches in Turkey, it is not possible to come upon a study about meaning therapy in local literature. This is a compilation study which aims to introduce the basic aspects of IMCT.

**Results:** Some of the characteristics of IMCT are: It is holistic, existential/spiritual, relational, focuses on positive, multi-cultural, narrative, psycho-educational. IMCT give importance to Meaning Management Theory and Dual System Model Duality principle accepts the paradoxical feature of human nature and tries to combine positive psychology and psychotherapy in a holistic way. IMCT also make use of ABCDE method. This process includes five principles; A: Acceptance B: Belief, C: Commitment to aims and actions, D: Discovering the meaning and importance, E: Evaluation of the entire process and self-regulation.

**Conclusion:** In this respect, IMCT which offers a holistic and culturally sensitive frameworks is thought to be actively implemented. Particularly, features such as having a multi-cultural set-up and including both individualist and collectivist cultural features making it more convenient to use meaning therapy in Turkey.

**Keywords:** Meaning therapy, logotherapy, integrative approach.

**S 4498****PREDICTIVE FACTORS OF BREAST CANCER  
PATIENTS' AND THEIR HUSBANDS' MARITAL  
ADJUSTMENT AND SEXUAL SATISFACTION  
FOLLOWING MASTECTOMY****Gülşah Yıldız Aytaç<sup>1</sup>, Duygu Hiçdurmaz<sup>1</sup>, Fatma Öz<sup>2</sup>***<sup>1</sup>Hacettepe University, Faculty of Nursing, Department of Psychiatric Nursing, Ankara, Turkey**<sup>2</sup>Near East University, Faculty of Nursing, Department of Mental Health and Illness Nursing, Nicosia, Turkish Republic of Northern, Cyprus*

**Introduction:** Breast cancer patients' and their husbands' marital adjustment and sexual satisfaction may be influenced by factors related to breast cancer story of a patient such as duration of time after diagnosis, body image perception of the patient, particular sociodemographic characteristics such as age. Also, marital adjustment and sexual satisfaction of the patient and the husband may affect other's marital adjustment and sexual satisfaction. This study was conducted

to reveal the predictive factors of breast cancer patients' and their husbands' marital adjustment and sexual satisfaction following mastectomy.

**Method:** Data from 87 breast cancer patients and husbands were considered in this analytic study. "Patient/Husband Data Sheets", "Body Cathexis Scale", "Marital Adjustment Scale" and "Golombok-Rust Inventory of Sexual Satisfaction Scale" were used as data collection tools. Multiple Stepwise Linear Regression Analysis was used for data analysis.

**Results:** Body image perception, socio-demographic and cancer-related variables included in the regression models weren't significant predictive factors of patients' and husbands' marital adjustment and sexual satisfaction. Factors significantly predicting women's sexual satisfaction were husbands' sexual satisfaction ( $\beta=0.280$ ,  $p=.004$ ) and women's marital adjustment ( $\beta=-0.331$ ,  $p=.009$ ) while factors significantly predicting husbands' sexual satisfaction were women's sexual satisfaction ( $\beta=0.346$ ,  $p=0.004$ ), women's ( $\beta=0.399$ ,  $p=0.004$ ) and husbands' ( $\beta=-0.501$ ,  $p=0.001$ ) marital adjustment. It was determined that husbands' sexual satisfaction ( $\beta=-0.268$ ,  $p=0.001$ ) and women's marital adjustment ( $\beta=0.611$ ,  $p<.001$ ) were the significant factors predicting husbands' marital adjustment while women's ( $\beta=-0.245$ ,  $p=0.009$ ) and husbands' sexual satisfaction ( $\beta=0.239$ ,  $p=0.004$ ) and husbands' marital adjustment ( $\beta=0.684$ ,  $p<.001$ ) were significant predictive factors of women's marital adjustment

**Conclusion:** Taking into consideration that the couples' perceptions towards each other's sexual satisfaction and marital adjustment could be very helpful during organization of services that will be provided for them.

**Keywords:** Breast cancer, husbands, marital adjustment, predictors, sexual satisfaction.

**S 4501****INVESTIGATION OF PSYCHIATRIC SYMPTOMS  
OF INPATIENTS TREATED IN AN EDUCATION  
RESEARCH HOSPITAL****Ümit Atasever<sup>1</sup>, Elçin Babaoğlu<sup>2</sup>***<sup>1</sup>Üsküdar University, Vocational School of Health Services, Emergency and First Aid Department, İstanbul, Turkey**<sup>2</sup>Üsküdar University, Faculty of Health Sciences, Nursing Department, İstanbul, Turkey*

**Introduction:** Physical illness is an important stressor for the person. With the diagnosis of illness, emotional reactions such as denial, anger, mourning, and acceptance can occur in the individuals. Psychiatric symptoms occur in individuals who can not survive this process well. The rate of psychiatric morbidity was found to be higher in the subjects with physical illnesses than those without physical illnesses. This study was conducted descriptively and cross-sectional in order to determine the psychiatric symptoms and the affecting factors in hospitalized patients.

**Method:** The study, which was planned as descriptive and cross-sectional, was conducted with 260 patients between July 2017 and January 2018, who were hospitalized in the internal medicine, general surgery and orthopedic services of Kanuni Sultan Süleyman Educational Research Hospital and who agreed to participate in the study.

**Results:** When 260 patients who involved in the research were evaluated according to the general health questionnaire, 48.8% were

found to be risky in terms of mental health disorders while the symptom screening test results had given that 16.9% of them were at risk of somatization, 10% at Obsessive Compulsive Disorder, 13.8% about Interpersonal Sensitivity, 20% Depression, 8.1% Anxiety, 10.4% Anger-Hostility, 5% Phobic Anxiety, 11.1% Paranoid Thought, 12.2% in Psychotism and 19.2% of them were at risk for additional clause (sleep disorders, eating disorders and guilt).

**Conclusion:** As a result of the study, psychiatric symptom scores of individuals who were hospitalized due to physical illness were high. It is suggested that the patients who are in hospital due to physical illness should be followed up for psychiatric symptoms during the treatment period.

**Keywords:** Psychiatric symptom, CLP nursing, physical illness, stay in hospital.

## S 4503

### THE ROLE OF NURSING IN THE LGBTI PERSON WITH ALCOHOL USE DISORDERS: A CASE REPORT

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The term of recovery in alcohol dependence is to prevent recurrence of the individual who is in the remission period. In order to be able to initiate healing, the reasons for individual recurrence need to be known. Knowing what individual and environmental factors affect the individual also helps the individual to develop alternative coping strategies, focusing on what can be done when facing risky situations. The Roy Adaptation Model, which emphasizes that the individual is constantly interacting with the environment, confronts many stimuli with a adaptation mechanism, against these stimuli, is thought to be a suitable model for the improvement of alcohol dependence. In this line, the effect of care which is given according to the Roy Adaptation Model to LGBTI person who has diagnosed alcohol use disorder has examined. It was observed that the individual was adapting to the first and third follow-up interviews by stating that he did not use alcohol and it was seen that he was effectively using coping strategies.

**Keywords:** Alcohol use disorder, LGBTI, recovery.

## S 4506

### REVIEW STUDIES OF THE OPINIONS, PERCEPTIONS AND COMPETENCES OF NURSES ABOUT SPIRITUAL CARE

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**Introduction:** Spirituality is a very important and necessary concept that exists since the first formation of the nursing profession and constitutes a building of this profession. The aim of this review is to examine the research done by Google Academic and Pubmed between

2006-2017 on nurses' perceptions of spiritual and spiritual care, their practices and their competence.

**Method:** The full text of 18 studies accessed through Google Academic and PubMed between the years 2006 to 2017 were examined in this review.

**Results:** In the nursing literature, spirituality is widely defined and perceived, and efforts are made for the meaning, purpose, and inner peace of life beyond a religious commitment. In order to determine the nurses' perceptions of spirituality and spiritual care in countries such as China, Thailand, United Kingdom, Turkey, Iran, United States and Ireland conducted studies when investigated; it has been found that nurses do not have sufficient knowledge of spiritual and spiritual care, do not use spiritual care practices in patient care most of the time, and as a result, nurses do not meet spiritual needs of patients. Nurses' perception of spirituality was high but their competence in this area was not at the desired level and at the same time nurses felt themselves incompetence in this area. Researches has shown that the incompetence of nurses in spiritual and spiritual care and felt incompetence in this area are mostly due to lack of education. Factors such as excessive workload of the nurses, inadequate application environment, excessive number of patients per nurse and incompetence feeling of the nurse in this area are among the reasons for the incompetence.

**Conclusion:** According to the results of the studies done, the implementation of spiritual care of clinic patients should be supported by health institutions and the nursing education should be given more for spiritual care. It is also suggested that in-service training should be planned for nurses working in the field and that one by one practices should be added to training curriculum for the development of nurses' spiritual care practice skills.

**Keywords:** Nurse, spirituality, spiritual care.

## S 4507

### A CASE REPORT: SCHIZOPHRENIA

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A. K's first complaints began in 2010. A woman came to the hospital where the patient worked. The patient has seen this woman in 6 different characters. It looks like a face but it was different as a body. He saw two people close to him. Turkey solves the issue itself, he thought it was an important person. There were complaints of anger, aggression. He thought that his brain was being directed, and he was talking about it on TV. These complaints lasted for 2 years and they did not apply to any health institution during this period. People who have been in the past 2 to 5 years in 2012 for 2 to 5 years have been thinking about what they have to say about themselves, tired of the movements they are watching, taking messages from the movements made, thinking that they are deceiving themselves, searching for a listening device at home, the wife of the patient wrote a petition to the provincial health directorate for the treatment of the patient and then the patient's first appointment to the psychiatric service of a research and application hospital on 30/10/2014 was made upon the request for a guardian. Occasionally, the patient was talking to himself. "I saved Turkey, I solved the Ergenokon" he says, speaking somethin 'phase quantity. He said that a woman working at work was

actually 6 people and that one day she came to work. His sleep is diminished. The patient's second appointment was admitted to the psychiatric service of the same hospital in September 2015. The patient's third visit was to a psychiatric service of a state hospital in 2016 following the same complaints and no medication. The patient was diagnosed with schizophrenia for at least six months and for at least one month of these six months he had been diagnosed with hallucinations and delusions, impaired work and human relations, and DSM-5 diagnostic criteria. Psychiatric nursing patients were diagnosed with risk of harm to themselves and others, impaired thinking process, sensory-perceptual impairment, anxiety, ineffective individual coping, impaired social interaction, change in role performance, change in family processes, risk of infection and nursing.

**Keywords:** Case, psychiatric nursing, schizophrenia.

## S 4509

### THE RELATIONSHIP BETWEEN AGING ATTITUDE, DEPRESSION AND QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN A NURSING HOME IN FETHİYE

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**Introduction:** This study was carried out to evaluate the aging perception, depression and quality of the lives of elderly people living in nursing homes.

**Method:** The study consisted of 42 elderly people over 65 years old who were staying in the Fethiye Municipality Nursing Home, who had no cognitive problems such as dementia and who agreed to participate in the research. Data for the study were collected from December 2017 to May 2018 by the sociodemographic data form, the World Health Organization Quality of Life Form (WHOQOL-OLD-TR), the European Aging Attitude Questionnaire (AYTA-TR) and Geriatric Depression Scale (GDS). IBM SPSS Statistics 22 (IBM SPSS, Turkey) is calculated by the program. Significance in analyses were accepted as  $p < 0.05$ .

**Results:** 73.8% (31) were male and 54.8% were between the ages of 65 and 74. 71.4% had an income and 66.7% wanted to stay in the nursing home. The WHOQOL-OLD-TR score was  $67.64 \pm 10.10$ , the AYTA-TR score was  $79.02 \pm 9.62$  and the GDS score average was  $11.64 \pm 6.4$ . There was a significant correlation between WHOQOL-OLD-TR scores and GDS total scores ( $p < 0.01$ ). There is no relationship between WHOQOL-OLD-TR scores and AYTA-TR scores, AYTA-TR scores and GDS scores.

**Conclusion:** In our work; it is observed that older people living in nursing home have a positive perception of old age and the quality of life in old age, but more than half of them were depressed and had tendency towards depression. At the same time, it has been detected that quality of life and depression interact with each other.

**Keywords:** Nursing home, aging attitude, quality of life, depression.

## S 4510

### STRESSORS AND COPING METHODS OF HIGH- AND LOW-RISK ADOLESCENTS FOR DEPRESSION: A QUALITATIVE STUDY

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**Introduction:** Depression is one of the most common psychiatric disorders among adolescents, and prevention or delay of its onset is of great importance due to the individual and social problems it causes. The purpose of this qualitative study is to reveal stressors and coping methods of adolescents at high- or low-risk for depression.

**Method:** This descriptive qualitative type study was conducted with the first-grade students of a high school in İzmir, a province in the western part of Turkey using an extreme or deviant case method and who met the inclusion criteria. The Child Depression Scale and Center for Epidemiological Studies Depression Scale (CES-D)-Child / Adolescent Form were administered to the first-grade high school students, and the adolescents with high and low risk of depression were identified. The study data were collected through the semi-structured individual interviews. In the study, 11 adolescents with high risk of depression and 10 adolescents with low risk of depression were interviewed. The content analysis method was used for the analysis of the data.

**Results:** Adolescents' stressors and their experience with coping with stress were classified under 3 themes: stressors, factors affecting coping and coping. The stressor theme includes the following subthemes: family relationships, friend relationships and cell phone / internet usage. The factors affecting coping theme includes cognitive distortions, self-perception and family relationships and friend relationships. The coping theme includes the following subthemes: emotion-focused coping, problem-focused coping and dysfunctional coping.

**Conclusion:** It can be concluded that adolescents have many stressors in terms of family relationships, friend relationships, school environment and internet use, and that these stressors are experienced by adolescents with high risk of depression more. In order to prevent depression, it is recommended that psychiatric nurses should take precautions to strengthen coping methods of adolescents with high risk of depression.

**Keywords:** Depression risk, adolescence, stress, coping, nursing.

## S 4512

### THE EFFECT OF ANGER MANAGEMENT EDUCATION PROGRAM ON THE ANGER LEVELS OF PATIENTS WITH DEPRESSIVE DISORDER

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**Introduction:** Depression, which is nowadays prevalent, affects people's social cohesion, functioning, quality of life significantly, leading to loss of workforce and economic loss. Studies have shown that anger levels are high in depressed patients and that anger levels are associated with the severity of the illness. Anger should be experienced in an assertive and secure manner, as it can negatively affect



the prognosis. In the literature, the interventions to reduce the level of anger in depressed patients are limited. This study was conducted to determine the effect of anger management education on the anger levels of patients with depressive disorder.

**Method:** The study was a quasi-experimental design with a control group. The sample of the study consisted of 60 patients (30 experimental - 30 control) who were treated with a diagnosis of depressive disorder in a psychiatric department of an education and research hospital in Ankara. Data were collected using a sociodemographic questionnaire and Spielberger State-Trait Anger Inventory. The experimental group received five sessions of anger management education. Anger was assessed at the beginning and at the end of the education program.

**Results:** The trait anger subscale scores of experiment group were  $31.26 \pm 4.89$  for pre-test,  $23.00 \pm 4.10$  for post-test. There was a statistically significant difference between pre-test and post-test scores ( $p < 0.05$ ). There was no statistically significant difference between the pre-test and post-test scores of the control group ( $p > 0.05$ ).

**Conclusion:** As a result, it was determined that the level of anger of the patients who were received anger management education decreased. Nurses may play an important role in reducing the anger level of the patients with the education program they will give.

**Keywords:** Depression, education, anger management.

## S 4516

### NURSES' OPINIONS ON AFFECTING FACTORS ABOUT INCLUDING PATIENTS' FAMILIES TO PSYCHIATRIC CARE

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**Introduction:** Psychiatric illnesses may affect patients, families and family processes. Stigmatization, shame, guilt, burnout can be experienced in family processes. Psychiatric nurses are required to communicate with patients in order to address the issues they are challenged with and to provide them with therapeutic communication. In addition, in recent years, the need to receive advice and education support from health professionals has increased, especially for families with psychiatric clinic. So that, psychiatric nurses should analyze family structure and dynamics in care, treatment and interviewing, and ensure that family members participate in this process. The aim of the study is to determine nurses' opinions on affecting factors about including patients' families to psychiatric care.

**Method:** It was designed as a qualitative study. The data were collected by written approval from ten psychiatric nurses, and the focus group interview was conducted. The collected data were analyzed through basic and in-depth analysis.

**Results:** The expressions of the nurses are grouped as 'Training Level of Health Personnel', 'Hospital System / Politics', 'Nurse Staff Planning', 'Nurses' Perception of Patient Care', 'Hospital Physical Conditions'. These expressions were analyzed in depth.

**Conclusion:** According to the results, psychiatric nurses do not have routines about adding patients' families to the care, and this situation is not considered within the scope of any care model. Nurses' lack of education and awareness, inadequate conditions in the hospital system are the main obstacles to make patients' families to include

to the care. Improvement of these processes will be the bridge to fulfill the gap between the patient, the nurse and the patient's family, which will increase effective communication and allow for more qualified health care.

**Keywords:** Psychiatric nursing, care, family, qualitative research.

## S 4518

### EFFECT OF INTRODUCTION TO ARTS WORKSHOP IN CHOOSING APPROPRIATE ART PSYCHOTHERAPY PROGRAM TO PATIENTS' NEEDS IN PSYCHIATRIC REHABILITATION

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**Introduction:** Art therapy facilitates and evokes creativity, gives a patient a way to be open to new experiences and exploration, and strengthens autonomy of the patient. This provides an opportunity to express complex emotions, to improve self-awareness and psychological resilience. Selection of method is important. Determining the patients' necessity of developing which senses, feelings and perceptions through which art branch is important in terms of benefiting the treatment, cooperation and continuation. The aim is to investigate the effect of 'Introduction to Art' workshops in the area of determining the appropriate art therapy method for each patient.

**Method:** The study was between 2014 and 2018 with 97 people, who were in touch with the "Art Therapy and Rehabilitation Program" by ITF Psychiatry Clinic, they attended at least 3 workshop sessions. Painting, ceramics, music, and dance ateliers comprised the 4 sessions, with 6-8 patients for 90 minutes. Each session consisted of introduction, warm up, art study and sharing. In the evaluation process, the relations of participants with different art branches were examined. We chose the appropriate therapy for each patient and recorded time spent. SPSS 21.0 package program was used in the analysis of the data.

**Results:** It was observed that the participants were women, men and transgendered and the average age was 30. A total of 21.0% of the participants were suffering from schizophrenia, 20.6% from major depression, 16.5% psychotic disorder. The patients who completed the workshops were directed to art psychotherapy ateliers (46% visual arts, 13.4% music, 5.5% photography) and to rehabilitation ateliers (42% handicrafts, marbling art etc.). 14.4% of the patients referred to the therapy program continued for over a year, 18.6% of them 1-3 months, 11.3% of them 4-8 months, 5.2% also continued for 9-12 months. 16 people attended for less than a month. Two of the major reasons for absenteeism were unwillingness and difficulty in attending.

**Conclusion:** Introduction To Arts Workshop was effective in determining the appropriate art therapy method for the patients and this can be seen in the high rate of continuity to art therapy programs and collaboration.

**Keywords:** Art psychotherapy, psychological disorders, psychiatric rehabilitation, art therapy indication.

## S 4519

**NURSING CARE ACCORDING TO THE WATSON'S HUMAN CARE MODEL IN A PATIENT DIAGNOSED WITH PSYCHOTIC DISORDER: A CASE REPORT****Yeliz Aktaş<sup>1</sup>, Leyla Baysan Arabacı<sup>2</sup>, Şeyda Dülgerler<sup>3</sup>**<sup>1</sup>University of İzmir Katip Çelebi Atatürk Training and Research Hospital, İzmir, Turkey<sup>2</sup>University of İzmir Katip Çelebi, Faculty of Health Sciences, Mental Health Nursing Department, İzmir, Turkey<sup>3</sup>University of Ege, Faculty of Nursing, Mental Health Nursing Department, İzmir, Turkey

**Introduction:** The use of theories and models in nursing provides information content with developing more systematically by constituting a scientific base for key concepts and practises of nursing (4). Watson's Human Care Model (HCM) refers to the wholeness of the human consisting of mind-body-soul and the importance of each part and their harmony with each other without compromising the whole. In this paper, a case with admission to the psychiatry clinic with a diagnosis of psychotic attack will be discussed within the framework of Watson's HCM.

**Case Report:** Currently 47-year-old male patient whose first complaints started at the age of 26 and diagnosed with Psychotic Disorder has had multiple admissions due to drug incompatibility and the lack of family support. He was hospitalised at the psychiatric clinic due to the deterioration in the use of drugs, throwing the stuff at home away, getting new stuff and leaving all the stuff on the bed, the increase in the use of alcohol and spending money, and the violent behaviours against his mother for the last 6 months. When the patient with involuntary admission came to the clinic, his intoxicated, agitated and aggressive behaviours were observed. The patient was cared within the framework of the values on human care taking place in Watson's HCM (respect, the acceptance of human's development and changing power, the protection of human dignity, giving importance to the relationships with nurses and other persons, and being a good listener) for the adaptation of the patient to the clinic, treatment team, and his treatment. With HCM, the patient was listened to as an individual and given the opportunity to express his positive-negative emotions and cope with them. In addition, a trust environment was created by informing the patient about the operation of the clinic, his illness and drugs, and the upcoming process and the cooperation was ensured with the patient. The patient's delusions and hallucinations soon disappeared and his condition stabilized. As he did not have a place to stay after discharge, a nursing home was found for him and he was discharged on the 65th day healthily.

**Conclusion:** The fact that the psychiatric disorders are often chronic/perpetual, the treatment takes a long time, and it exacerbates cyclically in the form of attacks, may cause patients to suffer from many negative feelings and to fail in coping with them. With Watson's HCM, the emotions of the patient are listened and it is reminded that he is valuable and unique. HCM and the philosophy of psychiatric nursing matches and the use of the model can be extended by the training of the nurses working at psychiatry clinics about nursing care presentation suitable to the model.

**Keywords:** Watson's Human Care Model, psychotic disorder, psychiatry nursing.

## S 4520

**CARE NEEDS OF INDIVIDUALS WITH CHRONIC MENTAL DISORDERS AND PSYCHITRIC NURSING PRACTICES: A RETROSPECTIVE RESEARCH****C. Hürrem Ayhan Balık<sup>1</sup>, Gizem Şahin<sup>1</sup>, Özgü Uluman<sup>2</sup>, Hülya Bilgin<sup>1</sup>, Sevim Buzlu<sup>1</sup>**<sup>1</sup>Istanbul University-Cerrahpasa Florence Nightingale Nursing Faculty, Department of Psychiatric and Mental Health Nursing, İstanbul, Turkey<sup>2</sup>Kafkas University Faculty of Health Science, Department of Nursing, Kars, Turkey

**Introduction:** As a result of disabilities caused by chronic mental illness, individuals are unable to fulfil their expected roles and they need care and support. Persistent and rehabilitative institutional care services have needed for individuals with chronic mental illness for living in society. This study was aimed to examine the evaluation form used in chronic psychiatric services within the scope of clinical practice of "Psychiatric and Mental Health Nursing" course.

**Method:** Based on evaluation form specific to the clinical practice field was examined retrospectively. In this study, 153 forms filled out by the students in clinical practice in chronic psychiatric services were evaluated. At the first step, the forms were read and coded by two researchers using the content analysis method. After this step, the data were grouped according to the main theme and presented in numerical form.

**Results:** The care needs of the individuals with chronic mental illness and the recommended nursing interventions were grouped under four subheadings. The three main topics identified in the needs of individuals with chronic mental illness were; physical, psychological and social needs. Nursing Intervention Classification (NIC) was used in the evaluation of recommended nursing interventions. It was stated that physical needs more than half of the forms (73.86%, n=113), psychological needs in 36.60% (n=56) of the forms, social needs in close to half (47.06%, n=72) of the forms. It was determined that "self-care" within the scope of physical needs, "attention" within the scope of psychological needs and "communication" within the scope of social needs, primarily. Various nursing interventions were recommended in close to all the forms. The recommended nursing interventions were examined as "encouraging to perform self-care" (47.4%, n=72) in the physiological basic area, "observing drug use and side effects" (13,8%, n=21) in the physiological complex area, "planning of rehabilitation activities in the clinic" (59.2%, n=90) in the behavioural area, "creating a therapeutic environment" (32.2%, n=49) in the field of safety, "encouraging the patient's relatives to participate and visit" (13.8%, n=21) in the family field.

**Conclusion:** It is also important and necessary to determine the physical needs of individuals with chronic mental disorders as well as their psychosocial needs. It is necessary to deal with holistic view of the physical and mental problems of individuals with chronic mental illness during the recovery process. The role of psychiatric nurses who interact more with the individual in the implementation of intervention to address these problems is crucial.

**Keywords:** Chronic mental illness, healthcare needs, nursing.

S 4522

## THE WELL-STAR MODEL: PSYCHOLOGICAL COUNSELOR CANDIDATES' VIEWS ABOUT IMPROVING WELLNESS LEVELS

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**Introduction:** Promoting wellness, which is described as a lifestyle functional in all fields oriented towards being optimally healthy, with a life and goals that are more meaningful and that the body, the mind and the spirit unify, is one of the responsibilities of the field of psychological counseling. The concept of wellness is also used in medicine. The Well-Star Model, developed around this concept is comprised of five dimensions; physical, psychological/emotional, social, intellectual/occupational/ and spiritual. Model is explained at extended summary. It is important for psychological counseling candidates who will provide such services in the future to have awareness of wellness levels. This study aims to determine their views about wellness levels and improving them.

**Method:** This is a mixed research design. The participants of the study are 16 male and 16 female, all 2nd-year students in the psychological counseling and guidance program. The data was collected through the Well-Star Planning Form prepared by Korkut-Owen, Owen, & Karairmak (2013), where the students are asked to prepare and score their own stars and four questions regarding what changes they might be able to make are asked.

**Results:** This study found that while all other dimensions have similar scores, the physical dimension has the lowest score average. Grouped by gender, it was seen that female students score themselves higher than the male students. Although the dimensions in which the participants wish to make changes vary, most of them appear in the physical dimension. According to their plans, the students can clearly determine the behaviors they can achieve in their planning towards behavior goals and are enthusiastic about change.

**Conclusion:** It can be said that the model provides the students with a point of view, helps them see their strong and weak aspects, lends them awareness regarding aspects in which they need to self-improve, and motivates them. It was planned, in the fall semester, to ask the same students how much of their planned changes they've been able to achieve in order to improve their wellness levels. The model could be utilized on students of other departments to help them gain a healthy lifestyle and protect health of all kinds.

**Keywords:** Wellness, the well-star model, psychological counselor, qualitative.

S 4523

## A QUALITATIVE STUDY ON THE UNMET NEEDS OF CAREGIVERS OF INDIVIDUALS WITH SCHIZOPHRENIA

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**Introduction:** Being one of the major mental health problems, schizophrenia causes disability in the patient, affects quality of life negatively, increases the risks and affects patient relatives and community negatively. Being diagnosed with schizophrenia affects individuals and families. The care-giving process begins with the diagnosis process; family relations are changing, the need for coping with the statements and the need for social support are emerging. Most of the family members feel themselves alone mostly without the burden of disease. People with schizophrenia live with their parents in general. Living economic and social problems combine with emotional and care-related problems and bring multidimensional effects to the lives of their families. To explore the unmet needs of caregivers of individuals with schizophrenia.

**Method:** The study was designed as a phenomenological study because we wished to evaluate the views, expectations, and experiences of caregivers of individuals with schizophrenia. The study population consisted of caregivers of individuals with schizophrenia who attended the Izmit Our Garden Schizophrenia Relatives Solidarity Association in the province of Kocaeli. The number of participants was determined according to the "satisfaction with data" principle, a practice applicable to qualitative studies. The participants were informed about the study also reminding them that a voice recorder would be used during interviews and their verbal and written consents were obtained. The caregivers of individuals with schizophrenia agreed the use of a voice recorder during their interviews. All the interviews were reviewed and the data were listed and grouped together according to their meanings to form themes.

**Results:** Themes were grouped under five headings. These; managing disease behavior; to gain the skills of independent living; managing social-professional issues; the educational needs of family members; psychosocial support needs of family members.

**Conclusion:** The caregiving process, which started with learning the disease, appears to cause various difficulties in families. Individuals and their families to maintain mental health treatment according to the needs identified in order to get better results support provided to families must be expanded. Understanding the difficulties experienced by family members will guide the development of new approaches to treatment and care for schizophrenia individuals in which family support is important.

**Keywords:** Schizophrenia; family; caregiver; unmet needs.

**S 4524****MATERNAL ATTACHMENT TO INFANT AND RELATED FACTORS IN MOTHERS OF PRETERM INFANT****Özgü Uluman<sup>1</sup>, Sevim Buzlu<sup>2</sup>**<sup>1</sup>*Kafkas University Faculty of Health Sciences Department of Nursing, Kars, Turkey*<sup>2</sup>*Istanbul University-Cerrahpaşa Florence Nightingale Faculty of Nursing Department of Mental Health and Psychiatric Nursing, İstanbul, Turkey***Introduction:** The mixed design (both qualitative and quantitative research design) study was aimed to determine the maternal attachment to infant and related factors in mothers of preterm infants.**Method:** The universe consisted of the mothers of preterm infant that followed by the neonatology polyclinic of a university hospital and the mothers of term infant followed by the Family Health and Medicine. The data of the study were obtained between the March 27<sup>th</sup> 2017, and March 29<sup>th</sup>, 2018. In quantitative research design; the data was collected with Information Form, Maternal Attachment Scale, and Parental Acceptance-Rejection Questionnaire Scales from 89 the mothers of preterm infant and 92 the mothers of term infant. The data were analysed using the SPSS 21 packet program. In qualitative research design, the data were obtained by interviewing 14 mothers of preterm infant and 15 mothers of term infant. The qualitative research's data were collected by taking a voice recording with semi-structured individual interviews at least 25 minutes and up to 60 minutes.**Results:** There is no statistical difference in attachment styles between the mothers of preterm infant and the mothers of term infant ( $p>0.05$ ). The mothers of term infant had statistically higher scores from the mothers of term infant in Mother- Parental Acceptance-Rejection Questionnaire total score ( $p<0.05$ ). The data was assessed by the theme analysis method determine using 'mother' and 'baby' themes. While the similarities between mothers of preterm and term infants were mostly in the category and subcategories in the title of "mother" theme; it was determined that the majority of differences in the theme of the "baby".**Conclusion:** There was no difference between the attachment of mothers of preterm infant and mothers of term infant. In the differences of 'baby' theme headline, there were subcategories that the mother perceives the infant as being more negative demonstrating the importance of strengthening mother-infant bonding with the programs that support mothers of the preterm infant.**Keywords:** Parental Acceptance-Rejection Theory, attachment, prematurity.**S 4525****PRE-SCHOOL TEACHERS CAUTION ABOUT INFORMATION AND DISORDERS LEVELS OF DEFICIENCY HYPERACTIVITY AND OTISM****Nezihe Uğurlu, Kamer Yılmaz, Aytuğ Türk, Çiğdem Bige, Fatma İlknur İnan, Güllü Yazkan, Başak Baştosun***Muğla Sıtkı Koçman University, Faculty of Health Sciences, Department of Nursing, Department of Psychiatric Nursing, Muğla, Turkey***Introduction:** Stigma is defined as social exclusion because an individual has a different characteristic than the "normal" majority. This difference can lead to discrimination in the community. Two of the most researched forms of early-onset psychopathology are autism

and attention deficit hyperactivity disorder. In this study, it was aimed to examine the information and stigma levels of attention deficit hyperactivity disorder and autism in preschool teachers in Muğla province center. This research is aimed to determine the level of knowledge and stigma related to attention deficit hyperactivity disorder and autism among preschool teachers working in pre-primary institutions in Muğla province center.

**Method:** A total of 45 pre-school teachers were invited to participate in the research and 40 face-to-face interview techniques were applied through questionnaires. In the analysis of data organized using the SPSS 22 Statistical Package for the Social Sciences Package Program; Percentage was used.**Results:** Of the 40 people who participated in the study, 14 were all children with attention deficit (ADHD) and 26 were not active, "there are various behavior problems in all children with ADHD"; 15% correct for 25% of the drugs used for ADHD, 47% against the drugs used for ADHD, and 70% correct, 30% incorrect, side effects, 52.5% were wrong in this statement, 18 of 40 out of 40 people were correct for this statement and 22 were wrong for this statement, even though ADHD was treated.**Conclusion:** It has been determined that the majority of teachers have knowledge about ADHD in advance, and that the level of misinterpretation and stigmatization in ADHD is low. For autism, it was concluded that the level of knowledge and misunderstanding of teachers was high and the level of stigmatization was low. Teachers may be advised to provide training to teachers for false assessments of autism.**Keywords:** ADHD, Autism, Attention Deficit, Autism Spectrum Disorders, stigmatization.**S 4531****NURSING APPROACH BASED ON THE ROY ADAPTATION MODEL OF CASE DIAGNOSED WITH TRICHOTILLOMANIA AND SKIN PICKING DISORDER****Gizem Şahin, Hanım Büşra Oruçoğlu, Cemile Hürrem Ayhan Balık, Hülya Bilgin***Istanbul University-Cerrahpaşa, Florence Nightingale Faculty of Nursing, Department of Mental Health and Psychiatric Nursing, İstanbul, Turkey***Introduction:** It is necessary to use a nursing process based on nursing models in order to implement individualized nursing care. The nurse helps the individual to exhibit adaptive behaviour in health / illness situations according to the Roy Adaptation Model (RAM). RAM provide an opportunity the individual to be treated as a holistic view. In this study; it was aimed to evaluate the nursing approach based on RAM applied to the individual diagnosed with trichotillomania and skin picking disorder.**Method:** Verbal consent was obtained from himself and his family. A nursing approach was planned according to RAM to a 28-year-old C. B. named male case who was diagnosed with trichotillomania and skin picking disorder because of starting with an attempt to self-harm eight years ago. Data were collected by face-to-face interview method. Physical examination of the case was made at the first interview and nursing diagnoses were determined. A total of four interviews were conducted with the case and the interventions were evaluated according to the expected outcome criteria.**Results:** In the evaluation of the case according to RAM, in physiological form; pain, constipation, ineffectiveness in maintaining

health, deterioration in skin integrity, deterioration in thinking processes and risk of self-harm, in concept of self-form; situational low self-esteem, deterioration in body image, ineffective coping, fear and anxiety, in role function form; deterioration in role performance and anxiety and in attachment form deterioration in social interaction were identified as nursing diagnosis. As a result of weekly interviews, it was observed that the physical complaints, fear and anxiety of the case decreased, communicated with other cases in the clinic, and self-esteem increased.

**Conclusion:** As a result of this study, it seems that the nursing approach based on the RAM has effect on exhibiting adaptive behaviour in cases in which patients diagnosed with obsessive-compulsive and related disorders.

**Keywords:** Nursing care, nursing models, psychiatric nursing.

## S 4532

### EVALUATION OF HOPE LEVELS AND PSYCHOLOGICAL DURABILITY SITUATIONS IN WOMEN WHO HAVE INFERTILITY TREATMENT

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**Introduction:** Infertility is defined as the inability of the couple to have gestation despite having at least one year of childhood needs and regular sexual intercourse. While developing reproductive techniques are hope for couples, they also bring on psychological and social problems such as sadness, fear, hopelessness, stigmatization especially in women. The couples in the process of treatment are overly sensitive to fertility issues, do not share pregnancy related problems with their family and relatives, and may experience social isolation. Couples lacking support resources use many methods of coping. Studies have shown that during infertility treatment, women experience more stress than men and that the ways they cope are different from men. This study was conducted as a descriptive study to assess the level of hope and psychological endurance in women receiving infertility treatment.

**Method:** The study was carried out with 176 voluntary women who had infertility treatment at Balcalı Hospital of Çukurova University. Data; The questionnaire prepared by the researchers in the light of the literature was collected with Beck Hopelessness Scale (BHS) and Psychological Durability Scale III-R. The obtained data were analyzed with SPSS 22 program and the significance value was taken as  $p \leq 0.05$ .

**Results:** The average age of participants was  $30.78 \pm 6.221$  and the average age was  $35.35 \pm 6.917$ . It is seen that 39.2% of the women are primary school graduates, 74.4% are housewives, 64% are living on the coasts and 73.9% have middle income. 81.8% of participants stated that they had previous knowledge about infertility, 44.3% of them were informed by doctors and 33% of them had information from midwives and nurses. 37.5% of the women reported anxiety and fear when they were diagnosed with infertility, 71% shared this with others, and 31.8% reported support from their spouse and family during the treatment period. The average score of female students is  $8.0171 \pm 4.820$ . The Psychological Durability Scale score was  $26.1503 \pm 3.245$ . Participants were found to have mild hopelessness and decreased psychological endurance.

**Conclusion:** As a result of the study, it was found that women who had infertility treatment had mild despair and decreased psychological endurance. It is seen that women who have an infertility diagnosis experience fear and anxiety and often share this with their closest relatives. In the light of the results, psychological and social problems experienced by women with infertility treatment should be carefully assessed and it is suggested that women should reduce their hopelessness, increase their self-esteem, strengthen their partner relationships and help them cope with the problems in the treatment process.

**Keywords:** Infertility, women, hopelessness, psychological durability.

## S 4533

### APPROACHE TO SUICIDES IN ELDERLY

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**Introduction:** The occurrence of suicide seen in different cultures with different incidence in human history has an important place in terms of public health at global level. Psychiatric nurses have a unique position in the assessment of existing risk groups, in the detection of suicidal behavior, early diagnosis, treatment and evaluation of the effects of these actions. In this review article, we aimed to identify the risk factors for suicide in old age, to help develop appropriate prevention strategies for this group, and to reveal the role of mental health nursing.

**Method:** For the purpose of this purpose, search engines and magazines related to 'suicide', 'oldness', 'nursing practices', 'risk factors', 'suicide', 'elderly', 'prevention', 'risk factors' it is made.

**Results:** Suicidal behavior seen in almost every age poses a problem at the universal dimension that deeply affects the individual, the environment and society. In recent years, increasing rates of suicide and suicide attempts, especially in the elderly population, have led researchers to focus on this issue. In studies conducted in our country, it is noteworthy that suicide rate is very high in mental health problems. According to this, it is seen that the number of those who lost their lives due to suicide is almost equal to the number of those who lost their lives in the events of armed conflict in the world and the number of those who lost their lives in traffic accidents. It is also reported that suicide rates at global level are higher in individuals aged 70 years and older. Among the disorders that increase the risk of suicide during the old age period are chronic diseases, heart diseases, depression, neurological disorders and cancers which decrease the competence. Besides, cancer patients who are in the terminal terminal period can see suicide as a logical "way out" of suicide.

**Conclusion:** The importance of suicide attempters, which are seen in the aging period and which has become an important public health problem at global level, should be evaluated in different dimensions in terms of etiological, epidemiological, psychological, sociological and anthropological aspects. It is important in terms of For this reason, the role of mental health nursing prevention studies and reduction of risk factors and strengthening of protective factors in the elaboration of health behaviors of elderly people is inexcusable.

**Keywords:** Elderly, suicide, prevention, risk factors.

**S 4534****LAUGHTER THERAPY AND USE IN DIFFERENT HEALTH AREAS****Sema İçel***Adiyaman University, School of Health Department of Nursing, Adiyaman, Turkey*

**Introduction:** This study was conducted to investigate the studies conducted to evaluate the results obtained when laughter therapy was applied to the effects on people and individuals with different health problems. Laughter therapy is a combination of field breathing techniques and unconditional laughter from the combination of laughing, relaxation and breathing exercises. Laughter therapy is being used as an intervention to positively influence individuals experiencing various forms of emotional distress.

**Method:** In the study, articles published in the databases between 1998 and 2018 were screened to assess the effects of laughter therapy on individuals with different health problems.

**Results:** There is a significant effect of laughter in protecting mood changes that will occur when negative situations are encountered. It is seen that laughter therapy is an effective nursing practice which has positive effects on diverse health fields such as diabetes patients, surgical intervention patients, geriatric care, pediatric cases, cancer patients, and both the reduction of symptoms due to treatment and the support. Sufficient literature has not been obtained in our country about the application of laughter therapy, which is an increasingly popular and proven approach throughout the world.

**Conclusion:** is suggested that the laughter therapy should be spread in our country with the reason that it is easy, time independent and low cost. In addition, the work to be done in this area is thought to contribute to the field of health and nursing care in particular.

**Keywords:** Health, laughter therapy, nursing care.

**S 4535****VALIDITY AND RELIABILITY OF THE TURKISH FORM OF RECOVERY ASSESSMENT SCALE****Cansu Güler, Ayça Gürkan***Ege University, Faculty of Nursing, Mental Health and Psychiatric Nursing, İzmir, Turkey*

**Introduction:** Globally, the field of mental health services has begun to evolve towards an improvement-focused approach. A valid and reliable measurement tool is needed to evaluate the subjective recovery process and to improve the recovery-focused care. The purpose of this study was to assess the validity and reliability of the Turkish version of the Recovery Assessment Scale.

**Method:** The study was planned as a methodically. The survey included 180 individuals with chronic mental illness registered in two Community Mental Health Centers. For the validity studies of the study, coverage validity, construct validity and criteria validity; time-invariance (test-retest reliability) and internal consistency analyzes were used for the reliability study.

**Results:** The Scope validity index value of the Recovery Assessment Scale was found to be over 0.80. As a result of the Confirmatory Factor Analysis (CFA), the Turkish form of the scale was confirmed as 5

factors and 24 items similar to the original. When the validity of the criterion was examined, it was found that the positive correlation between the Recovery Assessment Scale and the Psychological Well-Being Scale was significant and excellent ( $r=0.864$ ,  $p<0.01$ ). The cronbach's alpha value of the Turkish version of the scale was found 0.90 and the test-retest reliability was found 0.96.

**Conclusion:** As a result of the validity and reliability analyzes, it was determined that the Turkish version of the Recovery Assessment Scale was a valid and reliable scale for evaluating recovery of individuals who were diagnosed with mental illness. Testing of scale in larger sample groups may be advisable.

**Keywords:** Recovery, mental disorders, validity, reliability.

**S 4539****TECHNOLOGY ADDICTION IN ADOLESCENTS: THE EFFECT OF ATTACHMENT STYLES****Cihan Ektiricioğlu<sup>1</sup>, Rüveyda Yüksel<sup>1</sup>, Hülya Arslantaş<sup>1</sup>, Barış Söylemez<sup>2</sup>***<sup>1</sup>Aydın Adnan Menderes University, Faculty of Nursing, Department of Mental Health and Disorders Nursing, Aydın, Turkey**<sup>2</sup>İzmir Bahçeşehir Science and Technology High School, 12<sup>th</sup> Grade Student, İzmir, Turkey*

**Introduction:** Green Crescent addiction is defined as the fact that the individual loses the control over the object he uses or the action he takes. Adolescence period is regarded as a risky period in terms of technological addictions such as internet addiction, social media addiction, digital game addiction and smart phone addiction, and the use of such technologies as internet and social media is more common among adolescents. The research was conducted analytic cross-sectional with the aim of determining the relationship between technology addiction and attachment styles in adolescents.

**Method:** The population of the research was composed of nine high schools representing the 22 State Schools of the Provincial Directorate of National Education in one of the western provinces of the country. The sample size was calculated using the precision sampling method. Considering the possible losses, a 30% reserve was added and the sample size was calculated as 355. The students in the sample were stratified according to the schools. The data of the research was collected by the questionnaire form prepared by the researchers in line with the literature, Smart Phone Addiction Scale, Internet Addiction Scale, Digital Game Addiction Scale, and Experiences in Close Relationships Inventory-II Middle Childhood Scale. SPSS 22.0 statistical package program was used for the analysis of the research data. In the evaluation of the data, Pearson correlation test was used as well as descriptive statistical methods.

**Results:** 62.5% of the students who participated in the research was female, 36.6% was male, and their average age was  $16.47 \pm 1.14$ . It was found that there was a positive, low level relationship between the anxiety sub-dimension of Experiences in Close Relationships Inventory-II Middle Childhood Scale and Smart Phone Addiction Scale ( $r=0.258$ ;  $p=0.000$ ); and a positive, extremely low level relationship between the avoidance sub-dimension of Experiences in Close Relationships Inventory-II Middle Childhood Scale and Smart Phone Addiction Scale ( $r=0.179$ ;  $p=0.001$ ). It was determined that there was a positive, low level relationship between the anxiety sub-dimension of Experiences in Close Relationships Inventory-II Middle Childhood

Scale and Internet Addiction Scale ( $r=0.359$ ;  $p=0.000$ ); and a positive, low level relationship between the avoidance sub-dimension of Experiences in Close Relationships Inventory-II Middle Childhood Scale and Smart Phone Addiction Scale ( $r=0.268$ ;  $p=0.000$ ). No significant relationship was found between the anxiety and avoidance sub-dimensions of Experiences in Close Relationships Inventory-II Middle Childhood Scale and Digital Game Addiction Scale.

**Conclusion:** It was revealed that smart phone and internet addictions were more in anxious and avoidant attachments, and that anxious or avoidant attachments did not affect digital game addiction. It would be appropriate to include trainings involving pre-natal and post-natal mother-infant relationship, to give problem solving trainings for risk groups, and to direct students to social activities.

**Keywords:** Technology addiction, addiction style, adolescent.

## S 4540

### INTERNALIZED STIGMATIZATION IN WOMEN WITH URINARY INCONTINENCE: A QUALITATIVE RESEARCH

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**Introduction:** Urinary Incontinence (UI) is a difficult condition to accept for the patient. It can lead to not only the medical conditions; it also causes serious distress in mentally. There may be seen isolation in the social life, depression, anxiety, an increase in stress level, feeling of weakness in psychologically, due to UI they can feel fear, shame and despair, change in functions in sexual life, avoidance of interpersonal relations, inadequacy in daily life activities and low self-confidence. The aim of the study was to determine the experience of stigma and impact of their lives by the women with UI.

**Method:** The qualitative design study consisted of 9 patients who agreed to participate in the study, had urinary incontinence, and applied to the Women-Birth polyclinic of a Training Research Hospital. After obtaining the written and ethic permission, the data was collected with 5 core theme consist of socio-demographic information, knowledge and awareness, quality of life, stigmatization and urinary incontinence management, on March 26-30, 2018 with a face to face interview technique. The data of the research were evaluated by theme analysis by researchers.

**Results:** The mean age of the participants was found at 51.11 (min 40 max 63). The participants reported that at least one year up to 10 years suffer from urinary incontinence complaint. The most common cause of incontinence was sneezing, coughing, movement and fluid intake. The most common problems due to urinary incontinence were; wet feeling, bad smelling, and frequent ablation. The most common emotions among the feelings of incontinence are feeling of embarrassment, sadness, feeling bad, fear of being humiliated. Participants were most likely to use pad/cloth, liquid restraint and wear the dark dress to manage the incontinence problems.

**Conclusion:** Women suffering from urinary incontinence problems either do not resort to the clinic for this reason or even for a long time, women cope with this problem through their own methods. The most common negative emotions causes of incontinence problem are embarrassment/shame and fear of being humiliated/dis-

grace. The women suffering from urinary incontinence are prone to this situation as much as they live in this situation for a long time. Awareness approaches have to be important for these patients.

**Keywords:** Urinary incontinence, stigma, coping behavior, women health.

## S 4545

### ATTITUDE OF NURSING STUDENTS TO COPING WITH STRESS AND INFLUENCING FACTORS

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**Introduction:** Stress is a physiological and psychological response to the challenges faced in all areas of life. Being a university student is a situation that will create anxiety and stress as it is a period in which the expected roles and responsibilities are increased, focusing on career goals, and living separately from the family. In the face of these situations, students use some functional or non-functional strategies to deal with stress. The aim of this study is to determine the attitudes and influencing factors of nursing students' coping with stress.

**Method:** The study was conducted with 52 voluntarily participating students, who are 3. class students of the Foundation University Faculty of Health Sciences Nursing Department, taking classes on stress and crisis management class. Data of the study is gathered via Coping with Stress Inventory and demographic information form. Forms were applied in the classroom environment before the lecture starts. In the evaluation of the data, descriptive statistics and ANOVA test were utilized.

**Results:** 80.8% of the participating students were females, mean age was  $21.55 \pm 1.52$ , 92.3% have lived longest in a city and 76.9% lives with their parents. When sub-dimensions of the study were examined; finding comfort in religion point is found to be  $2.10 \pm 1.13$ , seeking exterior help point is  $2.60 \pm 0.78$ , active planning point is  $2.82 \pm 0.46$ , the emotional-operational avoidance-abstraction point is  $1.79 \pm 0.68$ , biochemical avoidance-abstraction point is  $0.32 \pm 0.52$  and acceptance-cognitive reconstruction point is found to be  $2.19 \pm 0.60$  among students. When factors affecting stress coping mechanisms are examined, average of finding comfort in religion, seeking exterior help and active planning points are found to be higher in alone living students ( $p < 0.05$ ), female students are found to have a higher seeking exterior help and active planning points compared to male students ( $p < 0.05$ ), students who have housemates have higher acceptance-cognitive reconstruction point compared to others. It is determined that 20-year-olds have a higher avoidance-abstraction point, whereas 20-22 years usually prefer seeking comfort in religion ( $p < 0.05$ ).

**Conclusion:** It can be said that students mostly prefer to make active planning, seek exterior help and seek comfort in religion; those who live alone utilize active planning, exterior help search and religion as a means of shelter; those who live with housemates prefer acceptance-cognitive reconstruction as attitudes for coping with stress.

**Keywords:** Nursing, stress.

**S 4546****THE EFFECT OF MENTAL HEALTH AND DISORDERS NURSING LESSON ON THE NURSING STUDENTS' KNOWLEDGE AND ATTITUDES TOWARDS ELEKTROCONVULSIVE THERAPY****Rüveyda Yüksel, Hülya Arslantaş***Aydın Adnan Menderes University, Faculty of Nursing, Department of Mental Health and Disorders Nursing, Aydın, Turkey*

**Introduction:** Electroconvulsive therapy (ECT) is the process of generating common (generalized) convulsions by stimulating the brain tissue with electrical current. In the studies conducted on nurses, it was reported that the knowledge and attitudes towards ECT were negative. The study was designed as semi-experimental with control group with the aim of determining the effect of mental health and disorders nursing lesson on the nursing students' knowledge and attitudes towards ECT.

**Method:** The population of the research was composed of the senior students studying at the Department of Nursing in 2017-2018 academic year at a university in a western province of the country. In the research, no sampling calculation was made and of the students taking the courses of "Mental Health and Disorders Nursing" and "Public Health Nursing" in the spring semester, those who volunteered to participate in the survey formed the sample of the research. The data of the research was obtained by the questionnaire form prepared by the researchers in line with the literature including the questions thought to have effect on the students' knowledge and attitudes towards ECT application. The pre-training forms were applied to the students and the questionnaire was repeated after the mental health and disorders nursing lesson. 4 hours of training in mental health and disease nursing course was divided into treatments, and visual training materials related to ECT were used when explaining treatments. The ECT section of the treatments course; included the questions; What is Electroconvulsive Therapy (ECT)? What are the indications of ECT? What is the action mechanism of ECT? What are the adverse effects of ECT?, and the case samples and nursing initiatives of ECT. In the research, SPSS 22.0 statistical package program was used in the analysis of the data. In the evaluation of the data, Independent Groups t test was used as well as descriptive statistical methods (Percentage, Mean, Standard deviation).

**Results:** 82.2% of the students who participated in the research was female, 18.8% was male, and their average age was  $22 \pm 1.62$ . It was determined that mental health and disorders nursing lesson given to nursing students had a positive effect on ECT indications, action mechanism and their adverse effects, ECT knowledge and the attitudes towards ECT, respectively ( $t = -3.276, p = 0.001$ ;  $t = -1.940, p = 0.05$ ;  $t = -3.636, p = 0.000$ ;  $t = -3.101, p = 0.002$ ; respectively) and it was revealed that it made no change in the mentioned knowledge and attitudes of the students taking mental health and disorders lesson ( $p > 0.05$ ).

**Conclusion:** It was determined that mental health and disorders nursing lesson given to nursing students had a positive effect on the knowledge and attitudes of nursing students towards ECT and it was revealed that training was effective on reducing the stigmatization in terms of ECT. In accordance with these findings, it was thought to be appropriate that the lessons could be given by including especially case applications.

**Keywords:** Electroconvulsive therapy, nursing, student.

**S 4547****THE RELATIONSHIP BETWEEN THE RELIANCE AND MENTAL STATEMENT IN CAREGIVERS OF PATIENTS DIAGNOSED WITH PSYCHOTIC DISORDER****Sevil Yılmaz<sup>1</sup>, Medine Koç<sup>2</sup>, Derya Özbaş Gençarslan<sup>3</sup>, Kamuran Karakülah<sup>4</sup>***<sup>1</sup>Istanbul University Cerrahpaşa, Florence Nightingale Nursing Faculty, Mental Health and Psychiatric Nursing Department, Istanbul, Turkey**<sup>2</sup>Tokat Gaziosmanpaşa University, Faculty of Health Sciences, Psychiatric Nursing Department, Tokat, Turkey**<sup>3</sup>Gaziantep University, Faculty of Health Sciences Midwifery Department, Gaziantep, Turkey**<sup>4</sup>Ünye State Hospital, Ordu, Turkey*

**Introduction:** In studies, it has been reported that the parents/caregivers of the patient with chronic mental problems experienced significant levels of stress and stress. Additionally, depression, anxiety, stigma and exposure to discrimination, economic difficulties and extinction are among the experienced difficulties. One of the important concepts in reducing the family burden and stress and increasing coping skills is the psychological resistance of the family, so resilience. The aim of the study is to determine the level of resilience, stress and the general health and the relation between these variables of primary caregivers diagnosed with the psychotic disorder.

**Method:** The study consisted of 103 patient relatives who met the research criteria in a psychiatric hospital. After the verbal and written permissions, the data collected with information form, Resilience in Midlife Scale, Depression Stress Anxiety Scale and General Health Questionnaire between the dates of January-April 2016. The data evaluated by Spearman, Kruskal Wallis and Mann-Whitney U tests in SPSS.

**Results:** It was found that 52.4% ( $n = 54$ ) of the primary health cares were mother/father. The mean age of the primary health cares were  $50.03 \pm 7.77$  (min:35, max:60). The mean score of Resilience in Midlife Scale was found  $58.09 \pm 5.81$ . The mean score of depression was found  $24.03 \pm 16.22$ , for anxiety was found  $24.30 \pm 14.88$  and for stress was found  $25.37 \pm 15.31$ . The mean score of the GSA-12 was found  $5.01 \pm 4.23$ . According to the GSA-12, 72.6% of them ( $n = 75$ ) indicated the existence of the symptom of mental disorder. There was a significant negative correlation between the depression, anxiety, stress, general health mean score and resilience in midlife scores ( $p < 0.05$ ).

**Conclusion:** Patient relatives had high levels of depression, anxiety, and stress levels. In a large majority, it was observed that they had symptoms of mental disorders. While the mental health symptoms, stress, depression anxiety levels increase, the resilience in midlife also increase. Therefore it is considered that the planning and implementation of initiatives for caregivers may positively affect mental health.

**Keywords:** Caregivers, resilience, anxiety, depression, stress.



## S 4548

### THE EFFECT OF ART THERAPY ON THE QUALITY OF LIFE IN PATIENTS WITH SCHIZOPHRENIA AND BIPOLAR DISORDER

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**Introduction:** Art therapy is a psychotherapeutic intervention that is applied through the use of art and art and we can use all sensory organs. Some of the studies in which art therapies are used in psychiatric patients have found significant results in terms of social functioning, positive and negative symptoms, emotional expression, interpersonal communication, depressive symptoms, aggression, self-esteem, drug management, and recurrent hospitalization. The patient's daily experiences constitute a satisfying life as objective experiences and subjective emotions, interpersonal relationships, social achievements and self-sense of well-being. The determination of the level of quality of life provides the opportunity to assess the results of the service and treatment applied.

**Results:** The research was carried out using pretest-posttest control group experimental design in order to show the effect of art therapy application on the quality of life in patients with schizophrenia and bipolar disorder. Research was carried out at Bakırköy Prof. Dr. Mazhar Osman Mental Health and Neurological Diseases Training and Research Hospital is connected to the Esenler Community Mental Health Center. The study includes the experimental group and the control group. A total of 14 patients were included in the study conducted between December 21 and April 12, 2018. Art therapy sessions (drawing, dance-movement, music-rhythm, poetry, sculpture, drama) were held with the patients in the experimental group for one week a week for 16 weeks. The data were collected using sociodemographic information form and life quality scale. Descriptive statistical tests, parametric and non-parametric tests were used in the analysis of the results. There was no difference between the groups of the average age of the experimental group  $38.5 \pm 10.8$ , and control group  $35.0 \pm 11.7$ . After intervention in the experimental group was determined significantly increased Interpersonal Relations ( $Z = -2.028$ ,  $p = 0.043$ ), Instrumental Role ( $Z = -2.028$ ,  $p = 0.043$ ), Psychiatric Foundation ( $Z = -2.028$ ,  $p = 0.043$ ) and Quality of Life Scale total score ( $Z = -2.197$ ,  $p = 0.028$ ).

**Conclusion:** These results were showed that Art Therapy Intervention was affected on quality of life and can be used to develop Quality of life among people with mental illness.

**Keywords:** Art therapy, quality of life, schizophrenia.

## S 4551

### ASSESSMENT OF EMOTIONAL PROBLEMS OF PRETERM NEWBORN MOTHERS

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**Introduction:** While the mothers are waiting for a baby who has completed a healthy development, a premature baby born before the completion of 37 weeks+6 days may affect the whole family psychological, emotional and psychosocial. The purpose of this compilation is to assess the emotional problems of mothers who have a preterm newborn.

**Method:** This research is a compilation.

**Results:** Having a preterm newborn and staying in the hospital for a long time in the newborn is considered a crisis for the mother. This affects the whole family, but it can lead to emotional trauma, especially in the mother. The mothers are intensely complex, from the birth of a preterm baby to the leaving of the hospital. In this process, the feelings of happiness, sadness, joy, curiosity, anxiety, fear, guilt and anxiety can be confused in mothers. Additionally, the preterm newborn mother can feel a sense of failure due to the birth of a healthy baby. In this case, the mothers can especially blame themselves, they can see it inadequate and they can go on constant crying episodes. The emotional complexity of mothers with preterm newborns significantly affects the newborns emotional/social development and mother-infant interaction. In the literature, it is stated that preterm infants are late to touch their babies, delayed seeing them, and perceive their babies as negative for term babies.

**Conclusion:** It is the responsibility of the nurse to support the family, especially the mother of the preterm newborn, psychologically and emotionally and meet their needs. In the studies conducted, it was determined that nurses train and support their mothers positively affect their problem-solving skills and their mothers more effectively care for their babies. For this reason, it is very important for nurses to provide education/counseling to mothers, to add mothers to the baby's care, to maintain mother-baby interaction.

**Keywords:** Preterm, mother, nurse, emotional problems.

## S 4553

### THE FACTORS AFFECTING INTERNET ADDICTION IN ADOLESCENTS

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**Introduction:** Green Crescent addiction is defined as the fact that the individual loses the control over the object he uses or the action he takes. Adolescence period is regarded as a risky period in terms of technological addictions such as internet addiction, social media addiction, digital game addiction and smart phone addiction. The research was conducted analytic cross-sectional with the aim of determining the factors affecting internet addiction in adolescents.

**Method:** The population of the research was composed of nine high

schools representing the 22 State Schools of the Provincial Directorate of National Education in one of the western provinces of the country. The sample size was calculated using the precision sampling method and considering the possible losses, a 30% reserve was added and the sample size was calculated as 355. The students in the sample were stratified according to the schools. The data of the research was collected by the questionnaire form prepared by the researchers in line with the literature and Internet Addiction Scale. SPSS 22.0 statistical package program was used for the analysis of the research data and Kruskal Wallis Test and Mann Whitney U Test were used as well as descriptive statistical methods in the evaluation of the data.

**Results:** 62.5% of the students who participated in the research was female, 36.6% was male, and their average age was  $16.47 \pm 1.14$ . 77% of the students had their own rooms, 56% had their own computers and 91.7% had their own smart phones. 67.3% of the students stated that they were connected to internet at home, 92.6% of them expressed that they used smart phones as the access device to internet and 40.7% of them expressed that they used personal computers as the access device to internet. 70.8% of the students stated that they used internet frequently both on weekdays and at the weekends, 36.9% of them expressed that they mostly used internet between 6-9 p.m., and 40.4% of them expressed that they used internet 1 to 3 hours per day. 74.6% of the students had social media membership. 99.7% of the students stated that they used internet for social media, 87.9% for communicating, 82.3% for searching for the lessons and assignments, 67.8% for watching series and films, 56.3% for downloading applications, 52.8% for playing games, 41.6% for reading news, 35.4% for shopping, and 18.6% for finding friends. 55.8% of the students reported that their internet use was not controlled by their parents. The Internet Addiction Scale mean score of the students was  $29.12 \pm 18.89$  and it was found that internet addiction was affected by; the internet use both on weekdays and at the weekends ( $KW=25.703$ ;  $p=0.000$ ), the time when internet was most frequently used within the day ( $KW=14.762$ ;  $p=0.011$ ), the duration of internet use within the day ( $KW=61.727$ ;  $p=0.000$ ), social media membership ( $MWU=8026.000$ ;  $p=0.013$ ), and the fact that internet use was not controlled by the parents ( $MWU=12051.500$ ;  $p=0.029$ ).

**Conclusion:** It was revealed that internet addiction was affected by the internet use both on weekdays and at the weekends, the time when internet was used, the duration of internet use, social media membership, and the fact that internet use was not controlled by the parents. In accordance with these results, it is suggested that initiative and qualitative studies should be conducted to define the internet addictions of the students.

**Keywords:** Internet addiction, adolescent, student.

## S 4554

### THE EFFECT OF PSYCHOEDUCATION FOR PATIENTS WITH CHRONIC MENTAL DISEASE ON MEDICATION ADHERENCE AND PSYCHOSOCIAL ADHERENCE

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**Introduction:** The study was carried out to evaluate the effective-

ness of psychoeducation program on treatment and psychosocial compliance of patients with chronic psychiatric disorder.

**Method:** The semi-experimental study was conducted between June and August 2018 in Inpatient Psychiatry Unit (IPU) and Community Mental Health Center (CMHS) of same university hospital. Ten patients in remission in IPU and 11 patients who were followed up at CMHS were included in the study. The psychoeducations were conducted by the same trainer once a week and for approximately 1 hour. A semi-structured, 6-session psychoeducation program was given. Personal information form, Medical Adherence Rate Scale (MARS) and Psychosocial Adjustment Self-Report Scale (PAIS) were used to collect data. Descriptive statistics, correlation analysis, independent sample test and paired sample test were used to analyze the data.

**Results:** Patients' 90.9% in CMHS are male and mean age is  $44.09 \pm 6.99$  and 90.9% is primary and secondary education graduate. 84.8% of the patients with a diagnosis of psychotic disorder were treated for a mean of  $188.73 \pm 108.41$  months and received medication for an average of  $162.54 \pm 108.41$  months. There was no statistically significant difference between pre-post MARS and PAIS-SR scale mean scores in clinic and CMHS ( $p > 0.05$ ). However, MARS scale and the subscale of PAIS-SR's all subscales except "Sexual Relationship" of CMHS patients were showed a positive difference and the patients in the inpatient unit showed a negative change in the subscale scores except for the PAIS-SR scale "Occupational and Family Environment".

**Conclusion:** The patients in CMHS group have more favorable change in adherence and psychosocial (health orientation, occupational and family environment, extended family relationship, social environment and psychological disability) than inpatient unit. It is thought that planning of psychoeducations to increase treatment and psychosocial adherence for patients diagnosed chronic psychiatric disorders in post-discharge, CMHS follow-ups have a more positive effect.

**Keywords:** Psychoeducation, chronic mental disease, adherence, psychosocial adherence, psychiatric nursing.

## S 4555

### A NEW DIRECTION TO PSYCHIATRIC WELLNESS: RECOVERY ORIENTED APPROACH

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Recovery is a process of change in which individuals struggle to improve their health and wellness, to maintain a life which they lead on their own and to reach their full potential. Definitions on recovery necessitated to make a distinction between the terms clinical recovery and personal recovery. Clinical recovery is a term of medical model which is defined by mental health professionals. It has meanings like symptom reduction or healing, restoring social functionality, turning back to previous health status of the patient and it is a reflection of the biomedical model. However, personal recovery is a concept which points out improvement and change process of individuals. Interest on the "recovery" concept increase gradually and developed countries have started to restructure their mental health systems by including recovery-oriented applications and service structures. In this article more attention will be paid to concept of personal recovery which means a change and improvement

process, instead of discussing clinical recovery adopted by biomedical model. Although there are numerous publications related to recovery-oriented approach in the worldwide literature, a limited but increasing number of studies are encountered in our country. Historical process of recovery-oriented approach, definitions of recovery concept, recovery models, some of the guiding principles based on recovery-oriented approach, worldwide researches related to recovery-oriented approach and current situation in our country will be discussed in this article. With this review, it is expected to contribute guiding in terms of planning and performing these services in our country.

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**Keywords:** Psychiatric wellness, recovery oriented approach.

## S 4556

### HUMOR STYLE, THERAPEUTIC HUMOR USAGE AND ITS RELATION WITH JOB SATISFACTION IN NURSES

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**Introduction:** When its physiological, psychological and social benefits are considered, humor is known to enable coping with difficult situations in workplace, especially when used by nurses at hospital, to help cope with patients' feelings. Nurses' humor style is important in using humor, and therapeutic humor increases interaction with patient.

**Method:** This literature review aims to evaluate nurses' humor style, therapeutic humor usage and its relation with job satisfaction.

**Results:** Studies show that humor increases psychological and physical health, that it nurtures social relations and decreases work stress. Some studies have shown that nurses' appropriate humor usage helps set up a trust relation with patient, that agitation of old individuals staying in care centers decreases and their happiness level increases after humor therapy, and that antipsychotic and benzodiazepine medicine usage doses decrease. Besides, therapeutic humor is stated to be an effective method in coping with stress, that the usage of this humor increases life quality, that there is a negative relation between humor usage and depression, and that it has a positive effect in increasing patient care. A study has found out that 85.3% of nurses have never heard of therapeutic humor, and that participant nurses have used participant humor more. Nurses with high participant humor points have been found to have high problem-solving skills, and those with high self-destructive and aggressive humor points have been found to have low problem-solving skills.

**Conclusion:** When literature is reviewed, studies regarding nurses' humor styles and therapeutic humor usage are seen to be limited in number, and no studies related to humor's relation with job satisfaction has been found. This is why conducting studies evaluating humor usage in nursing applications and their effects on job satisfaction together is strongly advised.

**Keywords:** Humor styles, therapeutic humor, job satisfaction, nurse/nursery.

## S 4557

### EMOTIONAL BURDEN OF NURSING: HOW MUCH THAT MAY BE HEAVY?

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**Introduction:** The purpose of this study is to examine the traumatic life experiences of nurses who have witnessed many challenging life events and the effect of these experiences on the professional quality of life.

**Method:** The research is a mixed method search for a simultaneous transformational approach in which quantitative and qualitative approaches are used together. The study was carried out in four major hospitals in the province of Samsun between April and August 2017. The population of the quantitative part of the study consisted of 2590 nurses. A total of 683 nurses participated in the study. The qualitative part was carried out with two focus group interviews by 20 nurses. In the collection of quantitative data, The Personal Information Form and The Professional Quality of Life Scale: Compassion Satisfaction, Burnout and Compassion Fatigue scales were used. The Semi-structured Question Form was used for the collection of qualitative data.

**Results:** In the research, 91.2% of the nurses were female, 75.7% were married, 73.2% had children and 78.3% had undergraduate degrees. When the traumatic experiences of the nurses are examined, it was determined that 52.4% of them experienced "The death of a loved one", 37.0% "natural disaster", 27.7% "serious accidents, fire/explosions", 12.6% "bankruptcy", 11.9% "life-threatening illness" events. At the same time it was found that 40.4% of the nurses witnessed "serious accidents, fire/explosions", 35.1% "life threatening diseases", 30.5% "job losses", 14.1% sexual assault". It was determined that nurses who had experience of "Physical assault", "Sexual assault by an acquaintance", "Sexual assault by a stranger", "Life threatening illness" had a high level of compassion fatigue ( $p < 0.05$ ). Nurses who had experienced "Sexual assault by a stranger" and "military combat/war" were found to have lower compassion satisfaction scores ( $p < 0.05$ ). The common experiences of the nurses in the two focus groups interviewed by the 20 nurses were summarized under 4 themes: "Negative life experiences", "Traumatic experiences in the care process", "Emotional burden of care" and "Emotional burden".

**Conclusion:** It was determined that traumatic life experiences of nurses had no effect on the burnout level but had negative effects on compassion fatigue and compassion satisfaction and generally negatively affected the professional quality of life.

**Keywords:** Compassion satisfaction, burnout, compassion fatigue, emotional burden, nursing.

**S 4563****DETERMINATION OF THE BURDEN ON CAREGIVERS PROVIDING CARE FOR INDIVIDUALS WITH MIGRAINE AND DEPRESSION, CAREGIVER'S DEPRESSION LEVELS AND THEIR COPING MECHANISMS WITH STRESS****Merve Tuğrul<sup>1</sup>, Birgül Özkan<sup>2</sup>**<sup>1</sup>Ankara Yıldırım Beyazıt University, Health Sciences Institutes, Ankara, Turkey<sup>2</sup>Ankara Yıldırım Beyazıt University, Health Sciences Faculty, Nursing Department, Mental Health and Psychiatric Nursing, Ankara, Turkey

**Introduction:** This study is a sort of complimentary research and it's aim to determine care burden of caregivers, depression levels and coping styles with stress who responsible for patients who have migraine and depression illness.

**Method:** This research done in policlinic of emergency and psychiatry services in GATA. Research population is consisting of 60 patient's caregivers who applied policlinic of emergency service and 50 patient's caregivers who applied policlinic of psychiatry for treatment against to migraine illness. Descriptive data form, Zarit care burden scale (ZCBS), Beck depression scale (BDS), Styles of Coping With Stress Inventory (SCSI) are used for gathering to datas. SPSS.15 is used when it's analyzing to data's point, percentage, frequency, mean, standard deviation, Kruskal Wallis H and Mann Whitney U Test. Significance level is accepted as  $p < 0.05$ .

**Results:** It's determined that average of caregiver's ZCBS, BDS and Self-Confidence Approach (SCA) (sub-dimensions of SCSI) scores are higher than individual's who have migraine at significance level ( $p < 0.05$ ).

**Conclusion:** In this study, it is recommended that nurses should guide caregivers whenever they live any difficulty in this process.

**Keywords:** Caregiver, care burden, depression, migraine, stress.

**S 4567****THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND COMMUNICATION SKILLS IN NURSES WORKING IN PSYCHIATRIC CLINICS****Mihriban Tuner, Meral Demiralp**

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**Introduction:** This cross sectional diagnostic research has been carried out for the purpose of examining the relationship between emotional intelligence and communication skills among nurses working at psychiatric clinics.

**Method:** The study was conducted on the nurses working at psychiatric clinics of Gülhane Military Medical Academy, Ankara University, Gazi University, Hacettepe University and Yıldırım Beyazıt University from November 2012 to January 2013. Its sample is comprised of 51 willing nurses suitable for the coverage of the research. As for the data collection, Socio-demographic Information Form and Emotional Intelligence Scale were utilized, the former of which aimed to examine the demographic characteristics such as age, gender, and education level of the nurses working at psychiatric clinics while the latter aimed at analyzing communication skills and emotional intelligence. During the statistical analysis of the data, frequency

distribution, arithmetical mean, Pearson Correlation Test, ANOVA (one-way variance analysis) and T-test on independent groups were applied.

**Results:** A positive relationship was determined between the emotional intelligence and communication skills of the nurses working at psychiatric clinics. The higher the levels of emotional intelligence of nurses were, the better they displayed healthy communication skills. Moreover, the awareness for emotional skills was significant among nurses with healthy communication skills.

**Conclusion:** These results suggest that it is important to carry out continuing education on other members of the treatment staff along with the psychiatric nurses about self-awareness and communication skills.

**Keywords:** Emotional intelligence, communication skills, psychiatric nurses.

**S 4568****THE IMPORTANCE OF TRANSMAGNETIC STIMULATION (TMS) AND NURSING PRACTICES****Tülay Demiray<sup>1</sup>, Gözde Yılmaz<sup>1</sup>, Elçin Babaoğlu<sup>2</sup>, Dilek Özdemir<sup>1</sup>**<sup>1</sup>NPİstanbul Brain Hospital, Istanbul, Turkey<sup>2</sup>Üsküdar University, Faculty of Health Sciences, Nursing, Istanbul, Turkey

**Introduction:** Transcranial magnetic stimulation (TMS) is a method of electrical stimulation of the cerebral cortex and white matter pathways, primarily based on the principle of electromagnetic induction, used for the treatment of depression, neurological and psychiatric disorders, without the use of electrodes. During TMS, unwanted side effects such as seizures, syncope, hearing impairments, local pain, headache, cognitive / neuropsychological changes can occur. In addition to this, the presence of contractions in the face and some parts of the body during the procedure and irritable effect of the voice coming from the device, the lack of necessary informants and unexplained process can cause fear and anxiety in the patients.

**Results:** Patients with mental illness are in the process of disease they live in; self-esteem is low, roles and processes are changed, and individual coping is inadequate, so there is a high tendency for anxiety. At the same time, the side effects and ambiguities of TMS; they live anxiety with the reason of lack of information. In some studies with TMS patients; 94.4% were anxious and 92.5% were incompatible or partially compatible. Therapeutic nursing interventions are therefore important in reducing the anxiety of patients receiving TMS therapy. In study by Xiuchun Gao (2013), 60 patients with depression were randomly assigned to two groups and TMS was applied to both groups. When routine nursing care was applied to the control group, psychological nursing care was applied to the intervention group. In the results, it was seen that the intervention group had more treatment efficacy and treatment compliance.

**Conclusion:** Therapeutic nursing interventions are important in terms of patients' treatment adaptation in patients who have TMS treatment. For this reason, nurses' therapeutic nursing interventions should be standardized.

**Keywords:** Transcranial magnetic stimulation, psychiatry nursing, anxiety, transmagnetic stimulation.

## S 4569

### USE OF ANIMAL ASSISTED TREATMENT IN DEMENTED PATIENTS

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**Introduction:** Animal-assisted treatment (AAT) is a treatment modality used to improve and support physical, mental and social functions. AAT is used in many different groups in the spiritual healing process abroad. In recent years, AAT has been used in the care and treatment of demented individuals. This review study was carried out to draw attention to the use of animal-assisted treatment in the care and treatment of demented individuals as a new approach in gero-psychiatric nursing care and practices and to raise awareness in this respect.

**Method:** The current databases were screened using keywords such as "animal assisted treatment", "animal assisted therapy", "pet therapy", "animal assisted treatment and dementia", "pet therapy and dementia".

**Results:** The positive effects of animal-assisted treatment on demented patients are supported by studies. In these results of these studies, AAT was shown to improve mental function in demented individuals, increase social interaction, improve quality of life, temporary reduction of stress, emotional comfort, agitation/aggression, and depression. It has been stated that studies often use live animals (dogs), alternative plush or robotic animals for situations where live animals can not be used, and even use non-live animal figures to increase social interaction.

**Conclusion:** The results of the studies in literature show that animal-assisted treatment is effective in the process of mental healing of the demented individual. There are studies related to the subject in the foreign literature and there is no practice based study other than descriptive studies on this subject in our country. In this context, it is suggested that psychiatric nurses with an important role in gero-psychiatric care could be supported for the use of animal-assisted treatment and that animal-assisted treatment is integrated into the care and treatment of the demented individual.

**Keywords:** Dementia, animal assisted treatment, gero-psychiatric care.

## S 4570

### THE RELATIONSHIP BETWEEN THE IDEAS ABOUT THE TRANSFORMATIVE POWER OF SUFFERING AND EMPATHY SKILLS OF NURSING STUDENTS'

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**Introduction:** Exposure to traumatic events can cause development mental disorders, as well as positive development, transformation in individual. Nurses who are frequently exposed to traumatized individuals should know characteristics of individuals who are transformed positively to provide healing after suffering events. Purpose of study is to determine the relationship between nursing students' ideas about

transformative power of suffering (TPS) and empathy skills.

**Method:** Target population of study established by 374 fourth grade nursing student enrolled at Süleyman Demirel University, 162 students who were willing to participate study. Data were obtained with "Socio-Demographic Data Form", "The Transformative Power of Suffering Scale", "Basic Empathy Scale". Descriptive statistics, comparisons between variables, Chi-square significance test were used in analysis of data.

**Results:** Of students 75.9% were female, 24.1% were male, mean of age was 22.4±1.1. It was found that 34% of students were experiencing mental suffering events. 43.6% of these students, stated that individual could recover and become stronger after suffering events, 76.4% stated that nurses had an important role in recovery and empowerment process. Although there's positive beliefs about TPS, there isn't significant relationship between belief and empathy ( $p>0.05$ ). However, it was found that there was significant difference between belief in TPS and cognitive empathy sub-dimension ( $p<0.05$ ). It was found that there was significant difference between presence of distant relatives/acquaintances (friends) experiencing a painful event around them and empathy score and emotional empathy sub-dimension ( $p<0.05$ ).

**Conclusion:** Evaluation of TPS on the way to healing and recovery is important in psychiatric care. Nursing students who are future caregivers and psychiatric nursing candidates should aware of TPS, use this knowledge in nursing care that is provided for development and transformation of individuals on their way to healing. In this context, its suggested that students' beliefs about empathy and TPS are suggested by means of role-plays, case presentations in nursing education and practices.

**Keywords:** Nursing student, transformative power of suffering, empathy.

## S 4571

### EMOTION EXPRESSIONS AND INTERPERSONAL STYLES OF NURSING STUDENTS: A CROSS-SECTIONAL STUDY

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**Introduction:** This research aimed to examine the emotion expressions and interpersonal styles of the nursing students.

**Method:** This cross-sectional study was conducted in May 2018. The study's universe constitutes nursing faculty students of a university in 2018-2019 academic year. Sample size was calculated with G-power and 285 students participated in the research. It was planned to reach 74, 89, 41 and 81 students respectively from 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup>-4<sup>th</sup> class students via stratified sampling method. Personal information form, Emotion Expression Scale(EES) and Interpersonal Style Scale(ISS) were used for data collection. Descriptive statistics, Kruskal-Wallis, Mann-Whitney-U Test were used in data analysis and SPSS-21 was used in data evaluation.

**Results:** 74 (26%) were 1<sup>st</sup>, 89 (31.2%) were 2<sup>nd</sup>, 41 (14.4%) were 3<sup>rd</sup> and 81 (28.4%) were 4<sup>th</sup> grade students. 206 (72.3%) of the students

were female, and 79 (27.7%) were male. There was a significant difference between contemptuous style scores of the ISS and their classes ( $KW=15.067$ ,  $p=0.002$ ). EES subscale scores were higher in female and all subscale scores of ISS were higher in male students, and negative emotion expression subscale scores were not found to differ by gender ( $U=7007.500$ ,  $p=0.068$ ). Students participated in social activities were found to have higher scores for positive emotions and closeness than those who did not ( $U=400.000$ ,  $p=0.009$ ,  $U=422.500$ ,  $p=0.017$ ). Students who satisfied with their interpersonal relationship had significantly higher positive emotional and affiliation mean scores ( $U=830.000$ ,  $p<0.001$ ,  $U=632.500$ ,  $p<0.001$ ) and lower levels of dominant style, angry style, insensitive style and manipulative style ( $U=1000.500$ ,  $p=0.005$ ,  $U=932.000$ ,  $p=0.002$ ,  $U=936.500$ ,  $p=0.002$ ,  $U=1093.000$ ,  $p=0.020$ ).

**Conclusion:** As a result, students' classes, gender, participation in social activities and satisfaction with their interpersonal relationships affected their emotion expressions and their interpersonal styles. Trainings can be given to students to raise awareness of their emotion expressions and their interpersonal styles, and research can be planned.

**Keywords:** Emotion expression, interpersonal style, nursing students.

## S 4573

### THE IMPACT OF IMPROVING EMOTIONAL INTELLIGENCE SKILLS TRAINING ON NURSING STUDENTS' INTERPERSONAL RELATIONSHIP STYLES: LONGITUDINAL STUDY

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**Introduction:** The longitudinal study of nursing students' development of emotional intelligence skills and the effects of emotional intelligence levels of students on their interpersonal relationships.

**Method:** The type of research is longitudinal study. The research was conducted in a university in Turkey between February 2015-May 2015 and May 2018. The universe of the research is composed of 252 nursing 1st grade students in a nursing department of health college. The sample consists of 36 students in the training group and 36 students in the control group. Training group were given Emotional Intelligence Skills Development Training. Data gathered in the 1st grade, before the training and after the training, and again when the students were in the 4th grade. The data was collected Personal Information Form, Bar-On Emotional Quotient Inventory and Interpersonal Style Inventory. Data were evaluated, independent samples t-test, one-way repeated measures ANOVA.

**Results:** The mean scores of the emotional intelligence training group showed significant difference between pre-training, post-training, and 4th grade follow-up  $F(1.77, 61.93)=155.108$ ,  $p=.000$ ,  $\eta^2=.816$ . The difference between emotional intelligence mean scores measures is explained by the time change of 81.6%. When the students' emotional intelligence mean scores in the 4th grade is examined, it is seen that the training group ( $M=299.67$ ,  $SE=6.21$ ) is higher than the control group ( $M=269.74$ ,  $SE=3.09$ ). This difference was significant  $t(51.22)=4.319$ ,  $p=.000$  and a large effect size was found  $r=.51$ . The mean scores of the interpersonal relationship style of the

training group shows significant difference between pre-training, post-training and 4th grade follow-up  $F(1.76, 61.44)=15.20$ ,  $p=.000$ ,  $\eta^2=.303$ . The difference between the measures of the interpersonal style point averages is explained by the time variation of 30.3%.

**Conclusion:** Students were found to have improved emotional intelligence skills and interpersonal relationships during the period from the 1<sup>st</sup> to the 4<sup>th</sup> grade. During the education period of the students, the arrangement of courses and courses to improve the emotional intelligence skills is suggested in terms of contributing to interpersonal relations.

**Keywords:** Emotional intelligence, interpersonal relationship, nursing students.

## S 4576

### BEING A NURSE WORKING IN PSYCHIATRY CLINIC: A QUALITATIVE STUDY

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**Introduction:** Psychiatry clinic nursing differs from general clinical nursing in that the structure of the psychiatric clinics, the role of nurse, the activities performed to provide the therapeutic environment, and care focusing on. The aim of this study is to reveal the emotions and thoughts of the participants about becoming a nurse working in the psychiatric clinic.

**Method:** Case study, a qualitative research methods, was used in the study. Individual interviews were conducted with 10 nurses working in the psychiatric clinics of public hospitals in Antalya city center. "Personal Information Form" and "Semi-Structured Interview Guide" were used as data collection tools. In the analysis of the data, the descriptive analysis method was used.

**Results:** In the study, 9/10 of the participants are women, 5/10 are between the ages of 41-50 and 6/10 were graduated from a university. The most emerging themes in the question of meaning of being a nurse in a psychiatric clinic are "awareness of mental illness" (4/10). Factor that make it difficult to be a nurse in the psychiatry clinic is "institutional factors" (7/10), the facilitating factors were defined as "loving to work in a psychiatry clinic" (6/10) and "team dynamics" (6/10). It is stated that psychiatric clinics are different from other clinics in giving "holistic care" (5/10).

**Conclusion:** There are many factors that make it difficult to be a nurse in the psychiatric clinic in our current mental health structure. It is considered that nurses working in the psychiatry clinic will be encouraged to be educated at the postgraduate level and that the employment of the nurses who complete the postgraduate education as field expert nurses will contribute to the field of psychiatric nursing and increase the quality of nursing care.

**Keywords:** Psychiatric nursing, qualitative research, case study.

## S 4577

### THE INVESTIGATION OF THE RELATIONSHIP BETWEEN PSYCHOLOGICAL HARDINESS AND BURNOUT LEVELS OF THE NURSES WORKING IN PSYCHIATRY CLINIC

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**Introduction:** Psychological hardiness is an important factor in job satisfaction, depression, burnout in mental health nurses. Burnout experience causes nurses to reduce their productivity, job dissatisfaction, hindrance of professionalism, patient dissatisfaction, low quality of life and low quality of care. In this context, the aim of this study is to determine the relationship between psychological endurance and burnout levels of nurses working in psychiatry clinics.

**Method:** This descriptive study was conducted between February 2018 and May 2018. The study's universe is composed of 70 nurses working in a mental health and illness education and research hospital. The sample of this study is composed of 55 nurses. Data was collected by using "Personal Information Form, The Psychological Hardiness Scale and Maslach Burnout Inventory".

**Results:** The mean age of the nurses participating in the study was 36.47±7.76, 72.7% were female, 63.6% were married and 52.7% were graduated. Psychological hardiness scale total score average 59.80±7.93, Self-management subscale score average 20.07±3.47, Control subscale score 18.20±2.66 and Challenge subscale score average 21.53±3.44. Maslach Burnout Scale's Emotional burnout subscale point average was 12.76±5.74, Sensitization subscale point average was 4.84±3.69 and personal success subscale point average was 10.78±4.40.

**Conclusion:** Therefore, it is recommended that the institutions involved in improving psychiatric nurses' environment and conditions, providing psychological counseling services, emphasizing on-the-job training contributing to burnout prevention and psychological well-being, as well as ensuring job satisfaction of nurses and being a factor that can reduce their occupational burnout to a minimum level.

**Keywords:** Psychological hardiness, burnout, psychiatric and mental health nursing.

## S 4578

### THE EFFECT OF MOTIVATIONAL INTERVIEWING ON TREATMENT ADHERENCE AND INSIGHT LEVELS OF PATIENTS WITH SCHIZOPHRENIA

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**Introduction:** Psychiatric nurses are the longest-running health professional with patients and they have initiatives to prevent exacerbations, to improve compliance with drug treatment, monitor drug effects and side effects and help increase insight. It is expected that the nurses should be knowledgeable and they can apply interview

methods in order to ensure drug participation and treatment participation of patients and thus to continue the therapeutic cooperation. The aim of this study is to examine the effect of motivational interviewing on treatment adherence and insight levels of patients with schizophrenia.

**Method:** Treatment Adherence scale, Insight Scale, Adherence and attitude form were used in this randomized controlled study. 20 of the patients comprised intervention group while other 20 of the patients comprised control group. Motivational interviews were carried out on an individual basis in the form of a total of 6 interviews held once in a week with an average of 60 minutes to complete for each session. After posttest, the intervention and control groups underwent two more posttests on the 3rd and 6th month follow-ups.

**Results:** The posttests, based of treatment adherence scale and carried out with patients with schizophrenia from intervention and control groups following the last motivational interviews in three stages, showed meaningful differences. First posttest conducted upon completion of the personal interviews yielded  $X^2=10.828$ ,  $p=0.004$ , 3<sup>rd</sup> month follow-up yielded  $X^2=21.933$ ,  $p<0.001$  and 6th month follow-up yielded  $X^2=22.552$ ,  $p<0.001$ . In terms of Insight Scale Total Scores, a meaningful difference was found. Respectively, first posttest conducted upon completion of the personal interviews yielded  $U=-2.220$ ,  $p=0.026$ , 3<sup>rd</sup> month follow-up yielded  $U=-2.508$ ,  $p=0.011$  and 6th month follow-up yielded  $U=-2.953$ ,  $p=0.002$ . The patients in the intervention group had significantly higher insight mean scores.

**Conclusion:** Motivational interview method plays a vital role in establishing treatment collaborations with patients with schizophrenia, maintaining the continuity of self-care, and the acquisition of healthy lifestyle behaviors at the psychiatry clinics and the community mental health centers.

**Keywords:** Motivational interview, psychiatric nursing, schizophrenia, treatment adherence, insight.

## S 4579

### DETERMINATION OF CHILDHOOD TRAUMAS IN JUVENILE DELINQUENCY

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**Introduction:** This study was conducted to determine childhood traumas of adolescents pushed into crime who came to the policlinic of child and adolescent psychiatry for judicial evaluation.

**Method:** Of this descriptive cross-sectional study sample was included 45 adolescents pushed into crime, aged between 13 and 18 years, came to the psychiatric outpatient clinic of child and adolescents, accepted to participate in the study, came with their parents, and completed the forms completely. Data were collected with Introductory Information Form, Childhood Trauma Questionnaire, Parents Attitude Research Instrument Scale. To evaluation of the data, descriptive statistics, Mann-Whitney-U, Kruskal Wallis Variance analysis and Pearson correlation analysis were used.

**Results:** 84.4% of adolescent who joined the research were 15-17 age, 60.0% of them were male and 57.8% of them were not unable to continue schooling. The mean of trauma questionnaire of adolescent was found  $54.42 \pm 7.53$  (middle). It was found that sexual abuse's median points of adolescent who were unable to continue schooling, had a poor communication with father, and physical abuse's median points of adolescent who lived with their family, and physical neglect's median points of adolescent who graduated from primary school, and emotional abuse's median points of adolescent whose father showed irrelevant attitude, and emotional neglects' median points of adolescent who have three or more sisters/brothers, whose mothers showed unbalanced and inconsistent attitude were higher than others significantly ( $p < 0.05$ ).

**Conclusion:** Adolescent who pushed into crime experienced middle level childhood trauma. The repressive-irrelevant parental attitude, unable to continue schooling, poor communication with the father, being in the crowded family, having psychiatric diagnosis from childhood are predictors of childhood mental trauma.

**Keywords:** Pushed to crime, mental health, parental attitude, childhood trauma.

## S 4580

### STUDY ON STUDENT NURSES' SELF-RECOGNITION AND CO-DEPENDENCY

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**Introduction:** Self-recognition and establishing healthy interpersonal relationships are significant skills for nursing care. Therefore, in this study, the purpose has been to study student nurses' self-recognition and co-dependency in interpersonal relationships.

**Method:** The research has been designed to be quantitative, cross-sectional and correlative within the accessible universe. Sample of the research consists of 446 students attending nursery undergraduate program. Giessen Test (GT), Co-dependency Measuring Scale (CDMS) and a data collection form, which includes socio-demographic characteristics, have been applied to participants. Data analysis has been carried out with the SPSS 18.0 packet program.

**Results:** Self-recognition and codependency vary depending on genders ( $p < 0.05$ ). The level of self-recognition and codependency have been determined to be higher in men than in women. No relationship has been determined between self-recognition and codependency.

**Conclusion:** The fact that both self-recognition and codependency are higher in men than in women gives rise to the idea that a sociocultural change may take place in the new generation and that this finding must be studied with different samples and in qualitative researches. An education and training towards becoming aware, changing and developing must be implemented so that developing codependence is prevented/improved and self-recognition levels are increased in nursery students.

**Keywords:** Nursing, self recognition, co-dependency.

## S 4586

### RELATIONSHIP BETWEEN MENTAL HEALTH, LIFE STYLE BEHAVIORS AND SELF-EFFICACY; AN EXAMPLE OF TURKISH AND AFRICAN STUDENTS

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**Introduction:** Today, people go to other countries for more qualified education services or for political and economic reasons. However, this change can cause problems of sociocultural and environmental adaptation that affect the quality of life. The aim of this study is to define relationship within mental health, healthy lifestyle behavior, self-efficacy of the students.

**Method:** Cross-sectional study sample consisted of 559 a private university's Turkish and African students who were studying in school of health sciences. Data was collected with the "Assessment Form", the "Healthy Life Style Behaviors Scale-II (HLSB) (Walker, Sechrist, Pender, 1987)" and the "Self-Efficacy Scale (SES) (Sherer et al, 1982)" and General Health Questionnaire-12 (GHQ-12) (Goldberg and Williams, 1988).

**Results:** The mean age of the students was  $21.12 \pm 2.69$  years and 71.7% of them were female. Almost 68% (378) of them had Turkish nationality and 32.4% (181) were African. Over 84% (320) of Turkish students (women=58.5%) and 95.6% (173) African students (women=74%) had a score over cut-off the GHQ-12 which indicated these students had high risk of mental health problems. Of 18.8% of the Turkish and of 57.5% of the African students expressed their health as "very good". The African students had meaningful significant statistical higher risk of mental health problems compared to Turkish students ( $t = -10.615$   $df = 557$   $p = .0000$ ). According to Pearson correlation, there was a positive linear correlation between GHQ-12 and the SES's score ( $r = 100$   $p = .018$ ) but strong negative correlation between GHQ-12 and the HLSB's total score ( $r = -177$   $p = .0000$ ).

**Conclusion:** In the protection and development of community health, individual competence and attitudes towards healthy lifestyle behaviors are of great importance. In order to achieve this, health professionals including psychiatric and public health nurses, especially those with important roles in community health, should take part. Especially for the socio-cultural adaptation of students from foreign countries, it is necessary for the university to develop a systematic program.

**Keywords:** Community health, cross-cultural, self-efficacy, healthy behavior, nursing.



## S 4589

### EFFECTIVENESS OF COGNITIVE BEHAVIORAL GROUP THERAPY WITH IMPROVED HEALTH PROBLEMS IN INFERTILE WOMEN: A RANDOMIZED CONTROLLED TRIAL

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**Introduction:** This study determined the effect of a cognitive behavioral group therapy (CBGT) program administered to infertile women on infertility-related stress, depressive and anxious thoughts, and general health state.

**Method:** A randomized controlled design was used for this study. The population of this study included female patients diagnosed with infertility and referred to the fertility unit of a university hospital for assisted reproductive techniques. The study was conducted with 107 infertile women: 55 in the experimental group and 52 in the control group. The experimental group was offered 11 weekly cognitive behavioral therapy (CBT) sessions delivered in a group format. The groups consisted of 12–13 participants. The therapy was led by a nurse experienced in CBT. The therapist's fidelity to the CBT protocol, and her competence in delivering the therapy techniques accordingly were monitored and rated by an independent rater by using the Cognitive Therapy Scale (Young and Beck 1980). The pretest, posttest, and trimester follow-up results of this group were compared with those of the control group. Multivariate analysis of covariance was used for statistical analysis.

**Results:** The experimental group's fertility problem inventory (FPI) pretest mean score was 188.47±30.699, posttest mean score was 135.84±22.571, and follow-up mean score was 140.61±20.16. This group's depressive and anxious thoughts pretest mean score was 26.27, posttest mean score was 7.02, and follow-up mean score was 9.02. The group's mean scores obtained from the General Health Questionnaire (GHQ) were 12.33 for pretest, 1.37 for posttest, and 2.64 for follow-up. A statistically significant difference was found between the experimental and control groups' pretest, posttest, and follow-up mean scores on depressive and anxious cognitions, global stress scale and its subscales, and the GHQ and its subscales ( $p<0.05$ ).

**Conclusion:** The CBGT intervention reduced the infertility-related psychosocial problems experienced by infertile women and promoted improvement in their depressive and anxious cognitions, and their mental health. The CBGT program administered in this study should be used in fertility clinics in Turkey by mental health professionals.

**Keywords:** Women, infertility, psychiatric nursing, cognitive behavioral group therapy, stress.

## S 4595

### ELDERLY CARE FUNCTIONS OF NURSING CARE PERSONNELS: A QUALITY STUDY

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The aim of this study is to reveal the functions of the elderly care staff working in public nursing homes in their perceptions. The study group of the research conducted by means of sampling of maximum diversity from the purposeful sampling methods for qualitative research designs constitutes 15 care personnel consisting of 3 men and 12 women in a public nursing home in Aydın. "Semi-structured interview technique" was collected through face-to-face individual interviews. In the evaluation of the obtained data, inductive content analysis technique was used. The maintenance staff participating in the survey stated that they did all the work they had done close to it but they were emotionally affected.

**Keywords:** Elderly maintenance personnel, functions, perception.

## S 4597

### PRESENTATION OF A BORDERLINE PERSONAL DISORDER CASE FROM PSYCHODYNAMIC APPROACH

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Borderline personality disorder (BPD) is a psychiatric disorder characterized by frequent visits to healthcare organizations due to domestic violence, assault, self-injury and suicide attempt. BPD patients can be challenging cases for healthcare professionals because of their unpredictable natures, intense and fast changing emotional states and their attention needs. Symptoms of BPD come insight during puberty. BPD is a perpetual personality pattern characterized by affective impulsivity and contradictions in interpersonal relations, sense of self and affectivity. It is stated that 2% of the society suffers from BPD and the frequency is tripled for women. In BPD cases, 75% have attempted suicide, 10% committed suicide and 69-70% have demonstrated self-injury. The patient (23) is a university student woman. She stated that she committed self-injury, attempted suicide and often had suicidal thoughts. She also said that she had mood swings on momentary and daily basis as she felt "awesome" some days and "disgusting and characterless" the next day. She asserted that she had over attachment problem, she was being abused by her current boyfriend and used alcohol and drugs. Dynamic approach can help us understand the BPD psychopathology. Psychodynamic approaches examine the dynamic interactions and provide opportunities to understand the inexplicable aspects of life. In this regard, using psychodynamic approaches instead of evaluating the symptoms and findings, would be helpful in understand the patient better and analyze deeper. The BPD patient in this study was studied through dynamic anamnesis/interview technique and was discussed accompanied by supervision in regards to affectivity, self, defense mechanisms and object relations.

**Keywords:** Borderline personality disorder, case report, psychodynamic approaches.

## S 4602

**THE RELATIONSHIP OF RESILIENCE LEVEL TO PERCEIVED STRESS AND PSYCHOSOCIAL HEALTH ON HIGH-RISK PREGNANT****Mehtap Erkan, Yeter Sinem Üzar Özçetin***Hacettepe University, Nursing Faculty, Psychiatric Nursing, Ankara, Turkey*

**Introduction:** High-risk pregnancy may cause increased stress and psychological problems. This study aims to evaluate the effect of resilience level of high-risk pregnant on psychosocial health and perceived stress.

**Method:** The study was conducted using descriptive design with 54 high-risk pregnant women. Data were collected with 'Introductory Data Form' evaluated by the researchers; 'Connor-Davidson Resilience Scale'; 'Perceived Stress Scale'; and 'Antenatal Psychosocial Health Assessment Scale.' Data evaluation were made by using the frequency analysis, and independent t-test where the parametric test assumptions were obtained.

**Results:** 53.7% of participants experienced first pregnancy, 18.5% received treatment to be able to get pregnant, and 90.7% indicated their pregnancy as planned. 33.3% stayed in hospital as a result of preterm labor risk. 53.7% needed bed-rest during their pregnancy. There weren't any statistically significant differences between pregnant who didn't need bed-rest ( $68.16 \pm 15.32$ ) and the ones who did ( $65.06 \pm 13.62$ ), regarding their resilience ( $t=0.785$ ,  $p=0.436$ ). Psychosocial health of the ones needed bed-rest ( $3.00 \pm 0.25$ ) were higher than others ( $2.74 \pm 0.25$ ), ( $t=3.785$ ,  $p=0.000$ ). Psychosocial health of first-time pregnant ( $2.97 \pm 0.28$ ) were higher than multiparous ( $2.78 \pm 0.25$ ), ( $t=2.594$ ,  $p=0.012$ ). Both groups had statistically similar concerning in perceived stress ( $t=0.079$ ,  $p=0.937$ ). Perceived stress of participants staying in hospital during their pregnancy ( $29.79 \pm 3.07$ ) were higher than others ( $28.1 \pm 2.10$ ), ( $t=3.014$ ,  $p=0.034$ ). Psychosocial health of participants staying in hospital were higher than others ( $2.74 \pm 0.33$ ), ( $t=2.180$ ,  $p=0.004$ ). The pregnant who didn't stay in hospital ( $67.95 \pm 16.11$ ) had higher resilience than others ( $65.64 \pm 13.43$ ), ( $t=0.565$ ,  $p=0.575$ ).

**Conclusion:** High-risk pregnancy is significant cause of stress, and it may be directly related to perceived stress of pregnant as a result of resilience and psychosocial health. However, pregnant staying in a hospital had higher perceived stress which may be based on being in hospital. Although psychosocial health of these women are high, this level fails to reduce perceived stress. Consequently, it's possible to state that supporting and enhancing resilience of high-risk pregnant had great value to handle this period.

**Keywords:** High-risk pregnancy, resilience, perceived stress, psychosocial health.

## S 4612

**THE FACTORS AFFECTING THE ATTITUDES OF NURSING STUDENTS TOWARDS HOMOSEXUALS****Rüveyda Yüksel<sup>1</sup>, Hülya Arslantaş<sup>1</sup>, Mehmet Eskin<sup>2</sup>, Mehtap Kizilkaya<sup>1</sup>***<sup>1</sup>Aydın Adnan Menderes University, Faculty of Nursing, Department of Mental Health and Disorders Nursing, Aydın, Turkey**<sup>2</sup>Koç University College of Social Sciences and Humanities, Department of Psychology, İstanbul, Turkey*

**Introduction:** Homosexuality, which is mentioned together with such concepts as stigmatization, social exclusion, and othering, keeps its up-to-datedness as a sensitive subject. Homosexual individuals are still subjected to pressure and discrimination in many areas of life because of such reasons as moral values, presuppositions, and cultural acceptances within society. One of the important factors of the negative attitudes towards homosexuals in the society is the lack or inaccuracy of knowledge about homosexuals and homosexuality. The research was conducted analytic cross-sectional with the aim of determining the factors affecting the attitudes of nursing students towards homosexuals.

**Method:** The population of the research was composed of the students studying in the Department of Nursing in 2017-2018 academic year at a university in one of the western provinces of the country. The sample size was calculated as 337 by adding 20% reserve, considering the possible losses and it was determined by the precision sampling method. The students in the sample were stratified according to class levels and the inclusion of the students in the sampling was determined by simple random sampling. The data of the research was collected by the questionnaire form prepared by the researchers in line with the literature and Attitudes towards Homosexuals Scale. For the data analysis, SPSS 22.0 statistical package program, and for the evaluation of the data, t test, One Way Anova and Kruskal Wallis test were used as well as descriptive statistical methods.

**Results:** 64.5% of the students was female, 35.5% was male, and their average age was  $20.62 \pm 1.82$ . 48.7% of the students' mothers and 47.5% of the students' fathers graduate from secondary school, and 75.5% of them regarded that the income and expenditure levels of the family were balanced. 33.1% of the students stated that the region they lived the longest was Aegean Region. 95.8% of the students described their sexual orientations only towards the opposite sex. 26% of the students expressed that they had a homosexual acquaintance in their surroundings, and 18.2% stated that this person was a school friend. 97.3% of the students believed in a religion. The students' Attitudes towards Homosexuals Scale mean score was  $93.12 \pm 26.77$ . It was found that being a female ( $t=-4.659$ ;  $p=0.000$ ), educational level of the mother ( $KW=17.825$ ;  $p=0.000$ ), educational level of the father ( $F=5.819$ ;  $p=0.000$ ), and the presence of a homosexual acquaintance ( $t=6.424$ ;  $p=0.000$ ) positively affected the students' attitudes towards homosexuals. It was also revealed that the students' class levels, their family income levels, the region they lived the longest, having a training related to homosexuality during their nursing education, and whether they believed in a religion did not affect their attitudes towards homosexuals.

**Conclusion:** It was revealed that being a female, the increase in the educational levels of the parents, and the presence of a homosexual acquaintance in their surroundings positively affected the students' attitudes towards homosexuals and led them to behave without prejudice towards homosexuals. In accordance with these results, it is suggested that initiative and qualitative studies should be conducted to define the students' attitudes towards homosexual individuals.

**Keywords:** Homosexuals, attitudes, students.

## S 4613

### THE ATTITUDES AND STIGMATIZATION TOWARDS THE INDIVIDUALS WITH CONVERSION DISORDER

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**Introduction:** This study is conducted to find out the attitudes of nurses working in emergency department to individuals with conversion disorder.

**Method:** The cross-sectional study was conducted in Adnan Menderes University Application and Research Hospital, Aydın Women Birth and Children Disease Hospital, Aydın State Hospital and Atatürk State Hospital emergency services in April-July 2018. The population and sample of the study consisted of 100 nurses working in emergency departments. Institutional permission for research, approval of the Ethics Committee and necessary approvals from the participants were taken. The data of the study were gathered by Personal Information Form and Stigmatization Scale. Data were entered into the computer using the SPSS statistical package program (SPSS Version 25, Chicago IL, USA). In the analysis of the data descriptive statistics, Mann Whitney u and Kruskal-Wallis tests were used. The results were evaluated at 95% confidence interval and significance at  $p < 0.05$  level.

**Results:** The average age of the nurses is  $34.74 \pm 7.57$ . 83% of the participants were women and 62% of have a graduate degree. Individuals with conversion disorder were most frequently applied for emergency departments with signs of fainting and shortness of breath. It was understood that the nurses thought that the reasons for these symptoms were to draw more attention and to get the attention they needed. It was determined that nurses feel the most sadness and anger against individuals with conversion disorder. The average score of the stigmatization scale of nurses who frequently encounter individuals with conversion disorder was found to be higher than occasional and rarely encountered nurses ( $\chi^2 = 8.58$ ,  $p = 0.03$ ). The nurses stated that they instill individuals with conversion disorder to come to them, use physiological saline injections and tangy fragrant substances, give painful stimuli, and do nothing when they discharged.

**Conclusion:** This study has shown that nurses have ethically objectionable approaches, negative attitudes, and misconceptions about conversion disorder despite the fact that conversion disorder is a frequent disorder in emergency departments. In addition, individuals with conversion disorder are tried to be treated by inaccurate treating methods and stigmatization. In the direction of the results obtained from this study, to remove the nurses' tendency to stigmatize; it has been proposed to provide accurate information about the care of individuals with conversion disorder and trainings to improve their approach.

**Keywords:** Nurse, conversion disorder, attitude, stigmatization.

## S 4616

### INVESTIGATION OF CANCER PATIENTS FEAR OF RECURRENCE RELATED TO SOCIODEMOGRAPHIC AND DISEASE FEATURES

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**Introduction:** The aim of this study was to investigate the relapse fears of cancer patients in remission period according to sociodemographic and disease characteristics.

**Method:** A total of 231 cancer patients in 9 hospitals (University and Education and Research Hospital) with a medical oncology clinic in Ankara province. The number of patients from each hospital was determined by the stratified sampling method according to the number of patients. The sample number of this phase was calculated as 231 patients with 90% power using the G-Power analysis program. In order to carry out the study, ethics committee permission, application permission from each hospital and informed consent form were obtained from the participants. The data were collected with the introductory information form and the İks Fear of Cancer Recurrence Inventory Ver. The patients answered the questions in these forms in a polyclinic room, interview room or in-hospital environment where they could feel comfortable. IBM SPSS 22 program was used to evaluate the data.

**Results:** The mean age of the patients who participated in the study was  $58.32 \pm 14.105$  (28-84), while 39.4% of these patients were male (53.2%), married (89.2%), and at least one child (91.3%) were married. Most of the patients (82.7%) had no metastases, recurrence (83.1%) and other chronic diseases (73.6%). Approximately half of the patients (49.4%) evaluated their life negatively when the patients gave meaning to life according to their evaluations. The mean total score of the patients who participated in the study was  $102.03 \pm 23.60$ . As the age increases and the time elapsed after the diagnosis increases, the fear of recurrence decreases. According to multiple regression analysis, age, lung cancer, prostate cancer, colorectal cancer and university and above education status variables explain 50.9% of the fear of recurrence which is dependent variable. Lung cancer, metastasis and recurrence, young age, employees, living alone, less than one year after the diagnosis and those who give a negative meaning to life relapse fears were found higher than others. As the positive assessment of patients' life increases, the fear of recurrence decreases.

**Conclusion:** It can be suggested that the individuals in the group with high recurrence fears should be considered as the risk group and taken into consideration in the preventive studies to be performed. In addition, it may be suggested to investigate the relationship between the fear of relapse and different psychosocial variables.

**Keywords:** Cancer, fear of recurrence, cancer survival.

**S 4617****DETERMINATION CANCER PATIENTS FEELINGS AND THOUGHTS ABOUT FEAR OF RECURRENCE****Nilgün Kahraman<sup>1</sup>, Duygu Hiçdurmaz<sup>2</sup>**<sup>1</sup>Kastamonu University Fazıl Boyner Faculty of Health Sciences Department of Nursing, Kastamonu, Turkey<sup>2</sup>Hacettepe University Faculty of Nursing Department of Psychiatric Nursing, Ankara, Turkey**Introduction:** The aim of this study was to reveal the emotions and thoughts about the relapse fears by using in-depth interview technique.**Method:** The study was carried out in 8 hospitals (University and Education and Research Hospital) which have a medical oncology clinic within the borders of Ankara and gave permission to research. As suggested in the qualitative research method of sample size, data saturation was taken into consideration and this research was completed with 15 patient interviews. In order to carry out the study, ethics committee permission, application permit from each hospital. Data were collected using semi-structured interview technique. The questions of the semi-structured form include feelings and thoughts about the fear of relapse, the events and conditions that triggered it, the effects of daily life and coping strategies. Interviews with patients were made in the hospital, such as the polyclinic room, nurse or interview room. The interviews were recorded by voice recording with informed consent from the patient and these interviews were written in writing by the researcher. The interviews lasted approximately 35 minutes (15-60 minutes). Content analysis was performed from the transcribed data and the categories and themes were extracted.**Results:** According to the data obtained from the interviews, the thoughts about the fear of recurrence, the triggers of the fear of relapse, the coping with the fear of relapse and the expectations of the patients were determined as the categories. Theme and sub-themes created based on these categories are created. Most of the patients stated that they were aware of the fear of relapse and that they were afraid to relive the same process if they appeared again. They said that they were trying to motivate them by reminding them that they were strong and thinking about people in more difficult situations. They reported that the fears of relapse increased before they came to the hospital, before the examinations, procedures and controls, when they heard other people talking about cancer or television news. They stated that their families, friends, neighbors, spouses and children were good for them. They stated that the expectations of the health care personnel and the health system were not to wait for treatment and examination, to give empathic approach, to provide information and to provide one-to-one psychosocial support.**Conclusion:** Psychoeducation studies involving the possibility of recurrence of the disease, attempts to reduce this possibility and management of this fear may be suggested with the individuals in the remission period.**Keywords:** Cancer, fear of recurrence, cancer survival.**S 4621****PSYCHOSOCIAL ADJUSTMENT TO DISEASE IN PATIENTS REGISTERED AT COMMUNITY MENTAL HEALTH CENTRES****Merve Işık<sup>1</sup>, Gülsüm Ançel<sup>2</sup>**<sup>1</sup>Giresun University, Faculty of Health Sciences, Giresun, Turkey<sup>2</sup>Ankara University, Faculty of Health Sciences, Ankara, Turkey**Introduction:** To improve mental health in our country, the community-based model was changed from a hospital-based model to the first step of this model and has established the first step of this model as Community Mental Health Centers (CMHC)**Method:** This descriptive study was carried out in 3 CMHCs in Ankara. The study included 180 people, including the number of patients to be taken from the universe by the stratified disproportionate sampling method, to the CMHC regularly (at least once a week to the CMHC) and the irregular (once or twice a week) arrivals. The data were obtained using the 'Descriptive Characteristics Form for Patient and Disease' and the 'Psychosocial Adjustment Self-Report Scale for Disability' to assess psychosocial adjustment. Data were collected between January and August 2017.**Results:** It was determined that 58.9% of the individuals enrolled in CMHC had poor psychosocial adjustment and 34.4% had moderate levels. Psychosocial adjustment of individuals to the disease, the worst-to-good relationships, were home-family relations (9.44±3.35), orientation to health care (9.24±3.04), social environment (8.71±2.95) and occupational environment (7.53±1.94) sub-dimensions (p<0.05). Psychosocial adjustment of the patients to general health satisfaction (p=0.000; rho:-0.419) disease status information (p=0.000; rho:-0.339) and health service satisfaction from CMHC (p=0.000; rho:-0.429) increased.**Conclusion:** It is recommended to increase the psychosocial adaptation of individuals registered to CMHC to home-family relations, health care orientation, social environment and occupational environment and to provide the service provided in CMHCs with psychosocial adjustment to the disease. In addition, it is recommended that the necessary arrangements be made to enable psychiatric nurses to effectively fulfill their responsibilities in this regard.**Keywords:** Psychosocial adjustment, schizophrenia, community mental health center.**S 4622****INVESTIGATION OF LIFE SATISFACTION AND CO-DEPENDENCY SITUATIONS OF HOUSEWIVES****Elif Altun, Gülsüm Ançel**

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**Introduction:** The mental health of housewives is rarely studied in the literature. This descriptive study was conducted to examine the life satisfaction and co-dependency of housewives and to determine the relationship between life satisfaction and co-dependency.**Method:** The study was conducted between November 2017 and March 2018 in Ankara Altındağ Women's Education and Culture Center with housewives aged 18-65. Six centers from 24 Women's Education and Culture Center were included in the sample with the probabilistic sampling method. The sample included 381 housewives with a margin of error of ±5% in the 95% confidence interval. n

the data collection, Personal Information Form, The Satisfaction with Life Scale (SWLS) and Co-dependency Assessment Tool (CODAT) were used. Data were analyzed using SPSS for Windows 23 software.

**Results:** In the study, women had a SWLS score of  $14.53 \pm 4.35$  and moderate level and education, socioeconomic status, health perception and psychological treatment status, the time they devoted to daily activities, the need for care of their children, the education and working status of the spouse and the institution where the employee was working and life satisfaction. significant difference was found ( $p \leq 0.05$ ). The CODAT score was  $53.71 \pm 12.38$  and the intermediate level and there was a significant difference between the duration of marriage, the number of children, the number of children, health perception and psychological treatment, the time spent for daily activities and the educational status of the spouse and co-dependency ( $p \leq 0.05$ ). There is a negative correlation between life satisfaction and co-dependency.

**Conclusion:** As a result of this study, it can be suggested that mental health workers and especially psychiatric nurses are sensitive and provide effective service in terms of life satisfaction and co-dependency of housewives.

**Keywords:** Codependency, housewife, life satisfaction, nonworking women.

## S 4633

### DETERMINATION OF PREVALENCE OF DEPRESSION AND LIFE SATISFACTION LEVELS IN THE ELDERLY STAYING IN NURSING HOMES

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**Introduction:** It is well known that advanced age is a risk factor for depression, and that depression leads to disabilities and in turn to need for healthcare and social support in the elderly, and decreases their quality of life. This study was aimed at investigating the prevalence of depression and the levels of life satisfaction in the elderly staying in nursing homes and the affecting factors.

**Method:** This descriptive and cross-sectional study was conducted between 15, September 15, 2017 and June 15, 2018. The study sample comprised the elderly people who stayed in a nursing home in Balıkesir, a province in northwestern Turkey and accepted to participate in the study. The study data were collected using a questionnaire prepared by the researchers through a literature review, the Geriatric Depression Scale (GDS) and the Satisfaction with Life Scale (SWLS)

**Results:** In this study the mean score obtained from the GDS by the elderly was  $13.95 \pm 5.45$ . While depression levels were higher in the women than in the men ( $p=0.00$ ) and in the primary school graduates than in the junior high school graduates ( $p=0.001$ ), there were no statistically significant differences between the participants' depression levels in terms of the variables such as marital status, presence of chronic disease, smoking status and income status ( $p>0.05$ ). The mean score obtained from the SWLS by the participants was  $19.37 \pm 5.71$ . The mean SWLS scores were statistically significantly higher in the women than in the men ( $p=0.021$ ), in the secondary school graduates than in the illiterate participants ( $p=0.049$ ), and in those with a chronic disease than in those without a chronic disease ( $p=0.013$ ). However, the variables such as marital status, income sta-

tus, smoking status and alcohol consumption did not lead to statistically significant differences between the participants in terms of their mean SWLS scores ( $p>0.05$ ).

**Conclusion:** In this study, there was depression in the individuals who were staying in the nursing home. It is considered that the possibility of depression will be reduced by providing the necessary psychosocial support especially for the risky group.

**Keywords:** Elderly, nursing home, depression, life satisfaction.

## S 4636

### CLINICAL PRACTICE ON NURSING STUDENTS' CONSULTATION LIAISON PSYCHIATRIC NURSING EXPERIENCES: EXPLORING THE BOTTOM OF THE ICEBERG

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**Introduction:** The aim of this research was to evaluate the experience of nursing students in psychiatric nursing training in the 'Clinical Applications of Consultation Liaison Psychiatric Nursing'.

**Method:** This study was designed as a qualitative research which adopts descriptive phenomenology in order to evaluate the experiences of clinical counseling in consultation liaison psychiatry nursing students who have received training in psychiatric nursing. The data were collected by focus group method from 20 participants who had received training in a nursing education faculty who had been trained in a nursing education faculty, who had been willing to participate in the research, in-depth semi-structured interview method. Each session lasted 60-70 minutes, recorded conversations with voice recorder, also took notes by other researcher. The data were analyzed with descriptive analysis.

**Results:** The categories and themes which came out from the result of the analysis; as the theme of the holistic care category; bio-psychosocial care, themes of the category of barriers to holistic care; focus on physical health, system-related issues (Health staff is not to be a role model and lack of information about holistic care, problems caused by trainers, lack of therapeutic environment, failure to work as a team, lack of number of nurses and a high number of patients on per nurse) and psychologically affected. Consultation Liyezon Piskirri Nursing as the themes of the contributions of clinical applications category; exploring the bottom of the iceberg, change in daily relations and professionalism (communication with patients, holistic care, awareness). As the themes of the student's expectations category; before clinical practice and it is considered (working through cases, using the teacher to practice with the standard patient) expectations of teaching the course.

**Conclusion:** Clinical practice of Consultation Liaison Psychiatric Nursing to nursing students; In terms of gain ability to evaluate patients in a holistic way, it is an indispensable part of nursing education. It is suggested that the same study should be carried out in nursing students studying in different nursing schools as it is thought to be important in terms of the elimination and improvement of the deficiencies in the curriculum.

**Keywords:** Consultation liaison psychiatric nursing, clinical practice, qualitative study.

**S 4639****EFFECTS OF ELDERLY DISCRIMINATION ON NURSING CARE****Sema İçel<sup>1</sup>, Sibel Polat<sup>2</sup>**<sup>1</sup>Adiyaman University School of Health, Department of Nursing, Adiyaman, Turkey<sup>2</sup>Sanko University Faculty of Health Sciences, Department of Nursing, Gaziantep, Turkey

**Introduction:** Elderly Discrimination is described as a multi-dimensional term including treatment, prejudice, behaviour and actions shown to an individual only on basis of his/her age. The medical staff that the elderly people interact during the medical services are the nurses. Thus, the attitude of the nurses on elderly discrimination is an important factor directing both the care and the quality of the care of the elderly individual. This study has been done to attract attention of nurses to the subjects of ageing and elderliness, and to increase their awareness on the subject and to examine the studies carried out on the subject.

**Method:** In the study, articles published between 1998 and 2018 have been scanned in databases to evaluate elderly discrimination and its reflections on nursing care.

**Results:** According to the researches, when the areas where elderly discrimination is observed in the society, it is seen that attitudes connected to elderly discrimination, though they can be faced in every field of the life, are mostly observed in working sphere, family circle, social and sexual life and health care services. There are three main factor that has an important role in the development of elderly discrimination, and these are: (i) fear of death, (ii) importance shown to youth, bodily beauty and sexuality, (iii) the value given to economy, efficacy and productivity. The view that a discrimination is applied to the elderly is recently prevalent in all areas where health care is served.

**Conclusion:** It is advised that during undergraduate education, subjects and applications related with senescent period and health care of elderly people should be studied more, it should be ensured that nurses join in events to increase awareness towards the subjects related with health care of elderly people, programmes over geriatrics nursing should be held for nurses both before and after graduation. And the roles and responsibilities of the nurses to look after the elderly individual must be determined through written protocols. Also, the health personnel should be encouraged to specialise in the field of health of the elderly. In addition, new studies that will be conducted in this field are thought to contribute the field of health and especially to nursing care.

**Keywords:** Nursing care, elderly, discrimination.

**S 4651****INVESTIGATION THE TRANSFER ANXIETY IN PATIENT RELATIVES AND PATIENTS WHO WILL BE TRANSFERRED TO CLINIC FROM INTENSIVE CARE UNIT****Merve Bat Tonkus<sup>1</sup>, Sibel Dogan<sup>2</sup>**<sup>1</sup>Istanbul Yeni Yuzyl University, Faculty of Health Sciences, Nursing Department, Istanbul, Turkey<sup>2</sup>Istanbul Medipol University, Istanbul, Turkey

**Introduction:** Being transferred to general ward from the intensive

care unit may lead to transfer anxiety in the patients and their relatives. Due to the intense anxiety, the quality of patients' life can be affected negatively, the recovery process is delayed and the length of stay at the hospital is extended. This study was conducted to investigate the transfer anxiety in our patients and their relatives.

**Method:** This is a descriptive study that was conducted on 85 patients and relatives of these patients in the intensive care unit of an educational research hospital in Istanbul who have been transferred from the intensive care unit to the clinic because of their well prognosis. The data was collected by using 'questionnaire form' related to patients and relatives and 'state anxiety scale'.

**Results:** Before and after transferring the anxiety scale scores in patients were higher from the relatives and that was found significant as statistically. After transferring, the anxiety scale scores of the patients and relatives increased when compared before transferring and this differences were found significant as statistically.

**Conclusion:** It was determined that both patients and their relatives had transfer anxiety. We suggest that before transferring the patient to general ward from the intensive care unit, the information about time of transferring and its process should be given to the patients and their relatives, accompanied during transfer and supported in adaptation to general ward after transferring.

**Keywords:** Transfer anxiety, intensive care, patient.

**S 4654****MY INSTRUCTOR IS NEVER TO FAR AWAY: ONLINE COUNSELING FOR STUDENT NURSES DURING THEIR MENTAL HEALTH AND PSYCHIATRIC NURSING CLINICAL PRACTICE****Meltem Meriç<sup>1</sup>, Ümran Dal Yılmaz<sup>1</sup>**<sup>1</sup>Near East University, Faculty of Nursing, Near East Boulevard Lefkoşa, KKTC

**Introduction:** The objective of the present study is to examine the online work which the students studying in the department of nursing carried out with their counselors during their psychiatric nursing clinical practice during the fourth year of their study.

**Method:** This study incorporated qualitative analysis of students' feedbacks about the practical program they were involved in. An assistant professor serving in the field of psychiatric nursing was assigned to fill this gap with online counselling and the students were given his e-mail address and MSN account information. Sample is not selected. Students who have contacted instructor via the internet included in the study. 46 students established online contact with the instructor. Twenty students sent e-mails, and 26 used Facebook messenger.

**Results:** As a result of the findings obtained from study seven titles emerged. These titles include; regarding hospital wards, patient observation reports and nursing diagnoses, interview reports, patient interactions, therapeutic environment, the forms and student feedback to the instructor regarding online counseling.

**Conclusion:** In the end, being able to provide timely feedback to the students, the counselor also got a feeling of education and effectiveness. At the same time, analysis of the clinical practice feedback questionnaires completed by students revealed that the students generally felt safe, and did not report feelings of loneliness. Online counseling proved to be a beneficial method of communication for

both the students and the instructor. It is suggested that such counseling should reach more students and a more structured format of online communication can be used in future research.

**Keywords:** Nursing students, clinical practice, online counseling.

## S 4657

### AN EVALUATION OF THE EFFICACY OF THE COGNITIVE BEHAVIORAL APPROACH-BASED RISK PREVENTION PROGRAM FOR PREVENTING 13-15-YEAR-OLD ADOLESCENTS FROM ADDICTION: A RANDOMIZED CONTROLLED STUDY

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**Introduction:** Substance use is one of the many health risks which can be acquired during adolescence and is one of the most serious problems faced by all countries around the world. Thus, making available different substance use prevention programs which are suitable to administer to large masses should be given priority. The present study was carried out to evaluate the effectiveness of the cognitive behavioral approach-based Risk Prevention Program (RPP) for the prevention of addiction in adolescents from 13-15 years of age.

**Method:** This randomized controlled experimental study was conducted between May 2017 and June 2018 and included 7<sup>th</sup> and 8<sup>th</sup> grade students (n=4150) from a total of 24 primary schools. Each school has a psychological counselor, and are all located in a city center in Turkey. The students who participated in the study, their families and class teachers were administered a Strengths and Difficulties Questionnaire (SDQ) to identify the students who were at risk of substance use. Of the students, 363 who were determined to be at risk were applied RPP by the school psychological counselors for 12 weeks. Follow-up tests were done after the training and then again three months later in order to evaluate the efficacy of RPP. The variance analysis model in simple repetitive measurements and the different periods were determined by the corrected Sidak post-hoc test.

**Results:** The study showed that 52.9% of the students were male, 53.5% were in the 7th grade and 60.1% of them had moderate academic achievement. According to the scores of the students and class teachers, the "Total Emotional-Behavioral Problems" scores of SDQ were significantly lower than that of "Inattention-Hyperactivity".

**Conclusion:** The study revealed that RPP was effective and applicable for preventing primary school students from substance use. This program can easily be implemented by psychiatric nurses and school psychological counselors.

**Keywords:** Adolescent, substance use, psychiatric nursing, risk prevention program, risk factors.

## S 4658

### USE OF INFORMATION AND COMMUNICATION TECHNOLOGY IN INDIVIDUALS WITH DIABETES PSYCHOSOCIAL EFFECTS: SYSTEMATIC REVIEW

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**Introduction:** Diabetes is one of the most common chronic diseases affecting approximately 415 million people worldwide. Patients with diabetes are closely monitored by the use of information and communication technology. thus, improving their quality of life and self-care skills can improve their psychosocial status. The aim of this systematic review is to investigate the psychosocial effects of the use of ICT on patients with diabetes.

**Method:** Complete the articles covered by the study CINAHL, PubMed, Science Direct, Cochrane Central, Turkish Medline, Ulakbim database were obtained by scanning. Scanning English and "Diabetes mellitus, information communication technology, tele-work, tele, telemonit, telephone, teleho to, mobile health, telecommunication, psychosocial well-being, anxiety, coping, stress" has been the key word. The headings and abstracts of the studies were reviewed by two researchers. A total of six randomized controlled studies that meet the inclusion criteria were included in the systematic review.

**Results:** According to the study findings evaluated within the scope of systematic review, it was found that there was a significant change in psychological well-being in patient follow-up by nursing interventions within the scope of information and communication technology. It has been found that it significantly reduces stress scores in diabetes education and follow-up via SMS and internet. It has also been found to improve depression and self-management in diabetic patients.

**Conclusion:** This systematic review revealed that the use of information and communication technology in diabetic patients had a positive effect on the psychosocial status of the patients. It is thought that more randomized studies on the psychosocial effects of the use of information and communication technology in patients with diabetes should be considered.

**Keywords:** Diabetes mellitus, information communication technology, psychosocial effects.

## S 4660

### EXPERIENCES OF ELDERLY PEOPLE ABOUT LIVING IN ALMSHOUSE ACCORDING TO "SENSE'S FRAMEWORK"

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**Introduction:** The purpose of this study is to determine the experience of elderly about institutional care, which are seen as "aimless residual care" places, according to the model of Sense's Framework.

**Method:** The study were performed in June-August 2018 by using qualitative descriptive research methods. The sample was comprised of 14 participants who were living in Almshouse. Sample were chosen with "purposeful sampling method". The participants were cho-

sen among people who accepted to participate, are 65 years and over, had score between 24-30 points from Mini Mental Test. "Semi-Structured" interviews were constituted according to the Senses' Framework (Sense of "Security", "Belonging", "Continuity", "Purpose", "Achievement", "Significance"). Descriptive analysis method was used for analysing. The sociodemographic characteristics were collected through the "Information Form".

**Results:** %50 the participants are female. The average age is 69.92, duration of institutional stay is av: 9.9 years. Participants had av:3 siblings, 64.28% were widows and none had children. The Mini mental score was av:27.21. Six perceptions were determined as main themes. Living and being cared in the institution revealed "Shelter", existence of relatives and fear of conflicts revealed "Relations" as categories of "Sense of Security". Taking equal care, having friends, relatives, visitors, hobbies and activities revealed "Having" and loneliness revealed "Desperation" as categories of "Sense of Belonging". Durability of care revealed "Layout", fear of being deprived from care revealed "Being destituted" as categories of Sense of Continuity. The Senses of "Purpose" and "Achievement" are evaluated together. Categories are; "Not Being Destitute", "Being Able to Helping Others" and Aimless". Sense of Significance's categories and "Being Visible and Accepted" and "Stigmatization".

**Conclusion:** It is believed that this study provides an important data about the experiences of elderly people who are living in almshouse. The beneficial findings will lead the regulations to improve the quality of life.

**Keywords:** Senses framework, elderly, almshouses.

## S 4662

### THE EFFECT OF RELIGIOUS BELIEF ON THE MENTAL HEALTH STATUS AND SUICIDE PROBABILITY OF WOMEN EXPOSED TO VIOLENCE

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**Introduction:** It is known that violence against women is an important health problem both in the world and in Turkey. Religion is an important factor in preventing suicide and mental disorders by increasing one's ability to cope with events, channeling his/her perspective on life and the future toward a more positive path satisfying people about topics such as the need to be safe, the need for meaning and the reason for creation. The objective of our study was to determine the effects of religious belief on the mental health status and suicide probabilities of women exposed to violence in Turkey.

**Method:** The study used a descriptive design. The study sample consisted of 135 women who have suffered violence who were consecutively admitted to the Department of Emergency of a State Hospital due to exposed to violence. The belief levels of women are based on their own statements and they are all Muslims. The data were collected using a questionnaire form, the Suicide Probability Scale and Brief Symptom Inventory. The data were analyzed using SPSS version 18.0. Statistical analyses were used percentage calculation, mean, chi-square and Kruskal-Wallis test.

**Results:** When the suicide probabilities of individuals are evaluated according to religious beliefs, significant differences were determined in all sub-groups. As the level of religious belief increases, Suicidal Ideation, Hopelessness, Hostility sub-dimensions of Suicide

Probability Scale and General Suicide Probability mean scores decrease and the Negative Self Assessment sub-dimension mean score increases. The rate of before attempted suicide is gradually decreasing from the lack of religious beliefs to high religious beliefs. These differences were statistically significant ( $p < 0.05$ ). A statistically significant difference was found between the other sub-dimensions of the Brief Symptom Inventory and the level of religious belief except the Somatization and Positive Symptom Distress Index ( $p < 0.05$ ).

**Conclusion:** Religious beliefs levels of women exposed to violence increased symptoms of mental disorders and suicide generally decreases and the probability of negative self-evaluation increases. It is recommended that women who are exposed to violence should be given spiritual care as a significant component of nursing care in reducing the symptoms and suicidal possibilities of mental disorder and providing appropriate care for the beliefs of the patients as a component of spiritual care.

**Keywords:** Violence against women religion mental health status suicide.

## S 4663

### CHILDREN WITH DEVELOPMENTAL DISABILITIES AND THEIR MOTHERS WITHOUT BARRIERS: SPIRITUALITY AS A COPING METHOD

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**Introduction:** Mothers of children with developmental disabilities suffer from tremendous stress and anxiety. Mothers may use religion and spirituality as coping mechanisms to adjust to changes emerging in their lives as well as resolve problems. This study evaluated the spiritual needs of mothers of children with developmental disabilities and analyzed the effect of spirituality on their lives. The comprehensive interview technique was used to obtain thorough information about emotions, opinions, and perceptions.

**Method:** This is a descriptive and qualitative study. The study was carried out at the School for Mentally and Physically Disabled Children in Turkey. The study group consisted of the mothers of 28 children with developmental disabilities. The researchers individually conducted interviews. The data were assessed using the thematic analysis method.

**Results:** The mean age of mothers participating in this study was 36.9 years. The ages of the children were between 8 and 17. The children were diagnosed between birth and nine months old. The disease diagnoses of the children were down syndrome, mental disability, cerebral palsy, and hydrocephalus. The IQ levels of children were between 20 and 35. The results of the study revealed four main themes: acceptance journey, the meaning/purpose of life, concerns regarding the future, and coping strategies.

**Conclusion:** The results of the study show that mothers of children with developmental disabilities in Turkey often use spirituality as a coping method. Using spirituality, they were able to cope with the stress of their new lives, began to see their children as the meaning of their lives, and experienced enhanced feelings of love/commitment. Mothers were most concerned about "the fate of their children after the mother passed away".

**Keywords:** Child; coping strategy, developmental disability, mother, nursing, spirituality.



## S 4665

### NON-PHARMACOLOGICAL CONTROL OF PAIN WITH A BIOPSYCHOSOCIAL EXPERIENCE IN CHILDREN AND NURSING APPROACH

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**Introduction:** Pain is defined as “an unpleasant sensory and emotional experience, which may or may not be associated with existing or possible tissue damage”. Pain causes some physiological and behavioral effects that can be life threatening. Therefore, it is very important to control the pain especially in children. In the literature, as well as pharmacological methods, nonpharmacological methods are considered to control pain. The aim of this review is to evaluate non-pharmacological methods and nursing approaches used to control pain, a biopsychosocial experience in children.

**Method:** This research is a literature review.

**Results:** The control and effective management of pain in children is both an ethical obligation and a legal right to children. Therefore, it should be applied in nonpharmacological methods as well as pharmacological methods for more effective control of pain. Because, in the literature, it was found that pharmacological methods did not show the desired effect when not supported by nonpharmacological methods. Nonpharmacological methods include massage, kangaroo care, music, sucrose, pacifier, breastfeeding, wrapping, nesting, shaking, touching the mother, the mother's voice and smell, and facilitated tucking. It can be said that applications such as massage, maternal breastfeeding, breastfeeding and kangaroo care can increase the mother-baby interaction and can be effective in reducing pain and stress by touching. Managing and controlling pain with non-pharmacological methods is an important nursing intervention.

**Conclusion:** Nurses control the pain, reduce the pain of the child, mobilize at an earlier time, reduce hospitalization time and reduce costs. It is very important for nurses to know and apply non-pharmacological methods to provide better care for children.

**Keywords:** Child, pain, non-pharmacological intervention, nurse.

## S 4667

### DETERMINING THE EXPOSURE TO DOMESTIC VIOLENCE OF WOMEN WHO SUICIDE ATTEMPT

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**Introduction:** Suicide attempt; does not result in death, the individual's self-destruct, harm, punish society, message, or to do what he wants or ask for help represents all voluntary initiatives. Pillai et al. (2008) reported that 3.9% of young people had committed suicide in the last three months and 1 out of 100 young people attempted suicide. In particular, women and those who are subjected to violence are the disadvantaged group. Both physical and sexual violence and psychological distress for young people were independently associated with suicidal behavior. Domestic violence against women is the behavior that hurts, damages the individual, may result in physical, sexual, and spiritual damage, and exert pressure on the person in so-

ciety or in private life and restricts their freedom. Domestic violence is an important social problem affecting women in all societies and socioeconomic groups. This study was carried out to determine the exposure to domestic violence of women who attempted suicide.

**Method:** The study is a descriptive research. The sample of the study consisted of 50 women who applied to the emergency and psychiatry clinic of a state hospital as a result of suicide attempt. Data were collected using a questionnaire form, Domestic Violence against Women Scale. SPSS 22 program was used to analyze the data. Statistically, the percentage distribution, mean and standard deviation were made.

**Results:** The mean age of the women who participated in the study was  $33.98 \pm 8.28$  and 40% of them had a mental disorder. When women's exposure to violence is examined; all of the women are exposed to violence and women have been subjected to violence for  $4.28 \pm 4.60$  years, 32% of them the experienced violence once for two to three months and 18% of them for once a month. It was found that 44% of the experienced violence was perceived as high and 30% of them as moderate. The mean score of Domestic Violence against Women Scale of the women was  $6.64 \pm 1.89$ .

**Conclusion:** It was determined that women who had attempted suicide were subjected to high levels of domestic violence and were frequently exposed to violence.

**Keywords:** Domestic violence, suicide, women.

## S 4668

### AN INTERSUBJECTIVE APPROACH TO THERAPEUTIC INTERACTION EXPERIENCES

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**Introduction:** Therapeutic interaction practices are of great importance in the psychiatric nursing learning process; they are an 'impressive' experience for teachers, students and patients. Looking at this experience with an in-depth and intriguing sense of curiosity can illuminate some important aspects of healing and recovery. Intersubjectivity is both experience-oriented and relational psychotherapy theory. It is a process theory attempting to conceptualize the organization of personal experience and the variability of it. The theory argues that there cannot be an 'isolated mind', and therefore interaction processes can only be interpreted in context. This study aims to explain the facilitatory and inhibitory elements of therapeutic interaction practice experiences in the psychiatric nursing learning process for patients, students and teachers in terms of similarities and differences.

**Method:** The study employs the “convergent parallel mixed” pattern, one of the mixed research methods. The mixed method is a prominent approach, especially in areas that focus on human relations, with the ability to support the paradigm shift that has recently been experienced in the world of science. In this research, qualitative and quantitative data were collected together as needed. The data were analyzed separately and comparisons were made to determine whether the findings confirmed each other. This study was carried out with students who were taking Psychiatric Nursing course in the nursing school of a state university in the fall semester of 2017-18. The quantitative study group consisted of 42 girls and 22 boys while the qualitative study group consisted of 11 girls and 6 boys.

Data collection tools: Quantitative data: Socio-demographic Data Form, Relationship Scales Survey, Non-functional Attitudes Scale. Qualitative data: Semi-structured individual interviews. Data analysis: SPSS 20.0 package program for quantitative data analysis, and NVivo 10 Analysis Program for qualitative data analysis were used.

**Results:** Two-thirds of the participants were women. Participants mainly (43%) chose the mother as the supporter when they face hardship in their lives. The participants' physical health assessment rates are more positive than the mental health assessment rates. When data on the forms of attachment of participants were examined, it was observed that the "safe attachment" subscale score of men was higher than women ( $p=0.027$ ). And themes from qualitative data.

**Conclusion:** In the background of the experience of practicing therapeutic interaction during the course of psychiatric nursing education, the students' attachment styles and non-functional attitudes are the concepts that can be effective. These experiences have created a number of transformational effects in the students' professional perspectives and inner worlds. Looking at compelling-impressive experiences and the reasons for their impact, it is possible to see that almost all of the participants refer to their parents (object relationships) in their minds during interaction interviews. Understanding by experience that there cannot be an isolated mind can provide teachers with an important point of view about the process of application -on the way of healing and recovery-that there are blind spots to illuminate.

**Keywords:** Psychotherapeutic, process, psychiatric nursing.

## S 4671

### THE PROCESS OF RECOVERY FROM SCHIZOPHRENIA

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**Introduction:** Recovery is a period of change when individuals improve their health, live a life in accordance with their wishes, identify and understand their unique initiatives, and discover their potential. It means that one attains his/her goals that are appropriate to his/her potential in society. Schizophrenia is a psychotic disorder that impacts upon all major areas of life. The present review seeks to identify and analyze qualitative studies that examined to recovery process of individuals who are diagnosed with schizophrenia.

**Method:** The study was conducted by checking the Science Direct, Scopus, Springer Link, Ebscohost, Web of Science and Pubmed databases. The database research was performed in English using "schizophrenia, recovery, well-being, healing, qualitative" keywords. Fourteen studies were included in this study. The content analysis of the subjects included in the research, sub-themes, theme contents and participant expressions were carried out.

**Results:** According to the analysis on the results of the articles, the recovery process in individuals who have been diagnosed with schizophrenia, were collected under these themes and sub-themes; attitudes of professionals; positive attitudes, negative attitudes, expectations from professionals, the attitude of family and community; positive attitudes, negative attitudes, opinions towards treatment; positive opinions, negative opinions, factors affecting recovery posi-

tively, factors affecting recovery negatively, meaning of recovery and their sub-themes.

**Conclusion:** The results of our study showed that the recovery process of schizophrenia, a chronic disease affecting all living areas, was influenced by many factors such as family, environment, professional team, self-perception. In the light of these results, it is suggested that professionals should balance the individual's social support systems, create a therapeutic environment in hospital conditions, help the individual to reveal their potentials and powers.

**Keywords:** Schizophrenia, recovery, systematic review.

## S 4672

### THE EVALUATION IN TERMS OF DIFFERENT VARIABLES OF GRADUATE THESIS RELATED TO DISABILITY DONE THE HEALTH AREA IN TURKEY

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**Introduction:** Helping people with disabilities to maintain a more independent life by improving their vital functions, ensuring that they are compatible and productive individuals within the society is very important for both society and disabled individuals. In this study, graduate theses done in related to disability the health area in Turkey made to evaluate in terms of different variables.

**Method:** The data of this research, which was carried out within the scope of qualitative research method, was obtained from the theses registered to YÖK (Higher Education Council) National Thesis Center. In YÖK thesis center keywords "disabled, handicapped, crippled" were selected, "Group" was selected as Medical and screening was limited to thesis done in the last ten years. As a result of the screening, one hundred twenty six thesis were taken to the study. These were analyzed with the help of classification and content form for evaluation of theses including topics such as type of study, subjects, year, chapter. Data were evaluated by categorical analysis techniques as frequency and percentage.

**Results:** According to the results of the analysis; 83.33% of the theses were descriptive and 16.67% of them were experimental type. This study, consists of 74.61% masters theses, 19.84% doctors theses, 4.76% expertise in medicine theses and 0.79% expertise theses. The theses has been done by 37.30% sports sciences, 21.42% nursing, 12.70% physical medicine and rehabilitation, 6.34% public health, 6.34% social services, 15.90% other departments. When the theses are examined in terms of content, it is seen that the descriptive studies about the disabled individuals and their families are more and that the applied studies aimed at protecting and strengthening the individual are limited.

**Conclusion:** The results of the study reveal that although there is an increase in the theses done in the field of health related to disability in our country in recent years, it consists of mostly descriptive theses. In this context, in addition to identifying problems, studies which includes practices for solving the identified problems, developing programs to strengthen the disabled and their families both in health and social fields and developing community awareness by educating family and community are recommended to be planned.

**Keywords:** Disability, health, graduate, thesis.

## S 4674

### SELF-EFFICACY, MENTAL WELL BEING AND SOCIAL SUPPORT PERCEPTION LEVELS OF PREGNANCIES

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**Introduction:** This study is conducted to determine the levels of self-efficacy, mental well being and social support perception levels of pregnancies.

**Method:** 258 pregnant women constituted the sample of study who are in the maternity clinic of an education and research hospital and who applied to birth clinic between the dates 30 June and 30 August 2018 for any reason. "Pregnancy Introductory Form", "Self-efficacy Scale", "Psychological Well-Being Scale" and "Multidimensional Perceived Social Support Scale" were used to collect the data. Frequency, Percentage, Mean, Standard Deviation, Kolmogorov-Smirnov, Mann Whitney U test and Kruskal Wallis test were used with SPSS 23.0 package program. Ethics of Research: This study conducted by taking written permission from Related Education and Research Hospital Directorate, Provincial Directorate of Health and Aksaray University Human Research Ethics Committee.

**Results:** The point average of self-efficacy of pregnancies participated to the study were  $88.17 \pm 13.06$  (min:47, max:112), the point average of mental well being were  $49.15 \pm 7.73$  (min:10, max:56) and the average of Social Support Perception Levels were  $66.74 \pm 10.64$  (min:25, max:84). A low level of correlation was found among the self-efficacy scale and psychological well-being scale ( $r=.231$ ,  $p=0.000$ ) and social support scale ( $r=.172$ ,  $p=0.005$ ) and social support scale and psychological well-being scale ( $r=.458$ ,  $p=0.000$ ) were found to be moderately positive in the positive direction. Social support and psychological well-being scores are increasing as the self-efficacy competence scores of the subjects participating in the study increase. There was a statistically significance in the levels of self-efficacy of pregnancies according to age, appealing pregnancy, spouse's support status and receiving information about birth ( $p<0.05$ ). There was a statistically significance in the levels of psychological well-being according to spouse's support status ( $p<0.05$ ). There was a statistically significance in the levels of multi-dimensional perceived social support according to educational status, giving birth before, spouse's support status and receiving information about birth ( $p<0.05$ ).

**Conclusion:** In the study, the self-efficacy, social support perceptions and mental well-being of pregnancies were found to be high.

**Keywords:** Pregnancy, self efficacy, well-being, social support.

## S 4675

### DETERMINING THE RELATIONSHIP BETWEEN MINDFUL AWARENESS AND DEPRESSION ANXIETY AND STRESS LEVELS IN PREGNANCIES

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**Introduction:** This study is conducted to determine the relationship between depression and mindful awareness, anxiety and stress levels in pregnancies.

**Method:** 282 pregnant women constituted the sample of study who are in the maternity clinic of an education and research hospital and who applied to birth clinic between the dates 15 July and 15 September 2018 for any reason. "Pregnancy Introductory Form", "Mindful Awareness Scale" and "Depression, Anxiety and Stress Scale" were used to collect the data. Frequency, Percentage, Mean, Standard Deviation, Kolmogorov-Smirnov, Mann Whitney U test and Kruskal Wallis test were used with SPSS 23.0 package program. This study conducted by taking written permission from Related Education and Research Hospital Directorate, Provincial Directorate of Health and Aksaray University Human Research Ethics Committee.

**Results:** The point average of mindful awareness of pregnancies were  $64.40 \pm 11.86$  (min:27, max:84), the point average of depression of pregnancies were  $11.41 \pm 7.17$  (min:0, max:40), the point average of anxiety of pregnancies were  $13.20 \pm 6.61$  (min:0, max:38) and the point average of stress of pregnancies were  $13.83 \pm 7.41$  (min:1, max:42). There was a moderate correlation between the mindful awareness scale and depression ( $r=-.348$ ,  $p=0.000$ ), anxiety ( $r=-.318$ ,  $p=0.000$ ) and stress ( $r=-.372$ ,  $p=0.000$ ). Mindful awareness scores are increasing as the depression, anxiety and stress scores are decreasing. There was a statistically significance in the levels of mindful awareness of non-depressed pregnancies, compared to pregnancies who have mild, moderate, advanced and very advanced depression ( $p<0.05$ ). It was determined that, the levels of mindful awareness of the pregnancies had not anxiety, mild and moderate anxiety were significantly higher than the pregnancies have advanced and very advanced anxiety ( $p<0.05$ ). It was determined that, mindful awareness of pregnancies have a normal stress levels were significantly higher than the pregnancies have mild, moderate, advanced and very advanced stress ( $p<0.05$ ).

**Conclusion:** In the study, it is founded that the level of mindful awareness of pregnancies was above the average, depression in mild (22.7%) and moderate (23.1%), moderate in 33.4%, anxiety in advanced and very advanced anxiety 36.5%, mild (19.5%) and moderate (13.1%) were found to have experienced stress.

**Keywords:** Pregnancy, mindful awareness, anxiety, depression, stress.

## S 4676

### SOCIAL SKILL LEVELS OF NURSE CANDIDATES

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**Introduction:** It is supposed to nurses to learn the roles of care giving, protector, defender, director, rehabilitating, training and consultancy from her student years onwards Therefore, to enable nursing students to realize these roles social skills of them need to be developed. The skills of starting, continuation and finishing appropriately interpersonal relationships can assessable within the scope of social skills. This study is conducted to determine the degree of social skills of nursing students.

**Method:** 325 students constituted the sample of study educated The Faculty of Health Sciences Department of Nursing in 2017-2018 academic years. The sample is comprise of 249 student agreed to participate to study. 76.61% of the universe has been reached. Data were collected with "Student Information Form" and "Social Skill Inventory". The obtained data were evaluated with SPSS 23 statistical pack-

age program. Percentage distribution, Kruskal Wallis test and Mann Whitney U test were used in the analysis of data. Ethics of Research: This study conducted by taking written permission from related The Faculty of Health Sciences Department of Nursing and Aksaray University Human Research Ethics Committee. Before the application of data collection tools, verbal consent was obtained by explaining the students about the purpose of the research.

**Results:** The average age of student was found to be  $(21.17 \pm 1.41)$  and the 34.1% percentage are studying in the second, the 30.5% percentage are studying in the third and 35.4% the percentage are studying in the fourth grade. 71.5% of the students are female, 55.4% are graduates of Anatolian High School and 64.7% of them are in credit institution. Mothers (51%) and fathers (34.5%) of them were graduated primarily school and 88.4% percentage of mothers are housewife. 71.1% percentage of students were preferred this department willingly and 71.5% percentage of students don't have social activities. The total Cronbach alpha value for the study was found to be .80. The point average of social skill inventory of students participated to the study were  $277.39 \pm 24.47$  (min:210, max:379), sub-scale point average was determined as "emotional expressivity" was  $45.24 \pm 6.34$ , "emotional susceptibility" was  $47.99 \pm 7.79$ , "emotional control" was  $42.41 \pm 6.72$ , "social expressivity" was  $45.40 \pm 8.55$ , "social susceptibility" was  $44.91 \pm 7.46$  and "social control" was  $51.42 \pm 8.20$ . A statistically significant difference was found between the mean scores of expression and social control sub-dimension scores of students according to their class level, social skill inventory total score, affective expression, social expression and social control sub-scale mean scores according to their social activity status ( $p < 0.05$ ). The mean score of the affective control sub-dimension of the male students was higher than the female students and the affective expression sub-scale mean score of the students was higher than the group of friends and these differences were statistically significant ( $p < 0.05$ ). There was no statistically significant differences between the mean scores of social skills inventory general total and sub-dimensions according to the students' education, the place of High Scholl, the place of education in the education life and parents' education ( $p > 0.05$ ).

**Conclusion:** In the study it is conducted that the average social skills score of the students was moderate.

**Keywords:** Social skills, nursing students, care, social competence.

## S 4677

### THE MEANING OF SCHIZOPHRENIA FOR CAREGIVERS AND DETERMINE THE TRADITIONAL AND COMPLEMENTARY MEDICINE (CAM) METHODS USED BY CAREGIVERS OF SCHIZOPHRENIA PATIENTS

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**Introduction:** This study was designed the meaning of schizophrenia for caregivers and determine the traditional and complementary medicine methods used by caregivers of schizophrenia patients.

**Method:** This study is a descriptive study using in-depth interview method from qualitative method. The universe comprised of caregivers of schizophrenia patients who were registered in Bartın State

Hospital Community Mental Health Center between May 2018- August 2018. In-depth interviews were conducted with 21 caregivers in the TRSM building. The voice recorder was used during the interview. The interview lasted approximately 40-45 minutes. The data were evaluated by thematic method.

**Results:** The mean age of caregivers was 38 years. Of these, 71.4% were female and 28.6% were male. The most common mother (28.5), daughter/boy (28.5%), spouse (19%), father (9.5%) are involved in care. The patients aged between 24 and 56 and of these were female (38%) and male (62). Patients use regularly medical treatment. All patient have difficulty self-care. A total of four main themes emerged from the evaluation of data. These are; "The meaning given to the disease", "The CAM methods used", "Benefit of the CAM" and "Sharing the CAM method used with other health professionals". Sub themes of main theme meaning schizophrenia "Is it a biological reason?", "Supernatural powers", "Is it a quiz?, Ordeal?" has been determined. The sub themes of the main theme of the CAM methods used are; "application to religious commissioner", "application to eated/drinking/applied to the skin", "vitamin support" and "other therapies".

**Conclusion:** The caregivers have difficulty in coping with disease, describing and understanding the disease. The majority of caregivers use at least one CAM methods. These method are used in addition to medical treatment. The rate of sharing CAM method with the health professionals is low. Psychiatric nurses have important responsibilities in raising awareness about this subject and determining the CAM methods used by patients.

**Keywords:** Schizophrenia, caregiver, traditional and complementary medicine, psychiatric nursing.

## S 4679

### THE ROLE OF ATTACHMENT STYLES AND EARLY MALADAPTIVE SCHEMAS ON UNDERGRADUATE STUDENTS' SELF PERCEPTIONS AND MENTAL CONDITIONS

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**Introduction:** Basic emotional needs which is not met during early childhood and adolescence period and failure in building a secure bond can cause negative self perception in adolescence and adulthood period, self efficacy problems, lack of social support system, inability to fulfill new roles especially in university life, depression, anxiety, personality and social anxiety disorders. The occurrence of all these problems causes the individuals to have problems in continuing his/her academic life, to lose productivity in society, to reduce quality of life and to cause mental health problems to become chronic. The purpose of this study is to determine the effect of the role of attachment styles and early maladaptive schemas on undergraduate students' self perceptions and mental conditions.

**Method:** The sample of the research consisted of 413 students studying in nursing department. In this study, "Introductory Form", "Brief Symptom Inventory", "Young Schema Questionnaire (Short Form)" and "Parental and Peer Attachment Inventory (Short Form)" were used to collect data. Structural Equation Model (SEM) and Standardized Regression Analysis were used to evaluate data.

**Results:** The results of a Structural Equation Model Test was showed that when fit indices were evaluated, it was determined that the model was acceptable (RMSEA=0.067, CFI=0.926, CMIN/df=2.864). It was found that attachment styles ( $\beta=0.130$ ;  $p>0.05$ ) and early maladaptive schemas ( $\beta=0.048$ ;  $p>0.05$ ) had no effect on self perception. It was determined that attachment styles had no effect on mental condition ( $\beta=-0.281$ ;  $p>0.05$ ), early maladaptive schema level had positive effect on mental condition ( $\beta=0.682$ ;  $p<0.05$ ). Also, mental condition had positive effect on self perception ( $\beta=-0.555$ ;  $p<0.05$ ) and while being observed that early maladaptive schemas had more effect in explaining mental conditions of undergraduate students, it was found that mental condition had more effect on self perception.

**Conclusion:** It can be said that early maladaptive schemas affect mental conditions of undergraduate students negatively, early maladaptive schemas have an indirect effect on self perception in the light of positive effect of mental condition on self perception. Replacing early maladaptive schemas with realistic beliefs is important for the mental conditions and self perceptions of undergraduate students to be more positive and preventing the onset of mental disorders.

**Keywords:** Attachment, early maladaptive schema, mental condition, self perception.

## S 4680

### EFFECT OF SELF-CONFIDENCE LEVEL OF SELF-ESTEEM DEVELOPMENT COURSE GIVEN IN A VOCATIONAL SCHOOL OF HEALTH SERVICES

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**Introduction:** This study was carried out in order to determine the effect of the self-confidence development course in a Health Services Vocational School on self-confidence levels of the students.

**Method:** The sample of the research was composed of 421 students who study at the Vocational School of Health Services of the University whose name is written in the ethics committee document. Data were collected from sample 303 (71.9%). The data were collected through "Personal Information Form" and "Self-Confidence Scale".

**Results:** Of the 303 students who were included in the study, 23.8% (n=72) had self-confidence lessons, 76.2% (n=231) did not take self-confidence lessons, 66.7% (n=202) women, 59.40% (n=180) dorm, 40.59% (n=123) at home, 80.5% (n=244) family relations are good, 55.1% (n=167) mother's attitudes ve 44.6% (n=135) father's attitude have expressed as protector. A significant difference was determined between self-confidence levels of students and self-confidence development lesson ( $F=18,723$ ;  $p=0,000$ ). Those who express the democratic attitude of mother ( $X^2=18.791$ ;  $p=0.000$ ) and father ( $X^2=26.450$ ;  $p=0.000$ ), academically successful ( $X^2=59.869$ ;  $p=0.000$ ) and be physically well ( $X^2=64.549$ ;  $p=0.000$ ) have been determined that there was a significant difference between self-confidence levels of the students who stated that.

**Conclusion:** There is a significant differentiation between students' self-confidence and self-confidence levels. Self-confidence has become one of the elements of psychological life and emotional ne-

cessity (McKay & Fanning, 2015, p. 1). When looking at other research results, there are the positive effects of the given training. (Doğru & Peker, 2004, pp. 315-328; Ateş, 2003, pp.1-13). According to the results obtained without working, it is suggested that these courses given to the students are important in determining the cognitive and affective effects of the students and therefore it is recommended that this study be done in university students who are educated in wider and different areas.

**Keywords:** Self-confidence, self-confidence development, vocational school.

## S 4681

### THE USE OF CINEMA FILMS IN EDUCATIONAL PURPOSES: TURKEY PROFILE

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**Introduction:** Education through movies is defined as a funny, impressive, important and powerful method and has been used in the field of psychiatric education for almost 40 years. It is known that film education has a lots of positive effects. The study was conducted to examination of the studies oriented use of movies in education in Turkey and to raise awareness about this issue.

**Method:** Studies related to the use of movies in education in Turkey have reached, scanning Turkish Psychiatry Index, Turkish Medline, YOK (National Thesis Center) and ULAKBİM Databases; with "Film Education", "Film Analysis", "Film Use" and "Cinema and Education" keywords.

**Result:** A total of 30 studies have been achieved. It was determined that 25 of these studies were related to the subject and they were included in the evaluation.

**Conclusion:** It was emphasized that more qualitative studies were carried out on the use of film in education in 25 focused studies and that the use of film provided learning in cognitive, emotional and psychomotor areas. Within the scope of cognitive learning; provides a lasting, fun and enjoyable learning, facilitates understanding the issues and accepting of knowledge, develops the thinking skill, provides critical thinking, awareness-raising, perception and concepts; in the context of affective learning; It is emphasized that it is beneficial in the paradigm change and that the process as a whole can be seen, as it enhances empathy, interest, sensitivity, motivation and beliefs, establishing identification, raising awareness, improving students' attitudes towards the profession and self-efficacy. In addition, it is stated that role-modeling takes place in behavioral sense in students. It has been determined that education with movie provides an effective learning because it addresses multiple sensory organs, is an important and strong educational option, and provides positive contributions to the students and also to the educational environment and education process. In this direction, it is suggested that more studies should be done in order to make education with film into planned activities and to determine the effects of film with education.

**Keywords:** Psychiatric nursing, education, movies.

**S 4682****PATIENT EXPERIENCES ON COMMUNITY MEETINGS IN A PSYCHIATRY CLINIC: A PHENOMENOLOGICAL STUDY****Neşe Mercan<sup>1</sup>, Didem Ayhan<sup>2</sup>, Reyhan Doğan<sup>3</sup>, Çiğdem Yüksel<sup>4</sup>**<sup>1</sup>Gülhane Training and Research Hospital, Department of Psychiatry, Ankara, Turkey<sup>2</sup>Bandırma Onyedi Eylül University, Faculty of Health Sciences, Division of Nursing, Balıkesir, Turkey<sup>3</sup>Gülhane Training and Research Hospital, Department of Hematology, Ankara, Turkey<sup>4</sup>University of Health Sciences, Gülhane Faculty of Nursing, Department of Psychiatry Nursing, Ankara, Turkey

**Introduction:** Compared to the previous years, increasing hospitalization in psychiatry services and service occupancy rates by a hundred percent lead an increase in the number of psychiatric hospitals and bed capacity, and in-service activities became increasingly important. A community meetings, which is one of these activities, has been discussed in a few articles in the international literature, mostly as a component of the therapeutic environment, or in the context of group therapies and it seems there is no studies conducted in Turkey regarding the experiences of patients participating in community meetings. The aim of this study is to determine the experience of patients participating in community meetings who were hospitalized in a psychiatry clinic.

**Method:** The universe of this phenomenological study was composed of patients who were hospitalized in a Psychiatry Clinic of a Training and Research Hospital between December 2017 and January 2018. The sample of the study consisted of 11 patients who were selected with purposive sampling method and who participated at least seven community meetings conducted twice a week. Data were collected by means of socio-demographic characteristics form and semi-structured interview form and the data was analyzed by Colaizzi's phenomenological data analysis method.

**Results:** As a result of the data analysis, it was found that community meetings increased the compliance of the patients, provided psychological empowerment and improved interpersonal relations.

**Conclusion:** Community meetings are an effective method for meeting the therapeutic needs of patients and for strengthening therapeutic relationship between the patients and health workers. It is thought that the data obtained from this study will contribute to the current discussion on achieving best practices in mental health nursing in the 21<sup>st</sup> century. Powered, large-scale, randomized controlled trials are recommended for future studies to obtain high-value results to demonstrate the efficacy of community meetings in inpatients.

**Keywords:** Community meetings, inpatients psychiatric unit, phenomenological study, qualitative research, patient experiences.

**S 4683****DIFFICULTIES EXPERIENCED BY THE PARENTS OF CHILDREN HAVING PSYCHOSOCIAL AND BEHAVIORAL PROBLEMS AT PRESCHOOL PERIOD AND THEIR COPING STYLES****Özge Öner Kapısız<sup>1</sup>, Semra Karaca<sup>2</sup>**<sup>1</sup>Sakarya University, Department of Midwifery, Sakarya, Turkey<sup>2</sup>Marmara University, Department of Nursing, Istanbul, Turkey

**Introduction:** The aim of this study was to examine difficulties experienced by the parents of children having psychosocial and behavioral problems at preschool period and their coping styles. In accordance with this goal, opinions, expectations and experiences of the parents were asked.

**Method:** The study was carried out as descriptive and phenomenological (correlative) in order to examine the difficulties which were experienced by the parents of children who had psychosocial and behavioral problems at preschool period and their coping styles. A mixed method including both qualitative and quantitative data, was used in the study. In the study, a quantitative method was used to identify the psychosocial and behavioral problems experienced by the children at preschool period whereas "in-depth interviewing technique", that is among qualitative methods, was used to determine difficulties experienced by the parents due to these problems and their coping styles. The number of the participants was determined according to the principle of "data saturation" that is valid in qualitative data. Moreover, validity and reliability study of 4-5 year old adaptation of Illustrated Psychosocial and Behavioral Problems Checklist (IPBPC) was conducted during the study. The universe in quantitative dimension of the study was composed of the parents (mother or father) of 1512 children at 4-5 years old who were studying in 22 preschool education institutions that were located in Duzce city. The study was carried out with 758 parents who were eligible for inclusion criteria of the study and who approved to participate between October 2016 and January 2017. The study was completed with 36 individuals who provided saturation of data at the end of interviews performed.

**Results:** 4 main themes including difficulties experienced by the parents and their coping styles were identified at the end of the assessment of qualitative data. These themes were Parent-Child relationship, difficulties experienced regarding the child, reasons of behavioral problems exhibited by the children and parental coping. Difficulties are divided into sub-themes as emotional and behavioral difficulties, challenges related to developmental period, lack of mobility-attention, difficulties related to anxiety and technology addiction. Parental coping was examined under two sub themes as functional and nonfunctional coping methods.

**Conclusion:** Parents stated that they experienced difficulties in coping with psychosocial and behavioral problems of their children. They drew attention to the necessity of getting information to improve their coping and necessity of a unit which they can admit.

**Keywords:** 4-5 year old children, coping, behavioral problems, psychiatric nurse.

**S 4685****NALTREXONE IMPLANT: A METHOD THAT ACHIEVE INCREASING AT ABSTRACT ACCORDANCE TO MEDICATION IN ADDICTION TREATMENT****Şeyma Demiralay<sup>1</sup>, Rahime Ş. Yüksek<sup>2</sup>, İlkey Keser<sup>3</sup>**<sup>1</sup>Akdeniz University Institute of Health Sciences, Mental Health and Psychiatric Nursing, Antalya, Turkey<sup>2</sup>Manisa Psychiatric Hospital, Manisa, Turkey<sup>3</sup>Akdeniz University Faculty of Nursing, Department of Psychiatric Nursing Antalya Turkey

**Introduction:** The effectiveness of treatment in diseases and the progression of the disease process in a positive way is directly related with the coherence and dependency of the treatment applied to

the patients. As the addictive substance type and dependency ratio increases, different methods are used for protection and treatment. Because the Naltrexone Implant is a long-lasting implant, it is used to facilitate compliance of individuals to treatment. In this review study, it was aimed to draw attention to the use of naltrexone implant for compliance with addiction treatment.

**Method:** Current databases have been scanned by using the keywords "naltrexone", "naltrexone implant", "chip", "treatment compliance", "adaptation to drug treatment".

**Results:** Naltrexone application is one of the methods used in addiction treatment in recent years. Naltrexone is a non-selective, long-acting, synthetic opioid antagonist which used in the treatment of addiction. When naltrexone which an effective drug is taken regularly, it reduces of alcohol intake and prevents there currence of dependence by affected by changes in opiate receptor activities. It was determined that the duration of there mission was longer in the patients who had implants in the studies performed. It has been determined that in the obtained data, in the treatment of addiction, safe and effective use of opioid antagonists, especially Naltrexone, is an important treatment option by decreasing relapse safter elimination of addiction by increasing treatment compliance. However, in the literature, it is stated that there may be side effects such as mild allergic itching or redness in the implant area, infection in the skin, subcutane ous or suture area, pain, and whether side effects such as depression, anxiety or anhedonia.

**Conclusion:** Ensuring the individual's compliance with addiction treatment is among the primary goals of all team members, especially psychiatric nurses who manage treatment and care. In this context, in the treatment of addiction, naltrexone treatment is thought to be an facilitating factor in the individual's compliance with treatment. In the treatment of addiction, it is thought that naltrexon implant application is a facilitating factor in the adaptation of the individual to treatment, but it is thought that it is important to direct the treatment team by observing the effects and side effects of psychiatric nurses in treatment and care.

**Keywords:** Addiction treatment, treatment adaptation, naltrexone implant.

## S 4688

### COMMUNICATION SKILLS LEVELS OF NURSING STUDENTS

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**Introduction:** Communication is the way through which people express themselves, feelings and thoughts and understand others. Communication skills can be defined as an open and clear speech conducting a single emotional input or output, or a combination of active listening, empathy and conversation techniques. Nursing which is one of the professions based on interpersonal relationship completely depends on communication skills. In this study, we aimed to determine communication skills of nursing students in the Selçuk University, Health Sciences Faculty, and to investigate whether these skills differ according to socio-demographic and educational features.

**Method:** The study population consisted of 690 students having education in the Selçuk University, Department of Nursing and conducted between 01/03/2018 and 30/04/2018. Data were collected using Personal Description Form and Communication Skills Inventory. Data were analysed using t-test and One-Way ANOVA tests.

**Results:** Of the students; 83.8% were girls, 87.8% had nuclear family, 49.9% had 3 or more siblings, 16.2% had an monthly income higher than expenditure, 24.8% were in Grade 4, 85.5% had received communication training, and 36.3% were academically successful. Being girl, having nuclear family, low number of siblings, a monthly income higher than expenditure, and academic success increased communication skills ( $p < 0.05$ ), while parenteral education level, place of living during college years, school grade, receiving communication training, and high school variables did not affect the scale scores ( $p > 0.05$ ).

**Conclusion:** Boys, those with extended family, having 3 or more siblings, a monthly income lower / equal compared to expenditure, and academically unsuccessful students were in the risk group. We recommend that counselling and new trainings should be provided for students in the risk group in order to develop their communication skills, and theoretical courses should be supported with practice / laboratory works.

**Keywords:** Nursing students, communication skills, communication skills inventory.

## S 4690

### EXAMINATION OF WELL-BEING IN PATIENTS WITH TYPE II DIABETES

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**Introduction:** The World Health Organization (2004), defined mental well-being as "a state of well-being in which persons realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Mental well-being involves persons' life goals, awareness of their potential, and quality of relationship with others. In this study, we aimed to examine the levels of mental well-being in patients with type II diabetes hospitalized in internal medicine clinic of a public hospital.

**Method:** This descriptive study included 123 patients >18 yo with type II diabetes mellitus (DM), hospitalized in internal medicine wards in Konya, Cumra Public Hospital between 01/02/2018 and 30/04/2018. Sample selection was made using randomization. Data were collected with a survey form prepared by the researcher, and Warwick – Edinburgh Mental Well-being Scale (WEMWBS). Data were collected through face-to-face interviews and analyzed using t-test and One-Way ANOVA.

**Results:** Of diabetic patients included in the study; 55% were female, 69.1% aged  $\leq 65$  years, 61.0% were primary school graduated, 90.2% were unemployed, 49.6% had a medium income, 81.3% were married, 94.3% had social security, 88.6% had nuclear family, 55.0% had caring persons. The mean Mental Well-being Scale score of the participants was  $45.98 \pm 10.52$ .

**Conclusion:** Unemployed, single patients, those having a low and medium/poor economic status, needing a caregiver, and willing to

receive psychiatric support were in the risk group for mental well-being. We recommend that, researchers should conduct studies on the causes affecting mental well-being, contributing to accumulation of evidence in the literature. In addition, more comprehensive studies should be conducted in regions with different socioeconomic characteristics.

**Keywords:** Chronic diseases, Type II Diabetes Mellitus, mental well-being.

## S 4692

### DETERMINATION OF EXPERIENCED PSYCHOSOCIAL PROBLEMS AND COPING METHODS OF PARENTS WHOSE INFANTS ARE UNDER TREATMENT IN NEWBORN INTENSIVE CARE UNIT OF BABY: A QUALITATIVE STUDY

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**Introduction:** The result of hospitalization of the risky newborn after birth, the family encounters a variety of stressors and important changes occur in the way family lives. Parents may experience grief because of not having the healthy baby they dreamt. In the process of grief, reactions such as denial, anger, guilt, depression, and reduced self-esteem are seen. This is a descriptive study in which a qualitative method is used to get in-depth knowledge of the feelings, thoughts and perceptions of parents whose infants are under treatment in the newborn intensive care unit to determine the psychosocial problems and the ways of coping.

**Method:** Research was conducted in an intensive care unit of the health practice and research center of a university hospital in Turkey. 25 mothers whose infants are under treatment in the newborn intensive care unit formed the working group. The data of the research was formed through "Personal Information Form" and semi-structured "Qualitative Interview Form". Thematic analysis method was used to evaluate the data.

**Results:** Six main themes emerged in the research. These main themes are classed as; 1.To be a mother who left her baby in intensive care (sub-themes: empty lap, maternity behind glass, taste of pain) 2. Sea of worry (sub-themes: what if..., am I a criminal?, unidentifying feelings) 3. Coping strategies 4.Expectations 5. Changes in family life and 6.Support systems

**Conclusion:** Mothers whose infants are in the newborn intensive care unit are experiencing intense sadness, guilt and anxiety. They are having trouble coping with these emotions. At the same time, mothers are negatively affected by changes in family life in this process. Mothers have support expectations from intensive care unit nurses and from their families. In line with these results, it is suggested that nurses should be able to identify and deal with the psychosocial problems and coping methods they have been experiencing with parents.

**Keywords:** Qualitative exploratory study, newborn intensive care unit of baby, mothers, nursing.

## S 4694

### PHYSICAL HEALTH CARE PERCEPTIONS OF INDIVIDUALS WITH MENTAL ILLNESS AND OF THEIR CAREGIVERS: A QUALITATIVE STUDY

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**Introduction:** Individuals with mental illness experience significant physical health problems as well. The patients may be insufficient in maintaining and improving the physical health while the caregivers have a critical role in promoting the physical health of these patients. The aim of this study was to determine the physical health perceptions of individuals with mental illness and of their caregivers.

**Method:** This study conducted a descriptive qualitative design. The sample consisted of 11 individuals with mental illness and 12 the caregivers selected by purposeful sampling. Personal information forms and semi-structured interview forms developed for the patients and for the caregivers as well as voice recorders were used for data collection. Interview data were collected by in-depth interviewing methods and analyzed by content analysis.

**Results:** Five themes were demonstrated upon analyzing the data collected by the interviews with the individuals with mental illness and with the caregivers. (1) The physical health perception theme: The patients and caregivers described how they perceived the physical health. (2) Physical health problems theme: The most common physical health problems stated by the patients and the caregivers were included. (3) The barriers for the physical health theme: Barriers to the physical health-related behavior of the patients and the caregivers were included. (4) Challenges for the caregivers theme: They were the challenges experienced by the caregivers while they provided care for the patients' physical health. (5) For a better physical health theme: It included the motivators, recommendations, and the expectations of the patients and the caregivers in promoting the physical health.

**Conclusion:** In conclusion, it has been determined that the individuals with mental illness had negative perceptions about their physical health and that caregivers were insufficient in their perceptions of the patients' physical health. The patients and caregivers experience many barriers and challenges in maintaining and promoting the physical health. Mental health nurses should be aware of the barriers for better physical health states experienced by patients and caregivers. It is important that nurses should provide support to patients and caregivers to remove these barriers.

**Keywords:** Mental health nurse, mental illness, care givers.



## S 4695

### INVESTIGATION OF THE EFFECT OF USE OF DANCE AND MOVEMENT THERAPY METHODS ON THE NURSES' COMPASSION SATISFACTION, BURNOUT AND COMPASSION FATIGUE LEVELS: PILOT STUDY

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**Introduction:** Nursing is a morally loaded profession that stands by people in the most challenging periods of their lives and provides care in environments, where they suffer from constant pain, ache and weakness. In this respect, nurses can have a risk for compassion satisfaction, fatigue and burnout, and when these develop, their quality of life and patient care may be adversely affected. Psychiatric nurses are in a position to take responsibility for responding to this problem and for planning healing and strengthening studies. In this context, the aim of the study is to examine the effects of the use of dance and movement therapy methods on the nurses' compassion satisfaction, burnout and compassion fatigue levels.

**Method:** This study is a pilot study in which quasi-experimental method is used in pre-test and post-test order. The data of 118 nurses who accepted to participate in the study were examined and those who had low compassion satisfaction, high burnout and compassion fatigue selected by purposeful sampling are invited to the practice group. An eight-session program consisting of dance and movement therapy methods was administered to the nurses who agreed to participate in the study conducted at Akdeniz University in April-May 2017. The data were collected by using "Personal Information Form", "Professional Quality of Life Scale" and "Memory Box" methods. The program was conducted with supervision. This pilot application study was completed with eight nurses. The data were analyzed in SPSS 20.0 package program.

**Results:** The program applied was found to increase the average level of compassion satisfaction of nurses and to reduce burnout and compassion fatigue.

**Conclusion:** According to the results obtained in this study, it can be said that the use of dance and movement therapy methods is an effective method on the nurses' compassion satisfaction, burnout and compassion fatigue levels. The program is used to increase the compassion satisfaction level of nurses, to prevent burnout and compassion fatigue and in healing studies. It is recommended to carry out studies with high level of evidence related to the program.

**Keywords:** Dance therapy, compassion fatigue, psychiatric nursing, burnout, quality of life.

## S 4696

### HOW AN EMPOWERMENT PROGRAM CAN TOUCH CANCER SURVIVOR'S LIFE BY IMPROVING POSTTRAUMATIC GROWTH

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**Introduction:** Researcher has studied on an empowerment program in her PhD thesis and keeps working on this area. Hence, the aim in this study is to point out the effects of an empowerment program to improve PTG of cancer survivors.

**Method:** Literature review and sharing experience in such works.

**Results and Conclusion:** Cancer experience help people to understand the value of life, find new meanings, determine the priorities in life, and reach spiritual well-being. Re-meaning of life during cancer process enables posttraumatic growth (PTG), which improves interpersonal relations, inner resurgence, and deeper spirituality. PTG holds that while trauma can be painful and have negative effects, there is also an opportunity for trauma to be a catalyst toward positive growth in one's life. Growth is further understood to be the ability to create meaning from the traumatic event. While some negative experiences occur including loss of hope, vulnerability. Therefore, high PTG levels had fewer PTSD and depressive symptoms than those with moderate growth. In this regards, programs to be able to provide PTG, can be an effective solutions in helping patients. Empowerment programs can recognize the nature of the problem in patients' life, and can create a safe and therapeutic environment to improve their social skills. Qualified nurses may help their patients feeling empowered over their cancer experience and ready to move forward.

**Keywords:** Posttraumatic growth, cancer survivors, psychological support.

## S 4698

### AN EXAMINATION OF THE RELATIONSHIP BETWEEN THE POSITIVE PSYCHOTHERAPY STRUCTURES AND PSYCHOSOCIAL ADJUSTMENT OF INDIVIDUALS WITH PHYSICAL ILLNESSES

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**Introduction:** Positive psychotherapy (PPT) is an approach that was theorized by Pessschkian (1970). This therapy has three main principles: hope, balance and consultation. Positive psychotherapy focuses on understanding human existence, finding the positive, positively reinterpreting symptoms and illnesses, and finally, helping individuals to maintain a balance in their lives. It can be used as a therapeutic method of psychological care for individuals with physical illnesses. This study aimed to examine the positive psychotherapy structures of individuals with physical illness, the relationship between primary (love) and secondary (recognition) capacities, and the psychosocial adjustment of ill individuals.

**Method:** This is a descriptive cross-sectional study. The population of the study included adult patients in the acute inpatient ward of a university hospital due to physical illness. The study included patients who did not have hearing, memory or perception problems, can speak Turkish, did not have any severe disabilities that could affect communication and volunteered to participate in the study. The study was conducted between October 2017 and January 2018. The sample included 72 patients. The data were collected using a personal information form, the positive psychotherapy and family treatment inventory and the scale of positive psychotherapy balance and psychosocial adjustment to illness. The study calculated descriptive statistics and numerical data such as scores on the scales as mean±SD (standard deviation). The study used regression analysis for the relationship between scales.

**Results:** The majority of the patients (54.1%) were primary school or secondary school graduates, more than half were housewives and retired (61.1%), and some were retired (20.8%). The study found that the highest mean score on the scale of positive psychotherapy balance was in the subdimension of body/health (31.82±13.135), followed by relationships (22.75±9.176), future and fantasy. The lowest mean score was in the subdimension of profession/success (22.75±9.176). While the study found no significant relation between secondary capacity and the psychosocial adjustment of patients, it found a significant negative correlation between primary capacity (time, hope, love and patience) and psychosocial adjustment.

**Conclusion:** Physical illness causes deterioration in every dimension of individuals' positive psychotherapy balance. Improving primary capacity can ease individuals' psychosocial adjustment to physical illness.

**Keywords:** Physical illness, positive psychotherapy, primary and secondary capacities, psychosocial adjustment.

## S 4699

### EVALUATING THE RESULTS OF INTERNATIONAL PUBLICATIONS ON PSYCHIATRIC REHABILITATION AND NURSING AT HOME

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**Introduction:** Psychiatric rehabilitation is the sum of the inclusive and simultaneous services aiming to satisfy the mental and social needs and re-providing the functionality which is lost during the mental disorder. Psychiatric nursing at home, on the other hand, consists of the caring services provided at patients' everyday environment when they lose their health, aiming to reduce the illness and damages to the minimum level, support their independency, and increase their life standards. Psychiatric nursing at home has been researched more often recently but still needs more development. In this systematic review it is aimed to evaluate the findings of the psychiatric rehabilitation and nursing at home related international publications between 2010 and 2017.

**Method:** In this systematic review, "psychiatric rehabilitation, psychiatric nursing at home" keywords are searched at "Google Academics", "PubMed" and "ProQuest". International research papers and scientific books that are published between 2010 and 2017 are consid-

ered for evaluation. All manuscripts that have been reviewed by the researchers, are not directly related to the subject, and the same manuscripts which are repeating each other are excluded from the scope of screening. As a result of this screening, 17 publications were reached. These publications are "psychiatric rehabilitation, psychiatric home care". Publications were examined in terms of quality and quantity. In the study, descriptive analysis was performed according to years, the results were evaluated and discussed.

**Results:** 5.9% of the publications is related to "nursing at home, psychiatric rehabilitation, disorder diagnosis, developing diagnostic scale used at psychiatric nursing at home, insurance services of such patients, nursing at home services depending on the ethnical origins, inadequacy of published resources about psychiatric nursing at home, and increase in the recovery thanks to such services. This research indicates also that 41.2% of the eligible publications are about "psychiatric nursing at home, necessity of nursing services at home, and lack of the numbers of nurses who are to provide that service. In of the most recent publications among mentioned 17 publications, it is indicated that improvement in the process from symptoms to recovery, integrated evaluation of the patient, and highlighting team work thanks to psychiatric nursing at home services in Italy has been observed.

**Conclusion:** It is concluded that governments and mental institutions lack policies related to psychiatric rehabilitation and nursing at home services, there is a need for increasing the amount of caring professionals and related resources, and these services are needed more since diagnosing becomes easier as number of elderly increase and scaling tools improve. Because recovery has become more important than symptoms, health care professionals are replaced with health care teams and health does not consist of only body but an integration of body, mind and soul.

**Keywords:** Psychiatric therapy, nursing at home, psychiatry nursing.

## S 4701

### RECOVERY IN MENTAL ILLNESSES: CONCEPT ANALYSIS

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**Introduction:** The concept of recovery is used by different disciplines. In the mental health field, various definitions are encountered for recovery. The meaning of recovery is unique for every individual with mental illness and there is no universal definition for it. In the field of mental health, it seems to have more than one sense of recovery from the view of the person, his/her family, health professional and clinic perspective. It is of great importance to clarify the concept of recovery in order for health professionals to construct practical, concrete interventions that are built on the definition of recovery and also specific to the individual with mental illness. The aim of this study is to analyze the concept of recovery in mental illnesses.

**Method:** Concept of recovery was examined by Walker and Avant's concept analysis method. By reviewing the literature; between May 2018-September 2018, in Pubmed, Science Direct, Ovid and Google Academic databases with key words of "recovery, healing, wellness,

mental health, concept analysis" and 8 Turkish and 21 English articles and 2 books were reached and examined.

**Results:** The analysis is carried out according to Walker and Avant's concept analysis method and in the first step, the concept is selected as 'recovery' and in the second step the purpose of concept analysis is determined. In the third step, lexical definition of the concept of recovery determined and all uses of concept that may be discovered is identified. In the fourth step, the defining attributes of the concept are determined as individual, hope, meaning, relationship, support, empowerment. In the fifth and sixth steps, the concept is discussed in terms of defining attributes in a model case, in borderline case and contrary case. In the seventh step, the antecedent factors leading to the emergence of the concept are trust, acceptance, respect, human rights, culture and recovery programs; the consequences that emerged after recovery has been identified as insight, coping, responsibility and functionality. In the last step, empirical referens are defined and various measurement tools were introduced to evaluate recovery.

**Conclusion:** It is thought that a detailed concept analysis of recovery in mental illnesses will contribute to both clarification of the concept and presentation of recovery-focused services in the mental health field.

**Keywords:** Recovery, mental health, concept analysis.

## S 4706

### INPATIENTS' OPINIONS ABOUT IN PSYCHIATRIC CLINIC ACTIVITIES IN A PSYCHIATRY DEPARTMENT OF A UNIVERSITY HOSPITAL

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**Introduction:** According to World Health Organization data, more than 450 million people in the world are experiencing mental disorders and behavioral problems. This situation may increase hospitalization. In psychiatric clinic group activities conducted regularly with the patients in hospitals have an important place in the formation of therapeutic environment. It has been reported that activities contributing to the creation of a therapeutic environment carried out by clinicians within the service have a positive impact on patient recovery, and contributes to a 40.7% increase in patient confidence. The study was sectional implemented in order to evaluate the opinions of the patients about activities in a psychiatric clinic.

**Method:** The research, which started in June 2018 and continues until June 2019, is implemented with 108 patients who were hospitalized in a university hospital in the West. The sampling of the patients is done by means of multiple sampling method. Data are collected using the questionnaire and Service Environment Scale (SES). Findings obtained without the study were analyzed with the SPSS22 programme. Significance level  $p < 0.05$  was accepted. Collection of research data is continuing.

**Result:** In the study, 62% of the patients were female and the mean age was  $39.72 \pm 11.80$ . All patients participate in the activities performed in the service. 94% of them are interested in music, 56% in folk dances and 50% in handicrafts. 42% stated that activities had a positive effect on their daily lives. In psychiatric clinic, 78% of patients want movie time, 72% of patients want social trips, 66% of patients want to

reading book, 60% of patients want sport times, 60% of patients want gardening time, 56% of patients want to go to picnic, 46% of patients want education for coping with stress, 36% of patients want poetry recital, 30% of patients want education for breathing exercises and game time, 28% of patients want education for personal care, 24% of patients want education for sleeping quality and medicine, 14% of patients want group therapy except our activities. Smoking of patients was found affect to SES relationship size affects the participation subscale (MWU=195.500,  $p=0.029$ ) programme length of hospitalization periods system operation size subscale (KW=9.692, 0.008) the order and organization subscale of the number of hospitalizations in the operation of the system (KW=10.421, 0.015) the size of the functioning of the system of programme opening subscale (KW=8.839, 0.032).

**Conclusion:** It has been found that the activities have a positive effect on the daily life of the patients. In line with this result, in psychiatric clinic activities should be increased by diversifying so as not to disrupt the therapeutic environment.

**Keywords:** Activities in psychiatric clinic, psychiatry clinic.

## S 4707

### THE EFFECTS OF HORTICULTURAL THERAPY ON CHILD HEALTH

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**Introduction:** Healing means improvement of health status or self-improvement of a person's new conditions and it often describes itself as a useful process called a fully well-being. Horticultural therapy, also called healing garden is a kind of therapy supporting the recovery process either for children or adults in hospital at any age by utilizing plants, soil and nature-based elements as a therapeutic, educational or a set of recovery activities. Evaluation of the effects of horticultural therapy on child health.

**Method:** Review of the studies conducted on this field.

**Results:** The most important feature of horticultural therapy; patients, visitors, officials and interested parties to affect positively, to reduce stress. Three different characteristics of contribute to the healing process. Firstly, elimination of physical symptoms of disease and awareness of these symptoms. Secondly, physical and emotional exhaustion of individuals in medical environment to relax and away from stress. Thus, improvement in all senses, as well as physical development. Thirdly, feeling of well-being for patients with chronic diseases is seen as an increase in activity status. Healing gardens have a special importance as places where child's inner life can be completed with outside world and where child can find both incentives and consolation. Horticulture therapy is not widely used in Turkey except in just a few rehabilitation centers. However, in most of the developed countries such as Netherlands, Germany, Sweden, United Kingdom, it is a common therapy method. The therapy method utilizing three elements; nature, soil, plant will be described. In addition, the main aim of horticulture therapy method as a part of healing gardens, executing tools and design features will also be covered.

**Conclusion:** This method has positive effects on social, psychological and physical recovery of children. For this purpose, outdoors and gardens, that are known as healing gardens, are designed in treatment centers and educational institutions.

**Keywords:** Child, horticulture therapy, healing garden.

**S 4708****COMMUNICATION IN FAMILY AND CHILDREN****Şule Çiftcioğlu, Vildan Cırık, Emine Efe***Akdeniz University, Nursing Faculty, Pediatric Nursing, Antalya, Turkey*

**Introduction:** Communication is the process of understanding each other by sharing feelings, thoughts and information. Communication is the main factor of any mutual relationship. Communication established empoweringly and empathically for every child provides a successful communication link between children and their families. The importance of family communication and the effects of this communication on the child.

**Method:** Review of the studies conducted on this field.

**Results:** Communication includes verbal messages as well as nonverbal messages. The most important elements of nonverbal communication are body language and listening. If a parent can be a good listener, it will be a good model for child. Eye contact is very important when talking to child. Parents should listen without patience and criticism, even if they do not comply with their expectations or thoughts. The most important stage of mother's relationship with child is relationship that begins before birth and continues in months following birth. Physical contact is very important in mother and child relationship. Mother's body odor, heat, the way the child is taken is very important in this network. The fact that this close relationship, which should be between 0 and 3 years of age, cannot be realized, may cause mental, emotional and social development retardation and delay in child.

**Conclusion:** The quality of family members' communication affects health and strength of family. The child, whose basic dependence needs are met, feels ready for the next phase in terms of personality development. In adolescent ages, the overprotective attitude prevents child from doing his own work which should be done on his own. The relationship between father and child affects the child's cognitive development and school success. If father does not evaluate his time other than his work with his children, child may gradually break off communication with his father.

**Keywords:** Children, family, communication.

**S 4712****THE COMPARISON OF STUDENTS' PERCEPTION OF PSYCHIATRIC NURSING BEFORE AND AFTER CLINICAL PRACTICE****Şeyma Demiralay<sup>1</sup>, İlkey Keser<sup>2</sup>***<sup>1</sup>Akdeniz University Institute of Health Sciences, Mental Health and Psychiatric Nursing, Antalya, Turkey**<sup>2</sup>Akdeniz University Faculty of Nursing, Department of Psychiatric Nursing, Antalya, Turkey*

**Introduction:** Psychiatric nurses' thoughts and emotions are important for them to be effective, happy and successful in their profession. Most of their feelings and thoughts about psychiatric nursing of psychiatric nurses are important for them to be able to work effectively and happily in their profession. Most of the feelings, thoughts and attitudes related to the profession are acquired by experiences in the life of studentship. This study was conducted as a descriptive study to compare students' perceptions of psychiatric nursing before and after clinical practice.

**Method:** All of the students (n=260) who have been educating and have been taking the courses of Mental Health and Disease Nursing at Mediterranean University Nursing Faculty constituted the population of research and a total of 139 students who accepted to participate in the research and participated in pre-test / post-test applications constituted the sample of the research. The data were obtained using the socio-demographic questionnaire and the 'psychiatric nursing detection scale' created by the researchers. The data were evaluated using descriptive statistics in the SPSS 23 package program.

**Results:** Of the students who participated in the survey, 28.8% are male, 71.2% are females and 51.8% are 21 years old. While 41.3% of the pre-practice students stated that they wanted to work in psychiatric clinic after graduation, this rate increased to 53.2% after clinical practice and this change made a statistically meaningful difference ( $p < .05$ ). While 86.3% of the pre-practice students thought that psychiatric nurses were different from other nurses before practice, this rate decreased to 81.3% after practice. It was determined that there was a meaningful difference in the negative direction between the pre-test and post-test total scores of the "Psychiatric Nursing Perception Scale" ( $p < .05$ ).

**Conclusion:** As a result of the results obtained, it was determined that the students had differences in feelings/thoughts related to psychiatric nursing before and after the practice. While some of these changes are positive, it is a remarkable finding that they are changes in the negative direction, especially in the perception of psychiatric nursing. It is thought that the cause of this change may be due to the inadequate qualitative and quantitative aspects of the working staff from the problems experienced due to the physical conditions of the application environment and it is suggested that the application areas should be selected by considering these results.

**Keywords:** Student, clinical practice, psychiatric nursing, perception of psychiatric nursing.

**S 4713****DEATH ANXIETY AND NURSING MANAGEMENT IN MYOCARDIAL INFARCTION****Mediha Sert, Zeynep Özer***Akdeniz University, Faculty of Nursing, Department of Internal Medicine Nursing, Antalya, Turkey*

**Introduction:** The aim of this review is to increase the awareness of nurses about death anxiety and coping in myocardial infarction (MI) and to support the use of coping strategies in patient care.

**Method:** This study is a literature review.

**Results:** Cardiovascular diseases (CVD) is one of the capital causes of mortality in almost every population. Coronary artery diseases (CAD) is the foremost of these diseases. According to the Turkey Statistical Institute data, 40.3% of deaths in 2015 were caused from CVD and KAH are also formed 40.5% of these deaths. MI among CAD, is a disease with high mortality rate affecting patients and their families. Myocardial infarction is an important health problem, due to its occurrence in all age groups, caused death and serious complications. It is defined by many patients as a sudden, life-threatening event that increases anxiety and stress levels. Of the four patients with MI, three reported moderate and high level death anxiety. The physiological processes developed by activation of the stress mechanism increase myocardial oxygen demand and aggravate the prognosis. Individu-

als are developing coping attitudes in order to reduce their stressful events and negative effects. Effective coping is important to ensure that the treatment of the individual is maintained positively and that mortality rates are reduced by preventing recurrence.

**Conclusion:** Increased anxiety in individuals with myocardial infarction may lead to recurrent CVD and various psychological problems in subsequent years. It's of utmost importance, determine the levels by health workers of death anxiety and coping of the patients, and to plan and present the care for the current situation of the patient. The nurse's approach to death anxiety should be to provide an expression of the individual's feelings, not to be judgmental but to be supportive and to reinforce social support.

**Keywords:** Myocardial infarction, death anxiety, nursing.

## S 4714

### INVESTIGATION OF BACHELOR AND MASTER NURSING STUDENT'S ATTITUDES TOWARD MENTAL ILLNESSES

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**Introduction:** Mental health patients may be stereotyped and experience prejudice and stigmatization. Studies posited that the negative perceptions of mental health professionals might also increase the marginalization of mental health patients. Encouraging positive attitudes and destigmatizing the mental illness form an important step in the recruitment of young nurses into mental health nursing. Additionally, it is of extreme importance to understand the reasons for these negative attitudes and take action to change them. It is most importance as well that nurses and educators become more reflective in their own practices. The purpose of the research was to understand undergraduate and master nursing students' attitudes toward mental illnesses.

**Method:** This study measured the attitudes of undergraduate students in the first and last class and the students in psychiatric and mental health master programme at spring semester 2017-2018. All of universe 244 students was participated in the study. Attitudes was measured sociodemographic questionnaire and Scale of the Community Attitudes towards the Mentally Ill.

**Results:** The scores of Fear/exclusion, Community Mental Health Ideology and Goodwill groups were evaluated by comparing the responses of the first and last year of undergraduate and master programme. There were statistically significant differences only for the scores of Fear/Exclusion. The group with the highest average belongs to the graduate students with 3.59 over 5, to the 3rd grade students with 3.27 and to the first grade students with 3.19 points. This shows that as the level of education increases, good will also increases. Correlation analysis was performed to determine whether there was a significant relationship between the sub-dimensions of the scale a relatively low and significant correlation was found between Goodwill and Fear with percentage 16.2% ( $p=0.011<0.05$ ). There was a significant relationship between the sub-dimensions of the scale relatively high and significant relationship between Goodwill and Community Mental Health Ideology ( $p=0.000<0.05$ ). There was no significant relationship between Good will and Community Mental Health Ideology sub-dimensions.

**Conclusion:** Academic education in this area must be planned so as to favor the change of the attitudes that include greater use of teaching strategies that challenge beliefs and assumptions and promote a commitment to provide holistic care to people with mental illness.

**Keywords:** Mental illness, attitudes, nursing students, undergraduate, master degree.

## S 4715

### MOTIVATIONAL INTERVIEWING IN CARDIOVASCULAR DISEASES

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**Introduction:** The aim of this review is to provide the awareness of the positive effect of the motivational interview technique used in gaining healthy lifestyle behaviors on the management of cardiovascular disease (CVD) and to increase its use in nursing practice.

**Method:** This study is a literature review.

**Results:** Cardiovascular disease is a major disease groups in the world with increasing frequency. Mortality and morbidity rates are also high. It is responsible for 31% of the deaths in the world and it is estimated that this value will reach 41% after a decade. In Turkey it ranks first of all deaths in creating 47.73%. Preventable risk factors such as smoking, alcohol, sedentary life, unhealthy nutrition, diabetes, obesity and dyslipidemia play a role in the development of CVD. World Health Organization; reports that the incidence of CVD can be reduced half by a control of these factors. Health professionals, especially nurses have responsibilities, to reduce health risks, provide healthy lifestyle behaviors, and support by providing motivation. In recent years, motivational interview technique has been frequently used in gaining healthy lifestyle behaviors in individuals. Motivational interviewing is an encouraging and consultant-centered approach that is used to mobilize individuals for change and to overcome inadequacies in coping. It provides the awareness of the individual about his/her change and supports open communication. It's used in various fields such as obesity, diabetes, substance abuse, pain, HIV/AIDS prevention and prevention of accidents. It's also an evidence-based practice, proven, easy to implement and easy to learn.

**Conclusion:** Motivational interview techniques are known to be effective in managing CVD. By increasing the use of these methods in nursing practice, predicted to, the quality/continuity of nursing care will be increased and preventable risk factors will be prevented and this will decrease the incidence of CVD.

**Keywords:** Motivational Interview, cardiovascular diseases, nursing.

## S 4716

### THE USE YOUR RECOVERY STRENGTH INSIDE: TIDAL MODEL

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**Introduction:** In recent years, the concept of mental health improvement has been very interested. Improvement in mental disorders is a

process of change in individuals health and well-being, to live a life in which they can manage themselves, and to reach their full potential.

**Method:** Tidal model, an improvement model developed by nurses, is based on how the individual struggles with life style and experiences and with inadequacies. The tidal model focuses on what an individual needs to adapt to or overcome his or her problems. The basic philosophy of the model is that individuals have the potential to regenerate their lives that have been disrupted by the experience of disorder. The nurse is the person who helps to reveal the healing potential of the individual.

**Results:** People can have difficulty expressing their different or compelling experiences. They can apply to standard or personal metaphors as a way of expressing when they have difficulty in expressing. These metaphors are water, the ocean of experience, the tidal metaphor, healing: a journey of immersion or immersion into deep waters, metaphorical exploration. The use of appropriate and effective metaphorical language enables an individual to assess his or her own situation and to address the problem.

**Conclusion:** Tidal does not focus on solving the cause of the individual's problems, but aims to plan the next step for the individual's needs to be met on the journey of recovery and to explore the meanings of the individual's experience. Professionals focus on helping people realize what is happening to them and how they can use this information to help them guide their lives in a positive way. As a result, tidal focuses on issues such as respect, cooperation and understanding how an individual can understand his or her experience. Instead of returning individuals to their old state, it enables them to heal themselves by focusing on what they can do to create a change in their future.

**Keywords:** Tidal model, recovery, metaphor, nurse.

## S 4719

### EVALUATION OF THE EFFECTIVENESS OF COMMUNICATION SKILLS WILL COMMUNICATION SKILLS DEVELOP WITH THE COURSE?

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**Introduction:** The aim of the study is to measure the effectiveness of the topics related to effective communication and communication skills in human behavior course. Students are expected to increase their effective communication skills after the course.

**Method:** The sample of the experimental study with single group pre-test-final test design was composed of 174 nursing students who took the "Effective Communication and Human Behavior" course of a Faculty of Health Sciences. In this study, "socio-demographic information form" and "Effective Communication Skills Scale (ECSS)" were used in order to measure the characteristics of the students as a data collection tool. The invention consists of five sub-dimensions, developed by Buluş, Atan and Sarıkaya (2017), namely the ECSS Ego Supportive Language, Active-Participative Listening, Self-recognition/Self-disclosure, Empathy and I-language. Frequency, mean and non-parametric tests were used to evaluate the data.

**Results:** The mean age of the students who participated in the study was  $19.13 \pm 1.46$ . 85.1% of women and 96.6% reported that they knew

themselves. There was no statistically significant difference between the gender variables and the ego supportive language, self-recognition/self-disclosure, empathy, and I-language communication skills ( $p > 0.05$ ). There was a significant difference between ECSS's active-participative listening and I-language subscales, pre-test and final test scores ( $p < 0.00$ ), ego supportive language, active-participative listening, self-recognition/self-disclosure, empathy, pre-test and final test scores ( $p > 0.05$ ).

**Conclusion:** It is important for nurses to improve their communication skills so that they can evaluate their patients and provide biologic care. As we can see in this study, students have developed skills to use the language and to wish effectively. Further communication courses should be included in the curriculum in order to ensure further development in other areas.

**Keywords:** Communication skills, bio-psycho-social care, nursing.

## S 4724

### RELATIONSHIP OF ADULT SEPARATION ANXIETY DISORDER WITH ATTACHMENT AND PARENT ATTITUDE

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**Introduction:** Separation anxiety is defined as separation from the individual's mother or attachment figure, and in the case of separation anxiety is defined as experiencing anxiety. As a result of the increasing threat of separation from the people who have close relationships, the separation anxiety observed in adults is often expressed as an increase in the anxiety level of the individuals. This shows us that the concept of separation anxiety is fed by the bonding theories and that bonding is influenced by family functions. The aim of this study was to investigate the relationship between parental attitudes and attachment of adult separation anxiety in undergraduate students.

**Method:** Research is a cross-sectional study of descriptive types. Between 01.04.2018-15.06.2018, it was conducted on undergraduate students of a university. The sample of the study consisted of 400 students from each faculty determined by using stratified sampling method. In the present study, "Personal Information Form" was used as a data collection tool, "Adult Separation Anxiety Questionnaire (ASA)", "Experiences in Close Relationships-Revised (ECR-R)" and "Parenting Style Scale(PSS)" were used. Frequency, mean and non-parametric tests were used to evaluate the data.

**Results:** In this study, 147 women (36.7%) and 253 men (63.3%) with mean age of  $21.31 \pm 1.96$  years were included in the study. According to the results of the study, there was a significant difference between gender and ECR-R and PSS scores ( $p < 0.05$ ). In addition, there was no significant difference between the ECR-R scale and the sub-dimension of anxious attachment compared to gender, whereas the sub-dimension of avoidative attachment was higher than that of men ( $p < 0.05$ ). There was a significant difference between the students' reading and the total score of PSS ( $p < 0.05$ ). In the further analysis, the difference between the total score of PSS and the departments studied was determined by the students studying in the faculties of sport sciences and law and theology. It was observed that the total median value of ASA was above the cutting point and that 55.8% of participants ( $n=223$ ) had high separation anxiety.

**Conclusion:** As a result of the findings, it was determined that the attitudes of parents of university students were effective in their lives, that male students were connected to the abstinence and that separation from their parents increased the anxiety of separation in students.

**Keywords:** Parenting style, separation anxiety, attachment.

## S 4726

### MOBILE PREGNANCY MONITORING APPLICATIONS EFFECT ON PREGNANCY STRESS LEVEL

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**Introduction:** This study was conducted to determine the effect of the mobile applications that pregnant women frequently use in connection with the technological developments in the present period to the level of stress experienced during pregnancy.

**Method:** The sample of descriptive and cross-sectional research constitutes a 79 pregnant woman who is admitted to the women's Maternity Clinic in February (2018), who has a normal pregnancy history and agrees to participate in the study voluntarily. As a data acquisition tool, the personal information form and prenatal distress scale (NUPDQ), which includes the characteristics of socio-demographic and mobile tracking application, were used. In the study of the Turkish adaptation of the NUPDQ scale, the Cronbach alpha reliability coefficient was 0.85, while this study was found as 0.74.

**Results:** The mean age of the participants was  $27.27 \pm 5.72$  (min: 18, max: 42) and the mean age of the spouses was  $31.79 \pm 5.70$  (min: 18, max: 47). 55.7% were housewives, 35.4% were primary school graduates and 34.2% were university graduates. 73.4% defined the economic situation as medium. 53.2% of them stated that their pregnancy was planned, 46.8% used first pregnancy and 62% (n=49) used mobile pregnancy follow-up application. 83.3% stated that the information given in practice did not cause stress, 43.9% stated that they use the application once a day and 22% frequently during the day. There was a significant difference in the relationship between the use of mobile tracking application and the education situation in pregnancy ( $X^2=10.706$ ,  $p=0.005$ ). As the level of education increases, the use of the application is increasing. The first pregnancy in mobile applications (one pregnancy: 61.2%, two and post: 38.8%) increases the utilization rate ( $X^2=10.729$ ,  $p=0.001$ ). The total average score of pregnant received from the NUPDQ scale is  $8.35 \pm 4.54$ . There was no significant difference between the use of the mobile pregnancy tracking application and the NUPDQ point averages (MWU (Z)=-1.634;  $p=0.102$ ). There was a significant difference between the planning of pregnancy and PÖ point averages (MWU (Z)=-2.421;  $p=0.015$ ).

**Conclusion:** According to the results of the research, the fact that the pregnancy is not planned increases the stress level of the mother. As education increases, mobile app usage rates also increase. The use of mobile application has no effect on the level of pregnancy stress. It is recommended that more extensive work be done in this regard.

**Keywords:** Pregnancy, mobile app, prenatal stress.

## S 4728

### EVALUATION OF ANXIETY, DEPRESSION AND GRIEF OF WOMEN AFTER ABORTUS

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**Introduction:** Abortus is defined as the process by which the life of the embryo implanted into uterus is terminated by the physician by means of written consent of the woman voluntarily or due to medical necessity. After abortus, parents often experience grief and grief. This study was carried out to determine the anxiety, depression and grief that women experienced after compulsory abortions.

**Method:** A University Hospital between March and July 2018 established 100 patients who were hospitalized for compulsory abortions in obstetrics and gynecology and who volunteered to participate in the study. Data were obtained using the Personal Data Form, Perinatal Grief Scale (33-item short version) (PGS), and Hospital Depression Anxiety Scale (HADS), which was developed by the researcher in accordance with the literature with face-to-face interviews. Frequency, mean and non-parametric tests were used to evaluate the data.

**Results:** The average age of the participants was  $26.00 \pm 4.81$ . 66% housewife, 47% of the first pregnancy, 30% of the second pregnancy. Mean gestational weeks before abortus were  $10.52 \pm 2.71$ . PGS total score average is  $104.72 \pm 10.03$ , PGS sub-dimensions score averages are  $26.91 \pm 4.28$ , active grief is  $38.23 \pm 2.85$ , hopelessness is  $39.58 \pm 4.39$ , respectively. 1. pregnant women living in trimesters have difficulty coping with pyros 2 of lower-size scores. it was found to be higher than the pregnant women in the trimesters (MW(z)=-2.526;  $p=0.012$ ). HADS-anxiety subscale score average was  $18.94 \pm 1.81$ , HADS-depression subscale score average was  $17.03 \pm 1.38$ . All patients had-anxiety and had-depression were over the average scores of cut off points.

**Conclusion:** In the light of these data, all women living in abortus experienced grief during the age of grief, despair and difficulty in coping. In addition, depression and anxiety scores were found to be high. In this context, women living in abortus should receive psychological support to support coping mechanisms, reduce depression and anxiety levels.

**Keywords:** Abortus, anxiety, depression, grief, despair.

## S 4729

### THE EFFECT OF THE PSYCHOEDUCATION IN THE PSYCHIATRIC DAY HOSPITAL ON THE SELF- EFFICACY AND WELL-BEING OF THE PATIENTS

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**Introduction:** Chronic mental disorders are diseases causing cognitive and social disability and functional impairment in different areas such as personal care, social relations, working life and leisure activ-

ities in individuals. Psychoeducation is a process used in the realization of the principles of the treatment and rehabilitation of mental disorders, which aims to help patients and their families outside the hospital to cope with the problems experienced by patients and to support a productive life in the society. This study was carried out to determine the effect of psychoeducation provided in psychiatric day hospitals on patients' self-efficacy and well-being.

**Method:** The study was a randomized controlled experimental study. The sample consisted of 28 patients (14 experimental subjects-14 controls) who followed-up in Akdeniz University Psychiatric Day Hospital between February-May 2018 and accepted to participate in the study. In this study, a 8-week psychoeducation program was provided to the experimental subjects. No intervention was applied to the control subjects but one-session informing training was given after the end of the study. The Socio-demographic Data Form, Self-efficacy Scale and Well-being Scale were used for data collection. The data were analyzed by using SPSS-23 package program.

**Results:** 57.1% of the patients were male; 78.6% of them were single; 39.3% of them were high school graduates; 74.1% of them were living to get her with their relatives such as parents and siblings and 75% of patients were follow ed up with schizophrenia. After the eight-week psychoeducation program, thepre-test and post-test scores of the subjects in the two groups were compared. It was found that there was no change in the cores of the subjects in the control group while there was an increase in the well-being and efficacy scores of the subjects the experimental group. While the increase in the well-being score was statistically significant ( $p < 0.05$ ), the increase in the self-efficacy score was considered to be a clinically meaningful result in spite of it's statistical in significance ( $p > 0.05$ ).

**Conclusion:** In the study, it was concluded that the eight-week psychoeducation program applied to the out patients during the rehabilitation phase, contributed positively to the well-being and self-efficacy of the patients. It is considered that the intervention program should be longer in order to obtain a desired self-efficacy level. In this context, it is recommended that long-term psychoeducation programs should be developed and made wide spread to increase the adaptability, self-efficacy and well-being of chronic psychiatric patients.

**Keywords:** Day hospital, chronic mental disorder, self-efficacy, well-being, psychoeducation, psychiatric nurse.

## S 4730

### INVESTIGATION OF RELATIONSHIP BETWEEN LEVELS OF DEPRESSION AND ANXIETY, RECOGNITION OF THEIR EMOTIONS AND EMPATHY SKILLS OF FOURTH-YEAR NURSING STUDENTS

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**Introduction:** In daily life, individuals may experience anxiety and depression in adaptation to changing conditions. Individuals' awareness of these feelings may be related to their empathy skills. From this point of view, this study was carried out to investigate the relationship between emotion recognition, depression, anxiety levels

and empathy skills of fourth year students in nursing.

**Method:** The sample group of this study, which was planned as a descriptive study, consisted of 125 students who took Mental Health and Diseases Nursing course in the Nursing Department of a university during 2017-2018 education term and agreed to participate in the study. The necessary permission was obtained from ethics committee and relevant institution for the study. Sociodemographic Data Form, Toronto Alexithymia Scale, Basic Empathy Scale, Beck Depression Scale and Beck Anxiety Scale were used as data collection tools. Data were analyzed in IBM SPSS 21.0 package programs and Spearman correlation analysis and one-way analysis of variance were used to evaluate the data.

**Results:** The mean age of the nursing students who participated in the study was  $21.54 \pm 0.97$ , the mean for Beck Depression Scale  $10.26 \pm 7.38$ , for Beck Anxiety Scale  $9.57 \pm 8.85$ , for Basic Empathy Scale  $58.49 \pm 4.6$ , for Toronto Alexithymia Scale score was  $53.05 \pm 7.95$ . A significant positive correlation was found between depression levels and alexithymia levels of the participants, and a significant positive correlation was found between anxiety levels and alexithymia levels of 41.3%; on the other hand, a significant negative correlation was found between the empathy scores and alexithymia levels of 19.0%. There was no significant difference between alexithymia scores of students according to their places of residence, physical activity status, education level of parents and socioeconomic status.

**Conclusion:** In this study, it was concluded that alexithymia scores of the students who increased depression and anxiety scores increased but, their emphatic skill points decreased. Based on the results obtained, it's thought that nursing students'll be able to develop their ability to recognize emotions through the implementation of training programs to deal with emotions such as depression and anxiety and to develop empathy skills.

**Keywords:** Nursing, alexithymia, depression, empathy.

## S 4741

### PROVIDING CARE FOR THE CAREGIVER BASED ON THE THEORY OF UNCERTAINTY IN ILLNESS: CASE REPORT

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**Introduction:** Uncertainty arises in cases where complexity, inconsistency, unpredictability are experienced by the individual regarding the course of illness and lack of information is experienced. Mishel's Theory of Uncertainty in Illness explains how patients and caregivers interpret the uncertainty about the course of illness and provides a framework in selection of interventions that will improve the psychological and behavioral outcomes under uncertainty. In schizophrenia, caregivers experience uncertainty due to reasons such as the symptoms, fulminant periods and side effects of the drugs. This manuscript aimed to provide an example of the care provided to the caregiver of an individual with schizophrenia based on Mishel's Theory of Uncertainty in Illness.

**Case Report:** GC is the older sister and caregiver of a single, 55-year-old female patient who has been diagnosed with schizophrenia for 20 years. The caregiver had been providing care for the patient at her home for the last five years, and thus, she experienced some psychoso-



cial problems. GC is staying with the patient who has been hospitalized at the clinic for 1.5 months as her attendant. The main concepts of the Theory of Uncertainty in Illness are: precursors of uncertainty, assessment of uncertainty, coping with uncertainty and a new view of life, GC's statements as "while we were thinking that she was almost well, now we are back at the beginning, I am confused about it" and reporting that she did not understand the course of the illness show the uncertainty that she experienced and the precursors of this uncertainty. It was observed that the caregiver needed information about the course of the chronic illness and perceived uncertainty as a negative situation. Her crying and feelings of helplessness show that she has an emotion-focused coping mechanism. Interventions that reduce uncertainty involve information about the illness, cognitive reconstruction of the uncertainty and develop skills of problem-solving and communication (Wellam and Degner, 2008). The nurse serves the role of a reliable authority, which is one of the constructs in the theory, by using interventions of managing the uncertainty.

**Conclusion:** It is believed that this theory explains the uncertainty situations that are experienced by caregivers of chronically ill individuals well, and as there is no study published on the topic in Turkey yet, it is recommended to test the theory by further studies.

**Keywords:** Mishel's Theory of Uncertainty in Illness, psychiatric nursing, caregiver.

## S 4747

### SYSTEMATIC LITERATURE REVIEW OF INTERVENTIONS TO PREVENT AND MANAGE COMPASSION FATIGUE IN NURSES

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**Introduction:** The professional quality of life of health workers is a vital and at the same time less understood aspect of health care. Professional life quality has two aspects as positive-compassion satisfaction and negative-compassion fatigue. Compassion fatigue is shut down their feelings of health personnel and numbness during the care. Compassion fatigue is associated with burnout and secondary traumatic stress and it is more common in young and novice nurses who are regularly exposed to traumatic stress, especially in intense and stressful work environments. The purpose of this literature review is to examine the interventions to prevent and manage compassion fatigue of nurses.

**Method:** In this study, systematic literature review was done.

**Results:** As a result of the literature review, 16 studies have been conducted evaluating the effect of intervention to prevent and manage compassion fatigue in nurses. Four of the studies were conducted in intensive care, and others in oncology, psychiatry, pediatrics, emergency, prison and military nurses. Professional development, fatigue resiliency, mindfulness-based interventions and stress reduction, and meaningful recognition, bonding, psychoeducation self-regulation, self-care strategies, coping with, accelerated-mixed recovery programs have been effective in reducing the compassion of nurses and increasing compassion satisfaction. However, there is no standardization of interventions, the evidence at level A is limited and it

is not known whether they have superiority to each other. One of the studies have been conducted in Turkey.

**Conclusion:** As a result of this study, it was understood that there were various interventions to prevent and manage compassion fatigue in nurses at risk, but no clarity in these. Therefore, more experimental research is recommended to determine how best to protect nurses from compassion fatigue and which interventions to perform in management.

**Keywords:** Nurse, prevention and management interventions, systematic literature review, compassion fatigue.

## S 4748

### NURSING CARE OF A PERSON WITH CHRONIC GRAFT-VERSUS-HOST DISEASE: HOPE AND HOPELESSNESS TOWARDS HEALING

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**Introduction:** Chronic Graft-versus-Host Disease is a complex clinical syndrome in which the individual is hospitalized with multiple organ dysfunction due to severe immunological reaction. The person has a life full of conflicts between hope and desperation in this process. In this process, care is required for the person where nursing science meets art. In this study, the nursing care given to a person with Chronic Graft-versus-Host Disease and its effects were reported by case report.

**Results:** Mr. CS is 23 years old, and three years ago, he underwent stem cell transplantation with the diagnosis of acute lymphoblastic leukemia during his university education. Four months after transplantation, the reaction occurred and he was diagnosed as Chronic Graft-versus-Host. The first encounter between CS and nurse developed during morning shift. CS has attracted the attention of the nurse with his outward monitoring of the window, his indifference to his environment and his inadequate hygiene. The nurse recognized CS's call for care and started the care process. The following problems were first evaluated in the caring process; CS did not eat because of the fear of 'I'm going to be breathless' even though there was no respiratory distress, as well as did not want to take a bath and did not want to move. In planned therapeutic interviews, the nurse identified the hopelessness of CS, the fear of hospitalization, and the need for self-care. Nurse has carried out the interventions of basic healing processes and caring behaviors based on Human Care Theory in their interaction with CS. At the end of the care period, CS recognized self needs, agreed to receive help and took care of himself. In the own healing process; CS has learned how to make daily plans and evaluate the results. In the first interview, CS said, 'The disease is the servant of death, I serve death.' As well as in the last interview, he said, 'I needed you a lot before, now I'm just looking to hear your voice.' The difference between the two expressions was considered as remarkable findings showing the healing process.

**Conclusion:** Nursing care given to CS with Chronic Graft-versus-Host Disease, which is characterized by physically significant problems, is considered an exemplary situation for holistic care for students and novice nurses.

**Keywords:** Coping with chronic illness, hopelessness and despair, nursing care.

**S 4756****SPIRITUAL WELL-BEING And HOPELESSNESS OF WOMEN WITH BREAST CANCER****Emine Yılmaz***Bingöl University, Faculty of Health Sciences, Department of Psychiatric Nursing, Bingöl, Turkey*

**Introduction:** One in every 4 women with cancer in the world is breast cancer. Since breast cancer affects the organ that symbolizes femininity and sexuality in women, it affects women's mental status more than other types of cancer. Therefore, breast cancer in women is a biological, spiritual, social, environmental, familial, psychosocial, psychosexual multidimensional phenomenon, as well as a life, identity and crisis of existence. This study was conducted to determine the levels of spiritual well-being and hopelessness of women diagnosed with breast cancer.

**Method:** The study was performed as a descriptive correlational study, with the participation of patients hospitalized in the oncology clinics of a university hospital Eastern Turkey. The sample group comprised 118 breast cancer women patients admitted to the oncology clinics who matched the criteria for participation in the study, Data 'Personal Information Form' prepared by the researchers, Spiritual Well-Being Scale and Beck Hopelessness Scale were used as data collection tools.

**Results:** When total mean scores of spiritual well being and hope the women were compared based on their descriptive characteristics in the study; it was determined that employed, high economic level, higher education and young age increased spiritual well-being and hope level ( $p < 0.05$ ). There was a significantly negative relationship between the spiritual well being and hopelessness total mean score ( $p < 0.05$ ). The results indicated that as the spiritual well-being level of women increased their level of hopelessness decreased

**Conclusion:** The spiritual well-being is affected by the protection, interpretation and interpretation of the disease of the cancer patient. At the same time, hope to instill that it can affect the physical and mental health positively. In this regard, the nursing of the nurse who takes care of the disease must be aware of its psychological and spiritual needs.

**Keywords:** Breast cancer, women, spiritual, hopelessness, nursing.

**S 4761****THE EFFECT OF SOLUTION-FOCUSED APPROACH ON THE LEVEL OF SELF-EFFICACY AND SELF-ESTEEM OF ADOLESCENTS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER****Dudu Karakaya<sup>1</sup>, Gönül Özgür<sup>2</sup>***<sup>1</sup>Akdeniz University Faculty of Nursing, Psychiatric Nursing Department, Antalya, Turkey**<sup>2</sup>Ege University Faculty of Nursing, Psychiatric Nursing Department, İzmir, Turkey*

**Introduction:** The aim of the study was to evaluate the effect of solution-focused approach on the level of self-efficacy and self-esteem of adolescents with attention deficit hyperactivity disorder and to determine their experiences and evaluations about the interview process.

**Method:** A mixed design, involving both qualitative and quantitative methods, was used in the study. The quantitative aspect was a single-

blind, randomized controlled study, while in the qualitative aspect, a case study design was used. The study sample for the qualitative aspect consisted of 41 adolescents between the ages of 12 and 18 who were being treated for attention deficit hyperactivity disorder, with 22 in the intervention group and 19 in the control group, and the sample for the quantitative aspect consisted of the 22 adolescents in the intervention group. The control group received the existing treatment and follow-up in the outpatient clinic, while in addition, interviews based in a solution-focused approach were conducted with the intervention group. Quantitative data were collected using a Personal Information Form, the General Self-Efficacy Scale, and the Rosenberg Self-Esteem Scale. Qualitative data were collected by means of documents written by the adolescents at the end of the interviews. In the analysis of quantitative data, repeated measures variance analysis and t test for independent groups were used. The descriptive analysis method was used in the evaluation of qualitative data.

**Results:** It was found that at the end of the interventions, there were differences in time and between groups in the adolescents' self-efficacy and self-esteem mean scores, and that these differences were statistically significant ( $p < 0.05$ ). There was no statistically significant difference between the pre-intervention self-efficacy and self-esteem scores of the adolescents in the intervention and control groups ( $p > 0.05$ ), but a significant difference at a high level was found between the groups' post-intervention and follow-up scores ( $p < 0.05$ ). Six themes were determined in the qualitative findings of the study.

**Conclusion:** It was found that the interviews based on solution-focused approach increased the self-efficacy level and self-esteem of the adolescents being followed up for attention deficit hyperactivity disorder. The adolescents used expressions indicating a positive effect on their self-efficacy and self-esteem.

**Keywords:** Adolescent, Attention Deficit Hyperactivity Disorder, psychiatric nursing, short-term psychotherapy.

**S 4773****INVESTIGATION OF NURSING STUDIES RELATED TO INTERNET ADDICTION IN ADOLESCENTS: A SYSTEMATIC REVIEW****Arif Özparlak, Dudu Karakaya***Akdeniz University Faculty of Nursing, Department of Psychiatric Nursing, Antalya, Turkey*

**Introduction:** Adolescence is a risky period in terms of internet addiction. Internet addiction affects the mental and physical health of adolescents negatively. It is thought that it is important to know the studies of nurses in determining the nursing interventions for adolescents with internet addiction problems. In this study, it is aimed to examine systematically the nursing researches related to adolescents with internet addiction.

**Method:** Literature reviewed at Science Direct, PubMed, EBSCO Host, Ulakbim Medical database, Turkish Psychiatry Index and Turkish Medline databases, in Turkish and English languages without year limitation, using the key words "internet addiction", "adolescents" and "nursing". 38 studies that meet the criteria for exclusion and exclusion were included in the study.

**Results:** 36 of the studies were descriptive and 2 of studies were experimental type. Studies were implemented in Turkey, Korea, Taiwan, China, Jordan and Poland. It has been seen that nurses focus on psy-

chosocial, mental and physical health related to internet addiction in adolescents.

**Conclusion:** The results show that experimental studies in the field of nursing are very few. It is recommended that nursing practices must planned, implemented and investigated. And these practices must support the physical, psychological and psychosocial health of adolescents.

**Keywords:** Addiction, adolescent, internet, nursing.

## S 4779

### THE EFFECT OF AROMATHERAPY ON AGITATION IN DEMENTIA PATIENTS: SYSTEMATIC REVIEW

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**Introduction:** The aim of this systematic review study is to evaluate the effect of aromatherapy on agitation in dementia patients.

**Method:** In this systematic review, PRISMA-P was used as a guide. CINAHL, Pubmed, Cochrane, Proquest, Ovid, Science Direct, Web of Science, Springer Link, Ulakbim Turkish Medical Index, Turkish Council of Higher Education Thesis databases were used in the literature review. Literature review was made with dementia, Alzheimer, aromatherapy, essential oils, complementary, agitation, aggression, behavior, keywords and combinations of these keyword in English and Turkish. As a result of literature review, 964 articles have been reached. Sixteen articles published in English language were included in the systematic review according to the inclusion and exclusion criteria.

**Results:** The total number of participants of the studies included in the systematic review was 773. Lavender and lemon balm oil are often used in the studies. As a aromatherapy method, massage and inhalation are the most preferred. While the most massage method is used in lemon balm use, more inhalation method is preferred in lavender. In terms of effect of aromatherapy on agitation, aromatherapy was not effective in reducing agitation in eight studies. In six studies, aromatherapy was found to be effective in reducing agitation. It was found that aromatherapy was not effective in reducing agitation in most of the studies lavender used. In most studies melissa used, aromatherapy has been found to be effective in reducing agitation. While lemon balm oil caused some side effects, lavender oil did not cause side effects.

**Conclusion:** Most studies have shown that aromatherapy is not effective in reducing agitation in dementia patients. Therefore, it is not possible to say that aromatherapy plays a therapeutic role on agitation in dementia patients. However, it is preferable to use lavender oil for it does not cause any side effects besides the healing effect. Because melisa oil is more effective, it is recommended to choose in the next studies, but the side effects of it should be considered.

**Keywords:** Dementia, Alzheimer, aromatherapy, agitation, systematic review.

## S 4790

### THE THOUGHTS AND EXPERIENCES OF NURSING STUDENTS ABOUT GIVING CARE TO PEOPLE TREATED WITH SUBSTANCE ADDICTION

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**Introduction:** Internship programs contribute to the individual and professional development of nursing students by integrating theory and practice. The experience of student nurses about patient care in clinics contributes to gain insight into nursing care. Students may experience difficulties in working with some patient groups. One of these patient groups is individuals who receive addiction treatment. The study was carried out to determine the feelings, thoughts and experiences of the nursing students about providing care to the individuals who were treated for substance addiction.

**Method:** In this research, phenomenological method was used. The sample consisted of 15 students who studied in a nursing faculty in the 2017-2018 academic year and accepted to participate in the study. Focus group interview method was used for data collection. Two focus group interviews were conducted with the students. The semi-structured interview form prepared by the researchers was used in the focus group interviews. During the first phase of the data analysis all of the conversations in the tape recorder was transcribed and analyzed word by word. Later using the observation notes that were taken during the focus group discussions, analyses were evaluated. Content analysis method was used for data analysis.

**Results:** In this study 53.3% of the students were female and 46.7% were male and the average age was 23.2. Students' 35.8% stated that they used addictive substance, 28.5% stated that they were addicted to the environment. In this study 85.7% of the students stated that they received education about addiction. The emotion thoughts and experiences of the students about giving care to the dependent individual are gathered under four themes. Themes are understanding addiction, uneasiness/difficulties, gains/learning and feelings/coping. The answers to the question of metaphorical evaluation were grouped and discussed.

**Conclusion:** It was found that all nursing students had difficulty in providing care and communication while giving care to the individual who received addiction treatment and they experienced positive and negative emotions. In this context, it is recommended to consider the difficulties experienced by nursing students who give care to the individuals receiving addiction treatment in clinical practice and to support the students during the clinical practice.

**Keywords:** Nursing student, nursing care, experiences, substance-related disorders.

**S 4952****THE EVALUATION AND COMPARISON OF ATTITUDES AND BEHAVIORS OF HEALTH WORKERS AGAINST INDIVIDUALS WITH MENTAL HEALTH DISORDER****Ecem Öztürk<sup>1</sup>, Gül Ünsal Barlas<sup>2</sup>**<sup>1</sup>*Üsküdar State Hospital, İstanbul, Turkey*<sup>2</sup>*Marmara University Department of Psychiatric Nursing, İstanbul, Turkey*

**Introduction:** The attitudes and behaviors of the health professionals towards the persons with mental disorders are very important for the society because they reflect their thoughts about them and affect the quality of the services provided. The research was planned to evaluate and compare the attitudes and behaviors of health workers working in psychiatric clinics and non-psychiatric clinics to individuals with mental health disorder.

**Method:** This descriptive study was carried out with 211 consenting personnel who work in Erenköy Mental and Neurological Diseases Training and Research Hospital and Üsküdar State Hospital. Data were collected using the Information Form and the Opinions Scale for Psychiatric and Psychiatric Diseases and evaluated with SPSS 21.00.

**Results:** The average age of health workers is  $34.13 \pm 0.47$ . 48.8% of the health workers are from the State Hospital and 51.2% are from the Psychiatric and Neurological Diseases Hospital. Those working in clinical psychiatry is 27%. 48.8% of the health professionals are nurses, 18% are auxiliary personnel and 17.5% are physicians. 61.6% in workers are 6 years or more in occupation. There was statistically significant difference in the mental health ideology and social restraint subscales ( $p < 0.05$ ) but not in the other sub-dimensions when the subscale scores of RRHİÖ were compared according to the sex of the participants.

**Conclusion:** It was determined that the participants from psychiatric clinic in our study had different opinions and attitudes of psychiatric patients compared to other people and that they were inferior to them with increasing occupation year. Despite this view, psychiatric clinic workers were found to have a more protective attitude towards the psychiatric patients and more humane approach than those who did not. Suggestions: 1. Ensuring that nurses working in hospitals work in psychiatric clinics, 2. Specialization in the field of psychiatry to provide health services with equipped and professional nurses, 3. Reducing the negative beliefs, exclusion, stigmatization and discrimination of mental illnesses by educating those who have a key role in society (teachers, nurses, etc.) by experts, 4. The community needs to be informed more about mental illness.

**Keywords:** Attitude, behaviour, mental illness, health workers.

## P 4064

### DURING PREGNANCY AND POST-NATAL PERIOD PSYCHOLOGICAL PROBLEMS

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**Introduction:** The aim of this review is to create awareness towards common psychological problems experienced by women during pregnancy and post-natal period. Pregnancy is a developmental crisis period during which many physiologic and psychological changes occur. Each trimester in pregnancy has specific psychological and adaptation processes. The first trimester in pregnancy is characterized with nausea, tenderness and other physical changes in breasts, the second trimester in pregnancy is characterized with changes in body, body image and sexual interest, anxiety of birth and the third trimester in pregnancy is characterized with birth preparation, increase in physical and mental concerns as to neonatal care, social isolation; all of which affect pregnant women's psychological health adversely. During pregnancy; numerous psychological problems such as anxiety disorders, eating disorders, bipolar disorders and psychotic disorders may be experienced. Depression is the most commonly seen psychological disorder during pregnancy. Depression in pregnancy affects fetus and mother's well-being negatively and paves the way to postpartum depression. Therefore, pregnant women should closely be watched for depression preventions and should be treated with early diagnosis. It is reported that of anxiety disorders; panic attack decreases in pregnancy but increases in post-natal period while obsessive-compulsive disorders worsen both in pregnancy and in postpartum period. In women with a history of bipolar disorder, it is expected that the risk of recurrence of this disorder will increase in the postpartum period.

**Results:** During post-natal period; such psychological diseases as maternity blues, depression, anxiety disorders and psychosis are often seen. Studies indicate that psychological disease risk in female life peaks in the period that starts from the 3rd post natal day and lasts for 12 post natal months. As 20-25% of postpartum blues seen frequently in post-natal period may evolve into depression, caution should be taken for depression risks if signs do not disappear in the expected period. When postpartum depression that occurs in post-natal 2nd-8th weeks is not treated, it may last for a long time or may progress into post-natal psychosis; which may influence mothers' interaction with neonatal, neonatal care, familial relations and quality of life. Post-natal psychosis is an emergency and should definitely be treated.

**Conclusion:** Training woman and her family about pregnancy and post-partum psychological problems will have positive effects, will reduce woman's pregnancy related fears, will support her psychological adaptation into pregnancy and will make contributions for post-natal period to be healthy.

**Keywords:** Pregnancy, post-partum, psychological disease.

## P 4214

### CONSIDERATION OF A CASE WITH MAJOR DEPRESSION AS A NURSING CARE IN THE DIRECTION OF PEPLAU'S INTERPERSONAL THEORY: CASE REPORT

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Nursing carries out the care and applications required for health / illness situations throughout the life process. In this context, nursing theories help the nurse to develop analytical thinking skills as a guide in gaining the ability to identify and develop goals in nursing functions. It is stated in the literature that using only the nursing process without being based on nursing models is inadequate to explain care practices and makes applications become a mechanical work. For this, nurses benefit from nursing theories. One of these theories is Papeu's Theory of Interpersonal Relations. Peplau believes that under the influence of "biological" and "behavioral" sciences, many nursing problems arise from "human relationships" and that nursing initiatives must be planned in this direction so that the development of individuals can continue and problems can be resolved. In this direction, Based on Pape's Theory of Interpersonal Relations, Dependent on Organic Causes Major Depression, which is admitted to the psychiatric service, The difficulties, physical and psychological symptoms experienced by a 19-year-old patient and his family were examined, the orientation of the patient and the family to the illness, the dealing with the stressful situation they experienced and the reduction of their worries were aimed and the care plan was established in this direction. According to the Papeu Theory, the nursing care applied is helpful in reducing the anxiety of the patient and the family, and in solving the problems existing in the patient and family, and the result of the theory being used.

**Keywords:** Major depression, Peplau, nursing care.

## P 4230

### A SCHIZOPHRENIC CASE WITH ATYPICAL PSYCHOSIS AND ANXIETY

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**Introduction:** To examine, in terms of psychiatric nursing, a patient first considered to have depression and psychosis and later diagnosed with schizophrenia.

**Method:** The patient was hospitalized with a psychosis diagnosis in the psychiatric clinic of the Medical Faculty, Gazi University from 25.12.2017 to 08.01.2018. He was followed by a psychiatric nurse. His complaints started in 2011, including a burst of anger, declining school performance, deteriorated friendships, swearing in anger, mystical thoughts, auditory and visual delusions, delirium, ideas of reference, and impoverishment of thought content. He was admitted to the clinic at his own free will due to increased complaints after visiting the House of the Virgin Mary in 2014. Mystic thoughts continued despite decreasing complaints.

He had a positive parental support and attitude. During the interview, a trust relationship was established with a calm and supportive attitude. Realistic and prospective goals were set by spending time with him and in cooperation with the family. To reduce stress, he was encouraged to attend morning meetings and daily clinical activities. Food and caffeinated drink intake was reduced before bedtime to facilitate sleep; he was included in to the division of labor to avoid daytime sleep. Short-interval visits were paid to him every day to reduce anxiety. He was visited at the specified time to develop a trust-based relationship.

**Results:** He heard his mother's voice differently on the radio and saw his friends' faces differently, leading to deteriorated thinking, deteriorated friendships, and an inability to cope.

**Conclusion:** Therapeutic communication was established with the patient. He and his family stated that talking to the psychiatric nurse was helpful for him, his confusion about the existence of God continued and he wanted to go to a university.

**Keywords:** Atypical psychosis, anxiety, schizophrenia.

## P 4234

### EFFECTS OF PSYCHIATRIC NURSING INTERNSHIP ON BELIEFS AND ATTITUDES OF STUDENTS TOWARDS PSYCHIATRIC ILLNESSES

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**Introduction:** It is emphasized that communication with individuals with mental problems and training in the field of psychiatry are effective in changing the beliefs and attitudes towards mental illnesses positively. This study has been conducted to investigate the effect of psychiatric nursing internship on students' beliefs and attitudes towards mental illnesses.

**Method:** This study, which consists of a single-group, pre-test, post-test intervention design, has been conducted in the nursing department of a health school between March-June 2017. The universe and sample of the study consist of 33 students who continue to the Psychiatric Nursing Internship Program and accept to participate in the study. The research data has been collected through applying the "Student Information Form", "Community Attitudes to Mental Illness Questionnaire (CAMI)\*\*" and "Beliefs toward Mental Illness Scale (BMI)\*\*" on the first day, seventh week and last day of internship process consisting of 14 weeks.

**Results:** In the first measurement, the mean scores of BMI subscale scores have been determined as 30.0 for "Disruption in helplessness and interpersonal relations", 24.0 for "Dangerousness", 0.0 for "Shame" and the total mean score of the scale has been determined as  $53.06 \pm 9.59$ , whereas in the last measurement, subscale scores have been determined as 28.0 for "Disruption in helplessness and interpersonal relations", 22.0 for "Dangerousness", 1.0 for "Shame" and the total mean score of the scale has been determined as  $50.45 \pm 11.62$ . In the first measurement, the mean scores of CAMI subscale scores have been determined as 18.0 for "Good intention", 19.81 for "Community mental health ideology", 7.0 for "Fear/Exclusion" and the total mean score of the scale has been determined as  $44.82 \pm 7.13$ , whereas in the last measurement, subscale scores have been determined as 19.0 for "Good intention", 19.52 for "Community mental health ideology", 7.0 for "Fear/Exclusion" and the total mean score of the scale has been

determined as  $44.21 \pm 6.42$ . According to the mean scores of these scales, no significant has been determined in the first, second and third measurements ( $p > 0.05$ ). It has been determined that students' beliefs about psychiatric illness are related to the variables of applying to a specialist in case of a psychiatric distress and the high school that the individual graduated, whereas their attitudes towards psychiatric disorder are related to the variables of psychiatric examination and treatment story, economic situation, feeling of security in psychiatric clinic and applying to specialist for psychiatric distress ( $p < 0.05$ ).

**Conclusion:** It has been determined that internship practice has changed students' beliefs and attitudes towards mental illness positively, though it is not statistically significant. It is suggested that education programs should be established to ensure that students gain individual awareness, improve their empathy skills and to feel themselves safe and it should also be practiced in clinics.

**Keywords:** Nursing student, belief, attitude.

## P 4235

### THE BELIEFS TOWARD MENTAL ILLNESS OF THE NURSES WHO WORKS PSYCHIATRY AND PSYCHIATRY OUTSIDE CLINICS

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**Introduction:** Belief is the complete mental structure of an individual in relation to a subject. As beliefs can influence attitudes, approaches and behaviors, Nurses with negative beliefs about mental illness may not want to undertake the care of individuals with mental problems, cannot provide adequate care or experience challenges in providing medical service. For this reason, it is very important to determine the beliefs of nurses with regard to mental illnesses and the factors that affect them. In this context, our study has been carried out as descriptive and regression research to determine the beliefs and affecting factors of the nurses working in the services.

**Method:** The universe of the study consists of 336 nurses working in non-psychiatric inpatient services of a state hospital affiliated to the Ministry of Health and in inpatient services of a mental health and illness education research hospital and the sample of this study consists of 197 nurses who have accepted to participate in the study. The data of the study has been collected by the Nurse Information Form prepared by researchers and the Beliefs toward Mental Illness Scale (BMI) adapted to Turkish by Bilge and Çam (2008). The analysis of the data has been conducted by SPSS 20.0 statistical program by analyzing the percentage calculation, arithmetic mean, t test, significance test of difference between two means and one-way ANOVA.

**Results:** It has been determined in the research that the average age of the nurses is  $32.54 \pm 7.156$ , 85.3% of them are female and 69.5% of them are married. It has been determined that total BMI score of nurses is  $54.95 \pm 15.10$ , Dangerousness subdimension score is 23.71, their helplessness and interpersonal relationship breakdown subdimension score is 29.72 and their sense of shame subdimension is 1.52. In addition, it has been determined that the strongest feeling which nurses feel about the individuals with mental illnesses is sadness with the rate of 65.5%. It has been determined that the beliefs regarding the mental illness are related to the factors such as working period in the relevant unit, having experience in psychiatry unit,

feeling safe in psychiatric services, receiving training about psychiatry after graduation, applying to a specialist in case of a mental problem and having psychiatric diagnosis history in the individual's family or in herself/himself.

**Conclusion:** Beliefs about mental illness have been found to change positively with knowledge and experience. Nurses are advised to continue training in psychiatry after graduation and to give more importance to the training and measures necessary for nurses to feel safe while working in the services. Note: This study was published as master's thesis in 2016.

**Keywords:** Nurse, mental illness, beliefs.

## P 4238

### STIGMA ON RELATIVES OF SCHIZOPHRENIA PATIENTS: SCALE DEVELOPMENT AND VALIDATION

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**Introduction:** The objective of this study is to develop and validate the Stigma Scale for the Relatives of Schizophrenia Patients (SSRSP).

**Method:** The data for this empirical study has been collected by using face-to-face interviews with  $n=170$  schizophrenia patients in Hatay, Turkey during September 2015 and 2016. The developed questionnaire contained 17 scale items that were negatively phrased and measured on a 3-point Likert scale, where 1=incorrect, 2=sometimes, and 3=correct. Factor analysis and Chronbach's Alpha were used to assess scale validity and reliability. Measurement items that had less than 0.40 factor loadings have been eliminated from the final scale and the ROC has been used to determine the cut-off points. All statistical analyses have been tested at  $p<.05$  level. Kaiser-Meyer-Olkin analysis results yielded a KMO score of 0.871 indicating the appropriateness of the data for factor analysis.

**Results:** Factor analysis results yielded five dimensions with 70.1% of the explained variance. Based on the factor loadings of each dimension, the five dimensions may be labeled as: 1="Social isolation and insufficiency," 2="Avoidance and poor interpersonal relations," 3="Negative social discrimination," 4="Shame and secrecy," and 5="Negative Internalization." Analysis of data yielded strong Chronbach Alpha score of 0.909 confirming the scale reliability level. Maximum and minimum levels of the scale were 1 and 3 respectively with yielding 1.67 cut-off point.

**Conclusion:** The results of this study showed that the developed SSRSP scale could be used to measure the stigma impact on the relatives of psychiatric patients.

**Keywords:** Stigma, relative of schizophrenia patients, scale development.

## P 4269

### EFFECT OF EDUCATION IN CHILDREN'S EMOTION AND THOUGHTS FOR HOSPITAL INSTRUMENT

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**Introduction:** This study was conducted to determine the effects of education on emotions and thoughts on hospital instrument in children.

**Method:** The study, which was the type of intervention, was conducted with 127 (60.7%) students who attended the 2<sup>nd</sup> elementary school in Anatolia. The questionnaire consists of three parts. In the first part, there are 5 questions about the child and the family. In the second part, hospital experiences were asked. In the third chapter, it consists of 10 questions that describe the approach of hospital children (injector, stethoscope, medicine etc.). Questionnaire of the third chapter constitutes the most expressing emotions and thoughts of children. After obtaining the necessary permissions institutions, the students and parents were informed about the questionnaire and pre-tested. In the theater style training, children were trained about the tools. A post-test was performed three weeks after the training. Mc Nemar test was used in the statistical analysis of the data.

**Results:** In the study, "Health workers worry me about coming in with apron" refers to pre-training (yes 63.0%) and after (yes 37.0%) were found to be significant difference between the responses ( $p=0.003$ ). "I love listening to my back instruments that use of health care workers." refers to pre-training (yes 7.1%) and after (yes 16.1%) were found to be significant difference between the answers given. In our study after training "Nurses not to burn the degree of my life I know it used to look at my fire." yes to the statement of pre-primary education it is higher than the frequency of response ( $p<0.000$ ). "I want to go to the hospital when I saw the nurse coming to intracath" refers to pre-training (yes 49.6%) and after (yes 29.1%) were found to be significant difference between the responses ( $p=0.001$ ).

**Conclusion:** Eight of the ten children's thoughts and feelings are determined to make a positive tool for the hospital. It is recommended that schools plan educational programs for hospital instrument.

**Keywords:** Children, hospital, hospital instrument.

## P 4270

### SUBJECTIVE PERCEPTION OF RECOVERY AND INTERNALIZED STIGMA IN INDIVIDUALS DIAGNOSED WITH SCHIZOPHRENIA

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**Introduction:** Schizophrenia is a chronic mental illness causing loss of faculties. Recovery from schizophrenia does not mean relief of the symptoms only. Recovery is a multidimensional concept covering a variety of items ranging from hope to anti-stigma. Therefore, it is important to address internalized stigma and to fight against stigmatization in ensuring the process of recovery from schizophrenia. This

literature review aims to determine subjective perception of recovery and internalized stigma in individuals diagnosed with schizophrenia.

**Method:** According to traditional medicine, recovery is defined as the absence or control of disease symptoms, so that there is no recurrence of these symptoms for two years and no use of antipsychotic medication; according to modern medicine, however, it is defined as living with satisfaction, hopefully, and by developing a new meaning and purpose despite disease-induced limitations. Only one study has evaluated the subjective perception of recovery in patients diagnosed with schizophrenia; it found a high level of subjective perception of recovery in such individuals. Other studies report that cognitive insight, negative symptoms, indications of general psychopathology, the psychological dimension of recovery, relations with other people, health strategies, understanding of clinical recovery, support systems, spiritual practices, and support of patients' strengths, resources, and skills affect subjective perception of recovery in patients.

**Results:** Internalized stigma refers to patients' internalization of negative stereotypes and beliefs about them in society, such as that they are dangerous and inadequate. One study found that patients with schizophrenia perceive an internalized stigma above the intermediate level. Another found that the level of internalized stigma in patients diagnosed with schizophrenia was higher than that of patients diagnosed with bipolar disorder. In addition, studies report that internalized stigma is affected by educational status, marital status, economic status, history of suicide attempts, participation in the follow-up process, living place, self-esteem, perception of social support, and awareness of diagnosis.

**Conclusion:** No study has examined subjective perception of recovery and internalized stigma together. Conclusion and Recommendations: Subjective perception of recovery and internalized stigma have been studied separately. Therefore, it is suggested to conduct studies examining them together.

**Keywords:** Schizophrenia, social stigma, spiritual healing.

## P 4293

### THIS IS MY LIFE EMBEDDED IN MY BLUE BLOOD: A CASE OF PARANOID SCHIZOPHRENIA

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**Introduction:** Paranoid schizophrenia, a type of schizophrenia, is mainly characterised with persecution, illusions of megalomania and jealousy in its clinical picture. Auditory hallucinations are also reported in most cases. The picture is mostly dominated with symptoms indicating scepticism. While the positive findings of schizophrenia are generally associated with increased violent attitude, negative findings are associated in an adverse manner. There is evidence indicating a consistency of a relationship between impaired insight and violent attitude. This is an indirect effect that is associated with violent attitude arising from a tendency to irregular treatment due to impaired insight. The study aims to evaluate the effectiveness of the observations and monitoring based on psychiatry nursing practices and nursing activities on the patient on in-patient stay monitored with paranoid schizophrenia.

**Method:** Ms. C., the patient who was hospitalised with schizophrenia diagnosis at the psychiatry department of Gazi University's Medicine Faculty between 25 December 2017 and 11 January 2018, was mon-

itored, interviewed and provided nursing care primarily through a psychiatric nurse.

**Results:** The first complaints of Ms. C., who is 39 years of age, date back to a time when she tried to commit suicide in 1999 with drug overdose due to a case of accusations that arose against her in the workplace. The hospitalisation dealt with in this study, on the other hand, was preceded by violence towards her mother, illusions of persecution, somatic illusions, olfactory hallucinations, scepticism, flight of ideas, tangentiality, word salad, thought blocking and alopecia. Stating that there were two selves in her guiding her life, the patient said that one was calm and peaceful, and the other one cruel in nature. She also said that she hated her family, because they used violence against her, and they were ill-mannered, loveless and indecent. During the interview she said: "This is my life embedded in my blue blood. I fell down while ice-skating, with the left lobe of my brain that also fell down. Hobbies turn into phobias, and phobias into hobbies. What I remember of my childhood is that a doctor with moustache was weighing me on a white scale. There is another self in me, a self cruel to a certain degree. I fell down on my head when I was ice-skating; I was then 15 years of age. Since then, I am disabled and mute." The overall picture is characterised with violence towards her mother, expressing her anger in verbal way, risk of inflicting violence towards herself and others due to acathisia, changes in perception due to visual, auditory and olfactory illusions, inability of concentration, scepticism and distortion in thinking processes resulting from inability of establishing the cause-effect relationship.

**Conclusion:** The study found that quality time spent with the patient and effective therapeutic communication had a positive effect in terms of giving self-confidence and self-esteem to the patient. The findings indicate that activities in the nursing process executed in a planned manner on the basis of the data obtained through an attentive listening to and careful monitoring of the patient led to desired outcomes. The study further found that, as a result of such practices, there occurred a substantial decline in the anxiety in the patient and the tendency to use violence, with a similar positive outcome produced through trust-building relationship in respect of scepticism and thinking processes. The process produced, however, no decline in visual, auditory and olfactory illusions. The study suggests that psychiatric nurses should integrate the data they obtain through observations and interviews into practices in the nursing process, and they should actively put into practice the activities done in the nursing process in order to increase the visibility of the outcomes they obtain, and that, apart from these, more weight should be given to scientific studies and practices based on evidence.

**Keywords:** Paranoid, paranoid schizophrenia, hallucinations, nursing process.

## P 4313

### PSYCHOSOCIAL INTERVENTIONS APPLIED BEFORE BARIATRIC SURGERY AND DURING THE HEALING PROCESS: SYSTEMATIC LITERATURE REVIEW

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**Introduction:** Obesity, an important public health problem in the



world, is a risk factor for premature death, hypertension, dyslipidemia, cardiovascular disease, type 2 diabetes, osteoarthritis, sleep apnea, gastroesophageal reflux, cancer and other diseases and causes psychosocial consequences such as depression and low self-esteem. For obesity treatment, an integrated program involving diet, physical activity and psychosocial care provided preoperatively and during the healing process is recommended for bariatric surgery patients. Consultation and Liaison Psychiatry (KLP) nurses, who play an active role in the care of these patients, have an important role in individual/group therapies and psychosocial care besides medical treatments. The aim of this systematic review is to contribute to literature by systematically reviewing psychosocial interventions used for bariatric surgery.

**Method:** This systematic review was created MED-LINE, ScienceDirect, Scopus, Cochrane, PUBMED, OVID, ULAKBİM databases. Original, randomized controlled, prospective, retrospective articles with full text access published both in Turkish and English between 2008 and 2018 were included in the review. As a result of literature screening, 179 studies were accessed in total including 67 from MED-LINE, 23 from ScienceDirect, 14 from Scopus, 11 from Cochrane, 68 from PUBMED, 4 from OVID, and 3 from ULAKBİM database. 8 studies were included in the review in line with the inclusion criteria.

**Results:** Of the 8 studies accessed as a result of literature screening, it was found out that 3 have been conducted in Canada, 2 in USA, 1 in Brazil, 1 in England and 1 in Germany, and 4 of them are randomized control and 3 are prospective and 1 is retrospective study. It was seen that most of studies have benefited from the cognitive behavioral therapy (CBT) methods as a psychosocial intervention for bariatric surgery. For the CBT groups, it was found that anxiety and depression levels decreased, eating behaviors improved significantly, self-efficacy and self-esteem increased, cognitive functions improved, and quality of life increased.

**Conclusion:** In the light of these results, it is suggested to increase the psychosocial interventions before bariatric surgery and during the healing process, and the studies on this subject.

**Keywords:** Bariatric surgery, preoperative period, postoperative period, psychosocial intervention.

## P 4324

### ANGER CONCEPT AND TO BE HEALTH WORKER

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The wording of anger is a way of outward reflection of the anxiety and stress experienced by the human being, which may have a negative effect on the professional attitudes, the nursing care, and also the therapeutic communication skills of the healthcare professionals working in a stressful workplace environment. With the increasing of technology and developments in the field of healthcare service, the patient expectations have increased in recent years, which results in not only the competitive, but also the stressful workplace environment in the hospitals. The anger has always been the most intense emotion experienced in stressful environments. The case of anger, which healthcare professionals have, was discussed in this article. In the study, the literature in the

related area has been reviewed. As a result, there has been an evaluation that was carried out in the light of the data obtained from the reviewed studies in order to present some suggestions for the anger management.

**Keywords:** Anger, health associations, mental, health personnel.

## P 4346

### THE FACTORS AFFECTING MENTAL HEALTH OF NURSING STUDENTS: A SYSTEMATIC REVIEW

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**Introduction:** Nursing is a profession that can be performed by persons with good working discipline, decidedness, consistency and social communication. Nursing education is a theoretical and practical education; it is a very stressful period. The rate of psychiatric problems seems to increase remarkably nowadays. There are many factors that influence the mental health of nursing students depending on these types of reasons. This study aimed to evaluate the factors affecting mental health of nursing students by reviewing the studies assessing mental health of nursing students.

**Method:** The data of the study were obtained by scanning the publications which were published between 2008-2018 in Google Scholar, ULAKBİM and Turkish Psychiatric Indexes. The keywords as student, nursing student, mental health, mental disorder, mental state were used for literature scanning. All studies were reviewed systematically in terms of their methods and findings. As a result of the literature scanning, 1684 studies were found while 24 of them that met the inclusion criteria were reviewed.

**Results:** It was determined that the studies were experimental (1), complementary (15), cross-sectional (4) and descriptive-cross-sectional (4) when the methods used in the studies were evaluated. The studies were reviewed in terms of content and the factors affecting the mental health of students. It has been determined that 37.5% of the studies analyzed the students' attitudes towards events while 62.5% of the studies analyzed the relevant factors that may affect the mental state of the students. In the studies, the difficulties related to family and family life (70.8%), educational life (41.6%), life difficulties (66.6%) and health/ health conditions (45.8%) of the students were determined as the factors affecting the mental health of nursing students.

**Conclusion:** The results of the studies have shown that there are many different factors influencing the mental health of nursing students. In this context, we suggest that students should be assessed for not only in relation to the educational environment and educational life process but also for all dimensions; psychological support should be provided to them.

**Keywords:** Nursing student, mental health, affecting factors.

**P 4348****POST-TRAUMATIC GROWTH IN PARENTS OF CHILDREN UNDERWENT BONE MARROW TRANSPLANTATION****Olcaç Çam, Hacer Demirkol***Ege University, Nursing Faculty, Psychiatric and Mental Health Nursing Department, İzmir, Turkey*

**Introduction:** Bone marrow transplant is a treatment method applied for curing some severe diseases like immunodeficient, lymphoma, and leukemia in children. Despite its positive consequences like increasing the chance of success in treatment and increasing the expected life length, bone marrow transplant also may cause negative consequences such as long duration of hospitalization, physical side effects, remitting infection, and death. These compelling consequences case threat to the mental health of parents who take on the role of caregiver.

**Method:** After the child is diagnosed a fatal disease like cancer and undergoing bone marrow transplant, cause the parents to experience an intensive stress. Life events (unemployment, financial difficulties, caring other children and etc.) in addition to stress may form the basis for crucial mental disorders like anxiety, depression, and post-traumatic stress disorder by harming coping skills of the parents.

**Results:** Despite all the negative effects, this challenging experience can lead to a positive change on parents. That positive change is referred as post-traumatic growth in literature. When the literature is reviewed, it is observed that usually negative effects of bone marrow transplant on parents are examined. Within this scope, only one study reached that examines the post-traumatic growth. In the research by Farinder and Norberg (2014), it was found out that more than half of the participating parents experience post-traumatic growth and it was also reported that parents establish closer relations with other people and become more thankful towards life after the transplant process.

**Conclusion:** I will be beneficial to examine post traumatic growth which helps the individual to find meaning despite the pain and strengthens them by realizing their inner power, within the parents who have experienced the bone marrow transplantation process. It is thought that sharing positive results with parents who live in the same situation, will contributes to the recovery process.

**Keywords:** Child, bone marrow transplant, parent, post-traumatic growth.

**P 4353****THEORY/MODEL USE IN POSTGRADUATE THESIS AT PSYCHIATRY AND MENTAL HEALTH NURSING****M. Olcaç Çam<sup>1</sup>, Elif Deniz Kaçmaz<sup>1</sup>, Derya Küliğ<sup>2</sup>, Hacer Demirkol<sup>1</sup>, Merve Uğuryol<sup>1</sup>**<sup>1</sup>*Ege University Nursing Faculty, Mental Health and Psychiatric Nursing Department, İzmir, Turkey*<sup>2</sup>*Ege University Faculty of Medicine, Department of Neurology, İzmir, Turkey*

**Introduction:** Theory/model use is the basis of understanding and explaining the basics of nursing. Nursing care gains a meaning with nursing initiatives under the light of theoretical framework since theoretical framework determines the limits and the extent of the nursing initiatives. At the meantime, approaches depending on theoretic

cal framework contribute to the development of psycho-therapeutic role and clinical responsibility of nurses. In this study, it was aimed to examine the theory/model used in postgraduate thesis at psychiatry and mental health nursing.

**Method:** The descriptive research was conducted with the master and doctorate thesis at psychiatry and mental health nursing in Turkey. The theses were reached at "National Thesis Center" website by searching "Department of Psychiatry Nursing", "Department of Mental Health and Diseases Nursing" and "Department of Psychiatry and Mental Health Nursing", between 2013 and 2017.

**Results:** 146 thesis including 100 master and 46 doctorate thesis at psychiatry and mental health nursing were reached in this study. Model/theory was not used in master thesis. In 19.6% (n=9) of the doctorate thesis theories or models namely de-escalation model in simple form, cognitive behavioral model, the tidal model, McGill nursing model, Watson's theory of human caring, Marjory Gordon's functional health pattern model, humanistic nursing theory, Neuman systems model, and socialization theory were used. The distribution of the theories and models used in theses by years has continued increase in recent years, with 44.4% in 2015, 22.2% in 2014, and 11.1% in other years.

**Conclusion:** It was concluded that theory/model used in postgraduate thesis at psychiatry and mental health nursing were limited at despite they used increase in recent years. Within this scope it is suggested to use theory/model more common in postgraduate thesis and to transfer them into practice via proof-based studies in order to underlying the independent roles of nursing.

**Keywords:** Psychiatry nursing, postgraduate, thesis, model, theory.

**P 4365****THE RELATIONSHIP BETWEEN CHILDREN'S QUALITY OF LIFE AND PARENTS' COMMUNICATION SKILLS WHO HAVE ATTENTION DEFICIT-HYPERACTIVITY DISORDER****Ege Miray Topcu, Mahire Olcaç Çam***Ege University Nursing Faculty Mental Health and Psychiatric Nursing Department, İzmir, Turkey*

**Introduction:** The study, which was conducted in order to examine the relationship between communication skills of the parents, whose child was diagnosed with attention deficit-hyperactivity disorder, and children's quality of life, is of descriptive pattern.

**Method:** The study was conducted with voluntary children, who admitted to were admitted to the Psychiatry and Psychiatry Clinic of two university hospitals in İzmir between the dates March-May 2017 and were diagnosed with ADHD, between the ages of 8 and 12 years. Sampling was not performed in the study. 101 children and 101 parents from the two institutions were participated in the study. Study data were obtained by applying an "Individual Identification Form" containing identification information of children and parents, "Attention Deficit/Hyperactivity Disorder Quality-of-Life Scale (ADHDQoL)" for children, "The Communication Skills Scale (CSS)" and "Child-Parent Relationship Scale (CPRS)" for parents. Data were assessed using descriptive statistics and Mann-Whitney U Test, Kruskal-Wallis H Test and Spearman Correlation Test because normal distribution of data was not appropriate.

**Results:** According to the results of the research; 20.8% of the children were female, 79.2% were male, mean age was  $10.43 \pm 1.29$ , 25.7% had a comorbid disease and 89.1% were on a drug therapy. Mean age of the parents included in the sample is  $38.65 \pm 5.86$ . 28.7% of the parents had been trained for ADHD by some sources.

**Conclusion:** Children answering the question about the change requests is devoted to school success (20%), themselves (16.47%), Family (14.11%) and friends (5.88%) relationships, concrete object (14.11%), world (5.88%). 21.97% of the children stated that they did not want anything. Children's average ADHDQoL is  $62.22 \pm 13.31$  field of domestic life and  $61.17 \pm 13.29$  in field of school life. Increased total number of children in a family, having ever been in nursery, having ever been in kindergarten and not living with parents influence the quality of life (school or home life negatively ( $p < 0.05$ )). Children's verbal expressions support these findings. A diagnosis of ADHD to be another person in the family, has a positive influence on the quality of life. Averages of communication skills scores of the parents are high ( $106.0 \pm 10.51$ ). Parents' total average score in CPRS is  $59.31 \pm 14.26$ . There is no statistically significant relationship of children's quality of life average scores with parents communication skills average scores and parent relationship scale average scores ( $p > 0.05$ ). As a result of research, the quality of life for children with ADHD with parents' the relationship between communication skills has not been established. A relationship between the quality of life of children with ADHD and their parents' communication skills has not been established.

**Keywords:** Attention Deficit-Hyperactivity Disorder, quality of life, communication skills.

## P 4367

### EXAMINATION OF THE FACTORS AFFECTING THE PSYCHOLOGICAL WELL-BEING OF THE UNDERGRADUATE NURSES

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**Introduction:** The research is a descriptive study planned with the aim to determine the psychological well-being condition of the undergraduates at the faculty of nursing and the affecting factors.

**Method:** The universe of the research consists of all undergraduates during the 2017-2018 academic year in Ege University, Faculty of Nursing, and the sample includes 300 volunteer undergraduates determined with stratified sampling method according to classes. Research data was obtained with "Individual Identification Form", "Psychological Well-being Scale(PWBS)", "Problem Solving Inventory(PSI)", "Multidimensional Scale of Perceived Social Support(MSPSS)", and "Emotion Expression Scale(EES)". Data breakdown was made with the number and percentage distributions in a computer environment and their analyses were made with independent sample student t test, ANOVA, and Pearson correlation tests in accordance with the normal distribution.

**Results:** The average age of the undergraduates was  $21.29 \pm 2.05$ , 85.7% of them were women, 38% of them evaluated themselves as "satisfied" with their school, their family attitudes as "egalitarian and democratic"(58%) and "overprotective"(23%), the evaluation of the physical health of 65.7% were "good", the mental health of 42.3%

were "good" and of 41.7% were "medium", and the success status of 74.3% were "medium". PWBS point average was  $36.71 \pm 8.40$ . A statistically significant relationship was found between the undergraduates' sex, age, upbringing styles of their parents, physical and mental health perceptions, the status of being happy with the school, and perceptions of academic achievement and the PWBS point averages. When the PWBS point averages and the point averages of the other scales were examined; in MSPSS, a statistically significant and weak positive directional relationship was found between the family, friends, and special person sub-dimensions and the total points; a statistically significant and weak positive directional relationship was found between EES and the total points and sub-dimension of proximity emotion expression; a statistically significant and too weak negative directional relationship between PSI and total point, hasty, and confident approach sub-dimension and a statistically significant and weak negative directional relationship between PSI and avoidant approach were found ( $p < 0.05$ ).

**Conclusion:** As a result of the research in which psychological well-being of nursing undergraduates was determined as above the average, the age, sex, upbringing attitudes of their families, their perceived academic achievements, and satisfaction level with their school affect the psychological well-being of the undergraduates. The findings show a relationship between the psychological well-being of the undergraduates and their problem-solving skills and styles, the social support perceived by them, and their ability to express emotions. It is recommended to promote and support the factors designated in line with the findings by monitoring them carefully for the psychological well-being of the undergraduates.

**Keywords:** Nursing student, psychological well-being.

## P 4368

### A DIFFERENT VIEW FROM THE BOUNDARIES

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**Introduction:** Recovery is an individual, profound and original process involving the development of new meanings and aims in life, in which the attitudes, values, feelings, goals, abilities and roles of the individual are changed in order to live a hopeful life together with constraints caused by mental illness. Individuals who have been diagnosed with mental illness are sometimes voluntarily, sometimes compulsorily entry into the health care system due to the risk of harm to themselves or others. Forensic psychiatric patients are held in non-voluntary hospitals due to crimes they are committed to. As a result, they feel stigmatized, desperate, weak and helpless. For this reason, recovery for forensic psychiatric patients has a different meaning than recovery of other psychiatric patients.

**Method:** Aims of this review to emphasize the meaning and importance of recovery for forensic psychiatric patients.

**Results:** Nijdam-Jones et al. (2015) identified five criteria for working with forensic psychiatric patients: recovery believing in rules and social norms, loyalty to supporters, taking responsibility for work-related activities, including concerns about admission and a program. In the study of Mezey et al. (2010), the forensic psychiatric patients have defined; recovery, to get rid of symptoms and to feel better about themselves; the factors that contribute to recovery were drug

use, psychological interviews, safe environment, relationships with other patients and the health care team. In the same study, hope, autonomy and self-acceptance for patients were less significant.

**Conclusion:** Forensic psychiatric patients are deprived of the key components of the recovery process due to future uncertainty, self-acceptance of freely from their crimes, and loss of autonomy. For this reason, definitions of recovery of forensic psychiatric patients should be redefined within the framework of all limitations. In forensic psychiatric clinics, it is necessary to strengthen the care for the meaning of recovery in forensic psychiatric patients, ensuring the reintegration of individuals into society. In this context, it is suggested that the nursing of the forensic psychiatry should be provided by the nurses.

**Keywords:** Mental health illness, recovery, forensic psychiatric nursing.

## P 4372

### INVESTIGATIONS OF HEALTH PROBLEMS AND YOUR OCCUPATIONAL HEALTH PROTECTION POINTS IN YOUNG NURSES

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**Introduction:** Being one of the important members of a medical team, nurses may face physical and mental challenges due to working conditions. This research has been conducted to examine the existence of physical and mental health issues in young nurses and their behaviours for protecting mental health.

**Method:** In this research, conducted via the internet between the dates of June 1-30, 2018. A survey was consisted 19 questions and uploaded to the web and the related link was shared through social media and mail groups in study. The web survey questions were included sociodemographic data, health of nurses and their attitudes for protecting and improving mental health. The sample consisted of 100 nurses who under the age of 35 were completed the survey. The data was coded and transferred into computer and then evaluated in SPSS.

**Results:** The occupational experience of 77.5% of participants was between 1-5 years. It was identified that 11.8% of the nurses had chronic disease and 3.9% of them had mental illness. It was also identified that 75.5% of the participants faced factors affecting their mental health in the working environment while 68.7% of them went through important problem(s) in their private lives, which affected their mental health. 61.8% of them have cared about their own mental health. It was determined that 53% of them were challenges about excess working hours and 42% of them were challenges about work/working environment. And when the behaviours of coping with occupational challenges were examined, it was seen that 50% of nurses expressed that they had empathic and positive perspective, 43% of them expressed that they could control their feelings and reactions, and 28% of them expressed that they had enough skills to cope with stress. The rate of sparing time for themselves and their hobbies was found very low.

**Conclusion:** In the sample, the rate of chronic health issues is low while the rate of stressors affecting mental health is high. Although it is a positive finding that most of the nurses care about mental health, their methods of coping with stress should be improved.

**Keywords:** Nurse, mental health, psychiatry.

## P 4381

### VIOLENCE IN HEALTH

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**Introduction:** Violence phenomenon is one of the unacceptable problems of society seen in every part of life from past to present. Today, incidents containing violence are gradually increasing. Despite all the precautions and recommendations taken, the violence against health care workers working in the field of health is increasing incrementally day by day and that this situation reaches serious proportions in a way to result in death make the health care workers under great risk. In this study, it was aimed to draw attention to the violence committed to health care workers and to evaluate this situation scientifically.

**Method:** Permanent staff employees of Antalya Training and Research Hospital constitute the target population of the study; the events that are realized towards the health care workers subject to verbal and/or physical violence by the patient/ patient's relative and that are notified as White Code constitute the samples. Analyzes calculated based on the data indicator card were made in the Office 2010 Excel program. The data have been taken as the first six months of the year 2017 and the first six months of the year 2018, and a comparison has been made among these years.

**Results:** As reported in the literature, it has been reported that health care workers are exposed to violence mostly in emergency services and then in ambulatory care services. In the white codes given in our hospital, the ambulatory care facilities that are polyclinics for 2017 and the emergency services for 2018 have been observed.

**Conclusion:** Violence against health care workers continues to be a problem especially in emergency units. Within the scope of solution of the problem, unnecessary applications made to the emergency services should be prevented. All health care workers, especially emergency service workers, doctors and security guards should be given in-service trainings. Awareness raising training should become prevalent to those who use the service and existing penalties should be made deterred.

**Keywords:** Violence, health care workers, white code.

## P 4391

### LOOK AT FROM PAST TO TODAY SCHIZOPHRENIA: STIGMA

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**Introduction:** Stigmatizing individuals with mental illness is as old as human history. Individuals who have been diagnosed with mental disorder are stigmatized in all societies and individuals who are found by society are excluded. Especially individuals with schizophrenia have more stigma very exposed. This is due to negative beliefs, prejudices and lack of information.

**Method:** Newspapers, magazines and television channels, which the society benefits from, also share the stigma of schizophrenia. In addition, schizophrenia patients are rapidly excluded because it is difficult to keep pace with education and society.

**Results:** As a result, it is clear that people who are diagnosed with schizophrenia are deprived of the rights that they have been stigmatized and used by society because of this diagnosis. Society and mental health nurses have a great responsibility in combating stigma. In this process, it should be focused on the education of the society and increasing the knowledge of the health workers about mental illnesses, monitoring the stigmatizing elements of the media and bringing the schizophrenic patients into society. Thus, it may be possible to change false beliefs and judgments.

**Conclusion:** In the light of all these, it was aimed to draw attention to the stigma of schizophrenia patients from past to present, to review the causes and consequences of stigmatization and to emphasize the measures to be taken to combat stigma.

**Keywords:** Stigma, schizophrenia, mental health.

## P 4394

### EVALUATION OF THE RELATIONSHIP BETWEEN AMENITIES AND EMPATIC LEVELS IN UNIVERSITY STUDENTS BY VARIOUS VARIABLES

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**Introduction:** Self-esteem is the result of an individual's interaction with other people from childhood. Self-esteem is an extremely important concept in relation to others as well as determining the attitude of the individual to himself. Positive evaluations, feedback, and empathic perspectives of other people towards the individual are determinants of positive and high self-organization. In this study, it is aimed to examine the relationship between self - esteem and empathic level according to various variables in university students.

**Method:** The sample of the research was composed of 127 students studying in the Department of Nursing at Van Yüzüncü Yıl University School of Health. The data of the study was collected with a personal information form containing sociodemographic data, "Basic Empathy Scale" and "Rosenberg Self-Esteem Scale". SPSS 20.0 package program was used for evaluating the data. Percentage, arithmetic mean and standard deviation were used to examine the descriptive properties. t-test and variance analysis were used to examine relations between descriptive characteristics and scale scores, and pearson correlation analysis was performed when the relationship between the scales was examined.

**Results:** There were 127 nursing students, 87 (68.5%) female and 40 (31.5%) male students. Participants' self-esteem scale total score was  $29.51 \pm 4.49$ , cognitive empathy subscale score was  $30.94 \pm 6.54$ , sensory empathy subscale score was  $37.29 \pm 7.03$  and empathy scale total score was  $68.23 \pm 12.13$ . Evaluation of scale scores according to gender; There was no significant difference in self-esteem scale according to sex ( $p > 0.05$ ), but cognitive empathy subscale score, sensory empathy subscale score and empathy total score were significantly different according to sex ( $p < 0.05$ ). There was not found significance differences between self-esteem and empathy and subscales ( $p > 0.05$ ).

**Conclusion:** Positive interpersonal relationships and communication in the health care system are very important. For this, empathic skill and self-respect must be sufficiently developed. The empathic skill in nursing care is a factor affecting the quality of care. According to the results of the study, it is seen that the participants have moderate-high self-esteem and empathic skill level. Nursing education is thought to be beneficial in promoting self-esteem and empathic skills.

**Keywords:** Empathy, nursing, self concept.

## P 4415

### THE BRIGHT AND DARK FACES OF MUSIC IN THE HEALING OF EPILEPTIC PATIENTS

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**Introduction:** For centuries, people have used various methods in the treatment of diseases and have sought some remedies. Music therapy is also one of the oldest treatment methods and has been used in many ancient civilizations. Music is an integral part of everyday life and culture. For most people, listening or playing music is a pleasurable experience that may evoke a memory or emotion. However, this experience is not always valid for epileptic patients. The relationship between music and epileptic seizures is complex and interesting. There are both bright and dark sides of music in the healing of epileptic patients.

**Method:** In this review, the positive and negative effects of music in the healing of epileptic patients and the role of health staff are examined.

**Results:** Studies have shown that epileptic patients, referred to as 'Mozart effect', have a positive effect on reducing the use of antiepileptic drugs in music, increasing spatial-temporal reasoning, lowering learning difficulties in children, reducing seizure numbers, or completely eliminating attacks; on the other hand it is said that it has negative effects such as triggering seizures, accompanied by symptoms of crying and restlessness, musical auditory hallucinations, singing ittal, humming and involuntary whistling, and raising anger, fear and panic in individuals.

**Conclusion:** As a result, it is known that music has negative effects on epileptic patients as well as positive effects on healing. For this reason, it may be advisable that health staff avoid using a musical attack on the patient when using the musical therapy method, choosing the type of musical instrument and instrument appropriate to the patient in case of a psychotic episode or increasing suicide tendency, the patient to observe his needs and to follow his emotional reactions.

**Keywords:** Music, epilepsy, improvement process, health personnel.

## P 4449

### WELL-BEING OF MENTAL HEALTH

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The well-being is to pursue a life that is oriented towards the optimal level of health, integrates body, mind and soul, has the goal of having individual goals and more meaningful life, socially, personally

and ecologically functional in all areas. Healthy lifestyles are considered as behaviors that serve to maintain and raise individuals' own goodness levels. These behaviors include adequate and balanced eating habits, stress management, regular physical activity, spiritual / spiritual growth, interpersonal relations / social support and taking responsibility for the protection and development of the individual's health. Childhood and youth are very important in learning and adopting healthy behaviors and healthy lifestyle choices. During the aging process, the desired behavior in the name of healthy life can be facilitated by the behaviors adopted in these ages. Therefore, influencing healthy lifestyle behaviors of adolescents, evaluating well-being and identifying variables related to well-being; It is important for individuals to develop a healthy and healthy life. In terms of community mental health, protecting individuals from mental illnesses is a priority. In this sense, psychiatric nurses should be aware that they have an important role in the protection of mental health with practices aimed at increasing the well-being expected from adolescence and in adulthood. Prevention of mental problems that may be developed in advanced ages will be provided through planned, community-based, well-educated trainings to be given by biopsychosocial psychoeducation programs to be given by psychiatric nurses.

**Keyword:** Well-being, adolescence, mental health.

## P 4472

### NEEDS FOR INDIVIDUALS WITH SEVERE MENTAL ILLNESS

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**Introduction:** The needs for individuals with severe mental illness are defined physical and psychosocial disability, and need for access to adequate services. The aim of this report is to present the importance of assessing and determining the needs of individuals with severe mental illness for patients, psychiatric nursing and mental health services.

**Method:** The related literature has been searched for evaluating and determining needs in chronic mental disorders and related studies have been reached.

**Results:** They need holistic care of mental health professionals to ensure the integration of people with severe mental illness and to raise their quality of life. Psychosocial needs such as daily activities, social and close relationships are often not met by these individuals. The studies indicated need relate to negative disease perception, long disease duration, severity of psychotic symptoms and poor quality of life. Case management in people with severe mental illness, supportive community care has reduced to unmet needs when included in community-based care. In the studies, it has been found that the community-based rehabilitation services have increased the satisfaction rate of the patients' needs with the frequent evaluations made over the years It is reported that the needs of the patients are determined continuously and accurately with they are given holistic care based on their needs.

**Conclusion:** Determining needs in community mental health nursing has a key role in building community-based mental health services and intervention programs that are offered in psychosocial care.

It improves the quality of care in patients with mental health services by providing provision of care and treatment based on needs. Thus, an ideal care and rehabilitation environment is formed that is tailored to the needs of the patients. Consequently, patients will be able to maintain their functionality in the environment in which they live.

**Keywords:** Severe mental illness, need, psychiatry nursing.

## P 4480

### ASSESSMENT OF INFORMATION SEEKING BEHAVIOURS REGARDING MENTAL HEALTH VIA INTERNET OF CHRONIC MENTALLY ILL INDIVIDUALS IN COMMUNITY MENTAL HEALTH CENTERS

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**Introduction:** The Internet has changed nearly every aspect of our lives over the past decades. The Internet is seen as a constantly growing and developing source of health information all over the World. The Internet and mobile technology are changing the way people learn and about manage their illnesses. The internet will become increasingly important in addressing mental health promotion and disease prevention. The aim of this study is; is assesment of information seeking behaviours regarding mental health via internet of chronic mentally ill individuals in community mental health centers.

**Method:** The study is a descriptive study. The data were collected between October 2017 and May 2018. It is used in research; sociodemographic characteristics and internet usage evaluation form. The patient who agreed to participate in the Survey Form was interviewed face to face and applied by the researcher. Descriptive statistics, frequency, mean and chi-kare analysis were used in the evaluation of the data.

**Results:** Seventysix of the patients stated that they use the internet to do research about the mental health problem. While 40.2% of the patients shared the information they found on the internet with the mental health team occasionally, 93.1% of mental health professionals and 97% of mental health institutions did not communicate. Sixty of the patients stated that the internet helped to cope with the disease. Researching the internet about the mental health problem; different depending on the educational status; There was no difference between the cases of diagnosis, sex, age, income, and researching on the internet according to the place where they live.

**Conclusion:** The health team working at should inform the patients about the resources available on the internet about mental health. It is important to encourage individuals who receive services from the Community Mental Health Center to share information they have acquired on the internet and to conduct discussions so that they can discuss information.

**Keywords:** Psychiatric patients, CMHC, mental health, internet use.

## P 4486

### THE IMPACT OF MOTIVATIONAL INTERVIEWING ON DISEASE MANAGEMENT IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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**Introduction:** Diabetes mellitus (DM) is a chronic metabolic disease which entails constant care. To prevent the potential development of complications in patients with DM, efficient and novel approaches and applications in nursing care need to be developed. This literature review aimed to determine the effect of motivational interviewing on disease burden and management of complications in patients with type 2 DM (T2DM).

**Method:** The motivational interviewing was developed as a short-term intervention method to change the motivation of the patients with excessive alcohol consumption. Subsequently, this method was used to introduce healthy behavior change in chronic diseases.

**Results:** Specialists providing diabetes education state that the biggest challenge in improving the health of patients with T2DM is introducing a change in the behavior of patients, and thus, frightening and preaching traditional attitudes do not facilitate a positive change in the behavior of the patients. The specialists indicate consultancy that strengthens, trains patients, addresses their psychosocial needs and introduces a change in behavior in a short time has a positive impact in the management of T2DM.

**Conclusion:** Some studies indicate that compared to routine care, motivational interviewing does not have a distinct impact in management of diabetes and lipid control, whereas other studies indicate that motivational interviews provide clinical benefits and decrease the levels of glycosylated hemoglobin (HbA1C). The results of a pilot study showed that motivational interviewing had a positive effect on various factors such as symptoms of depression, fatalistic thinking, and quality of life of patients. In addition, another study showed that motivational interviewing changed the thoughts of patients with T2DM about diabetes, their beliefs in the treatment, their motivation for behavior change, and finally their intentions. The motivational interviewing technique has different outcomes in patients with T2DM. Thus, further experimental studies should be performed to evaluate the effect of motivational interview on disease burden and management of complications in patients with T2DM.

**Keywords:** Diabetes mellitus, motivational interview, nursing.

## P 4502

### HEALING IN SCHIZOPHRENIA PATIENTS AND THE ROLE OF PSYCHIATRIC NURSES

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**Introduction:** The concept of recovery from mental illness can be defined as a process that results in functioning at the level of normal-

ity as a result of social support and personal endeavor together with medical treatment.

**Results:** Psychiatric nurses have made many definitions for the concept of healing and have developed models. However, there is no common healing pattern and healing criteria. In addition, the definition of disease-specific improvement varies because the mental illnesses vary on the individual and on the progress of the disease. Although schizophrenia is a persistent disease progressing with loss of ability, healing is observed in a significant part of patients in the long-term follow-ups. In schizophrenia, the healing concept involves hope, self-esteem, functionality, participation to the social life, goal-setting, accepting the illness, management of the symptoms and struggle with stigmatization. Psychiatric nurses have a great importance in the healing processes of schizophrenia patients.

**Conclusion:** The most important role of psychiatric nurses in the healing process of schizophrenic patients starts with listening to their experiences in life and continues with supporting their medical treatment together with various supplementary therapies.

**Keywords:** Schizophrenia, healing, psychiatry nursing.

## P 4505

### IMPROVEMENT SERVICES OF PSYCHIATRIC NURSING AND PSYCHIATRIC TREATMENT SETTINGS: NEW TRICKS TO OLD DOGS

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**Introduction:** The individual carries the potential to rehabilitate his life, which has been interrupted by illness. The purpose of nurses' healing is to ensure that patients take more of their own responsibilities. The nurses should benefit from the characteristics of the therapeutic environment. Traditionally, mental health is the main "treatment" of clinical services and staff. Treatment interventions are intended to reduce "symptoms" and, if possible, eliminate them. If it is possible the patients are being "discharged". Reducing symptoms not enough for recovery. What can be done with all existing and known conventional practices to contribute to the recovery of patients. What can be made improvements for recovery? Do you need new tricks to old dogs for change? Improvement of treatment setting and services contribution to patients. The purpose of this article is to present a summary of recovery interventions by the nurses in a psychiatric service of a university hospital.

**Method:** This study was carried out at the Hacettepe University Hospitals Psychiatry Clinic under the guidance by JCI and Ministry of Health. It was determined that the personnel working in the service had training deficiencies, the service offered and care processes were not standard, the adaptation process was insufficient. For this purpose, the adaptation processes of nurses who have just started the service are restructured. Various forms have been used for evaluation in the adaptation process. At the same time, service workers were given trainings about patient care processes by clinic nurses. In order to improve psychiatric services and nursing services, protocols and instructions related to nursing processes have been created and integrated into computer systems. Care plans of patients were indi-

vidualized and care plans were made up. Written and visual materials were created for patient training. New forms and charts have been developed to record them.

**Conclusion:** These studies are aimed to be evaluated by measures such as workload measurements, patient satisfaction level and cost-effective studies.

**Keywords:** Healing, psychiatry service, care protocol.

## P 4508

### PERCEPTION OF EMOTIONAL WELL-BEING ABOUT WORK FOR THE NURSES WORKING IN PRIVATE HOSPITAL

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**Introduction:** Career is an important part of human life. The situation of emotional well-being about work is very important for every individual included the nurses in terms of a healthy life and satisfaction of job. This research has been formed with the intend of detection factors impacting perception of affective well-being about work for the nurses.

**Method:** This research which has been planned by representative sample has been conducted by totally 75 nurses working at a private hospital in Istanbul between the dates June- August 2018. Not only it has not been performed to selection of sample but also the population is also sample of the research. The data survey has been obtained by the form of data collection and the scale of perception of affective well-being about work that has been performed with analyzing literature by the researchers. İDİÖ (the scale of perception of affective well-being about work) is a scale that consists of totally 20 clauses and 4 sub-dimensions called high level satisfaction, high level alertness, low level satisfaction and low level alertness. The data has been analyzed by using of SPSS 24.0 statistical package software.

**Results:** The nurses who attended the research can be described by 34.7% are between the ages of 18-22, 61.3% are single, 76% are female, 90.7% are preferred their occupation willingly, 60% are have a salary between 1600-2500 TL. In this research, it has been determined that 69.3% of the nurses do not attend to the course-certificate programs about their departments and 64% of the nurses are satisfied by their departments. In this research, it has been located that "high level satisfaction/high level alertness" (16.7±4.08); "high level satisfaction/low level alertness" (17.8±4.46); "low level satisfaction/high level alertness" (8.5±2.93); "low level satisfaction / low level alertness" (11.6±3.78); "level of negative emotions" (20.1±6.17); "level of positive emotions" (34.5±8.11); and "total point level" (74.3±12.69).

**Conclusion:** It is founded that the people that are single, female, and having monthly income below 1600tl, and those who works willingly in their departments and did not attend any course-certificate program have higher happiness level about their jobs. However, while the nurses in between 23-27 ages have higher psychological

motivational level, the ones who are happy with their departments have lower. It is considered that it is necessary to support people who has low level satisfaction and low level alertness for the healthy psychology and satisfaction of work.

**Keywords:** Emotional, motivation, pleasure, perception, personnel nursing staff.

## P 4513

### FEAR OF RECURRENCE IN CANCER PATIENTS

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**Introduction:** Cancer survivor often faced with fear of recurrence. Recurrence is defined as the return of cancer after completion of treatment. Fear of recurrence (FR) is included in the literature although no consensus exists as "fear of cancer being able to return to the same place or elsewhere in the body, or the disease may progress". FR is generally considered to be a multidimensional concept that can vary from a normal response to a clinically meaningful fear.

**Method:** Psychological distress, such as increased anxiety and depression, is associated with low self-esteem, impaired daily living activities, impaired functioning, stress response symptoms and reduced quality of life. High FR can affect the social lives of patients and may cause patients to obsessively focus on symptoms. Because of FR, the ability of patients to plan for the future is deteriorating and can lead to frequent visits to health care facilities. Studies conducted in recent years to show supportive care needs in mixed cancer populations have indicated that recurrent is one of the most frequently reported problems by patients. In these studies, almost half of the patients reported moderate to high levels of supportive care needs.

**Results:** In terms of recurrence and fear of the future. Studies are usually focused on the severity and prevalence of FR. However, there is a need to determine the strategies that can be used to deal with the triggers of FR and the triggers experienced by people with cancer or those who have completed cancer therapy.

**Conclusion:** In conclusion, rehabilitation of patients in the light of qualitative and quantitative studies related to FR is important in increasing compliance with post-cancer work and social life.

**Keywords:** Cancer, survivorship, nurse.

## P 4514

### INVESTIGATION OF DEPRESSIVE SYMPTOMS AND AFFECTING FACTORS IN HIGH SCHOOL STUDENTS: AN EPIDEMIOLOGICAL STUDY

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**Introduction:** Depression is one of the most common psychiatric disorders in adolescents. The present study was aimed at determining the prevalence of depressive symptoms in high school students and to investigate the factors affecting these symptoms.



**Method:** The study was conducted with 787 high schools students aged between 14 and 18 years. The students were attending an Anatolian high school and a vocational technical Anatolian high school in Izmir, a province in the western part of Turkey. The participation rate was 72%. The study data were collected using the Sociodemographic Characteristics Questionnaire and the Center for Epidemiological Studies Depression Scale (CES-D)-Child/Adolescent Form. Because the scale had no cut-off point, the mean score obtained by the sample was used as the cut-off point. Age, gender, presence of a physical illness, income level, education levels of the mother and father, occupations of the mother and father, whether the parents are divorced and presence of physical illness in parents were examined as the affecting factors. The multiple regression analysis method was used in the analysis of the data.

**Results:** Of the participants 50.9% (n=400) were girls and 49.1% (n=387) were boys. Of the participants, 48.8% were at risk for depression. This rate was higher in the 11<sup>th</sup> and 12<sup>th</sup> graders getting prepared for the university entrance exam and in girls. The comparison of the schools in terms of the depression level revealed that the depression risk was higher in the students attending the vocational technical Anatolian school (p<0.001). The results of the multiple regression analysis demonstrated that the prevalence of depression symptoms was higher in females, those whose income level was low, those who were 17-18 years old, but lower in those whose fathers were university graduates. This model used in the study accounted for 8.2% of prevalence of depressive symptoms, which was considered statistically significant.

**Conclusion:** It was determined that depressive symptoms were common during adolescence. Based on the results of the study, it is recommended that girl students and senior high school students should be regularly screened for depression, adolescents and their families should be informed about depression, and more depression prevention programs should be held in schools.

**Keywords:** Depression, adolescence, nursing, epidemiological study.

## P 4528

### NURSES' PERCEPTION OF "DIFFICULT PATIENTS"

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**Introduction:** The purpose of this study is to express whom nurses define to be a "difficult patient", difficulties they encounter while treating these difficult patients and specify the communication problems involved. In literature, "difficult patient" is a patient who behaves in a way that hinders communication. Many studies in this area showed that difficult patients cause emotional weariness and disappointment in hospital personnel, decrease in service quality, prolongation of treatment time and therefore increased costs and decreasing personnel performance. For this reason, it is important to specify the types of patients regarded as "difficult" by nurses and analyze their behaviors in their interactions with these patients.

**Method:** This study was conducted in a private hospital with 68 nurses, which consists mostly of nurses working in oncology units. Percentage test was used in the analysis of the questionnaires prepared using literature.

**Results:** When asked what difficult patient is, 61.7% of the nurses answered "avoids communication", 52.9% answered "patients with psy-

chiatric disorder", 50% answered "angry patients", 38.2% answered "cancer patients" and 27.9% answered "patients with sexual behavior disorders". 60.2% of the nurses expressed that they are willing to take care of difficult patients and 66.1% expressed that they don't feel negatively about this. 75% indicated that it's difficult to communicate with them and 67.6% said that difficult patients are challenging. 54.4% are not at all happy taking care of difficult patients. 50% of the nurses expressed that dealing with difficult patients does not affect their views on their profession, while 66.1% expressed willingness to get consultancy on communicating with difficult patients.

**Conclusion:** As a result of the research, the majority of the nurses stated that it took extra time to work with difficult patients, that it was tiring, annoying and challenging and also it was not easy to communicate with difficult patients. In parallel with the results of the study, training on treating difficult patients for nurses are expected to provide more healthy communication in patient care and improve problem solving skills.

**Keywords:** Nurse, patient, difficult patient, communication with patient.

## P 4530

### A CALL TO PSYCHIATRIC NURSES TO REDUCE STIGMATIZATION BEHAVIOR: 'PERSON-FIRST LANGUAGE' USAGE

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**Introduction:** The language a method of communication used to change consciousness, the attitudes of those involved, who convey intended or unintended meanings for society. At the heart of healing-focused medical health services are professionals who communicate the uniqueness, strengths, abilities of a person(2). 'The first language of the person' is a starting point for communicating dealing with the social exclusion experienced by individuals with medical illness and putting the person in front of the inadequacy can explain who are you. The most significant point is this method emphasized that individuals are not a label but rather their strengths, rather than their weaknesses. According to The National Alliance of Medical Illness(NAMI) medical illness should be defined 'brain disease'. This terminology reduce stigmatization thought to describe mental illnesses in biological terms that represent 'real' medical problems.

**Method:** During the preparation phase of the compilation study, literature review was conducted using the words "Interdisciplinary Communication","Attitude of Health Personnel"," Nursing"

**Results:** The studies show that the concepts of "mental illness" and "medical illness" are used in different meanings by the people and the expression of "mental illness" is more stigmatized than the expression of "medical illness".Although it is known ;the words "crazy" and "crazy" used to describe people which has medical disabilities are stigmatizing by society, these expressions are often used so it causes social isolation.

**Conclusion:** The use of language expressions referring to illness, not the patient, is a tool in preventing stigmatizing attitudes. Development of anti-stigmatization attitudes towards mental illnesses and the increase of awareness about this issue will provide contributions to the process of healing of the patients. It is important for psychiatric

nurses and other health professionals to be aware of the language attitude considering, so there is a need for work in this area.

**Keywords:** Interdisciplinary communication, nursing, attitude of health personnel.

## P 4538

### A CARE INNOVATION IN NURSING OF MENTAL HEALTH AND ILLNESSES: RECOVERY-ORIENTED CARE APPROACH

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**Introduction:** It remains inadequate when the concept of recovery, which is already defined over the emotions, values, attitudes, is tried to be explained with the concepts of "treatment" or "rehabilitation" through a medical approach that corresponds these to the concept of recovery. In the contemporary medicine philosophy led by the holistic approach, recovery is conceptualized as an orientation to the new conditions, a change gained by strengthening over the difficulties faced. The concept has started to take place on the basis of today's nursing theories (Watson's Human Care Model and Tidal Model). Collection, it is aimed to enlighten the possible effects of Recovery Focused Care (RFC) Approach on nursing practices and the care results by putting it in centre in terms of mental health. The RFC Approach supports individuals to build their lives upon their strong aspects and highlights that the individuals should take only as much responsibility as they can bear at any time. It conducts the nursing practises standards on the basis of obtaining individual-specific outputs. Hope, connecting, positive acceptance, becoming independent and the selfhood, changing and taking responsibility, socialization and strengthening in coping are among the elements which help this approach be used in all expertise of nursing, especially with psychiatry nurses who care the individuals facing with becoming chronic and the increasing stigmatization in company with it more frequently.

**Conclusion:** Breaking the rules of conventional recovery of mental illnesses by accepting that each individual is special, the RFC approach helps the individuals live their lives more meaningfully and find themselves in the light of the principles of self-determination and goodness among the practice and ethical standards of psychiatry nursing. Recovery is a process and nurses can turn themselves and the clinical environment they manage into the key tools of recovery in this process. It can be envisaged that integration of this approach with clinical practice may decrease the repeated admissions and increase the quality of care.

**Keywords:** Recovery, nurse, current approaches, recovery focused care.

## P 4551

### A METHOD FOR DE-ESCALATE AGGRESSIVE PATIENT IN A PSYCHIATRIC CLINIC: DE-ESCALATION

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**Introduction:** Aggressive behavior affects everyone in psychiatric clinics and the therapeutic environment. The use of de-escalation methods for de-escalating aggressive patient without aggressive behavior is important in the prevention and management of violence and aggression. The purpose of this study is to present the literature on the content of methods of de-escalation as the first step in the management of psychiatric clinics for preventing and management aggression and violence exposed health professionals working in psychiatric clinics.

**Method:** Pubmed, Cinahl, Science Direct, Wiley Interscience, Ulakbim Medical Database, and Turkish Medline databases were examined using 'aggression', 'de-escalation' and 'psychiatric nursing' keywords.

**Results:** De-escalation is a collective term for a range of psychosocial interventions aimed at redirecting patients toward a calmer personal space. Communication, control emotions and behaviours (self-regulation) and evaluation have an important subject in the scope of de-escalation interventions. The principles of communication can be defined as making an early connection with the patient, asking open-ended questions, and actively listening. Self-regulation; to perceive aggressive behavior personally, to be aware of their feelings. Evaluation involves assessing the risk of aggression. There are many methods of de-escalation but it is seen that there is no standard practice in which methods are used as de-escalating techniques, how healthcare workers decide to use the method, using of seclusion and restraint still continue to be used in the approach to the aggressive behavior.

**Conclusion:** It is important to clarify how psychiatric nurses manage aggressive behavior, what they know and do about de-escalating methods, and develop their skills in this area. Longitudinal studies are recommended to evaluate the effectiveness of training in de-escalating techniques. It is also suggested that nursing schools should include de-escalating techniques to prevent aggressive behavior in psychiatric nursing course contents.

**Keywords:** Psychiatric clinic, aggressive behavior, nurse, de-escalating.

## P 4587

### MENTAL HEALTH NURSING IN NIGERIA

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**Introduction:** In recent years, Nursing has become one of the fastest growing professions in the world, Nigeria included. This article explores the development of nursing, its current situation, and process of changes in its education in Nigeria. It also reviews the knowledge

of and attitude towards mental illness among Nigerians in hopes to proffer workable solutions to this problem. As the roles of nurses continue to expand, Nigerian nurses are expected to improve as professionals and the country must provide more job opportunities with high income rates. Issues in these regards, challenges in its practice are discussed with propositions of some way forward. To review nursing in Nigeria, mental health & illnesses, the populations' perception & attitudes towards them, the present condition and future prospects.

**Method:** Literature reviews of published articles on mental health issues in Nigeria identified via online databases; Google, ImedPub, PubMed, & Biomed-Central.

**Results:** The findings revealed that mental health in Nigeria is still facing some stigmatization, thus, the need for mental health literacy and workable health policies are vital. These will significantly reduce stigma and increase health seeking behavior of the mentally ill. Although education, industrialization and technological innovations has significantly improved in health care facilities, Nigeria still has a long way to go to improve efficiency, productivity and motivations of the younger upcoming generations who are interested in this profession.

**Conclusion:** Addition of awareness-raising using volunteers in communities as part of health program implementation can increase services use by a population. Mechanisms such as informing populations of the existence of a service which they were previously lacking; explanation of causation of mental illness and achieving community leaders' support for a new service can make investment in services more efficient by increasing attendance. The Nigerian government needs to take these matters into consideration and unite with other advanced nations to make decisions that will benefit and improve the health of her people.

**Keywords:** Mental health, nursing, Nigeria.

## P 4588

### EVALUATION OF KNOWLEDGE, ATTITUDES AND BEHAVIORS FOR ALTERNATIVE AND COMPLETE TREATMENT OF PHYSICIANS, NURSES, PATIENT AND PATIENT'S RELATIVE

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**Introduction:** Assessment of information, attitudes and behaviors of physicians, nurses, patients and their relatives for alternative and complementary treatment.

**Method:** This descriptive study was conducted in a private hospital between March and June 2017. Research data, sociodemographic data, and practices outside of medical treatment were collected through the "Introductory Information Form". A total of 350 people, including 171 physicians and nurses, 179 patients and relatives, who accepted to participate in the study and filled out the data collection forms, were sampled.

**Results:** The average age of the participants was 30.34±9.01, 64.9% were women, 61.4% were single, 46.9% were undergraduate, 66.3% were not using non-medical treatment and 80.9% were aware of al-

ternative complementary therapies, 63.6% believed that alternative complementary therapies were effective in 53.1% of the patients who received information from alternative complementary therapies, internet / newspapers / magazines / television etc., 40.9% had no opinion about the effectiveness of alternative complementary therapies, 84.9% 89.4% of the patients had no opinion about alternative medicine, 77.4% thought that there was no difference between alternative and complementary medicine, 89.7% had idea or fully known alternative and complementary treatment methods were hijam, 61.1% system should be supported. 45.6% of the nurses, 36.8% of the physicians, 39.1% of the patients and 23.1% of the patients' relatives stated that they use TAT practices outside medical treatment.

**Conclusion:** It was determined that the use of non-medical treatment according to the position of the participants, the state of TAT being at risk for health, the difference between the opinions about the difference between alternative and complementary medicine ( $p < 0.05$ ). Uncertainty or misuse of TAT methods leads to undesirable consequences. In this context, it is very important for health professionals to know the benefits and harms of TAT practices and to inform the public about these benefits.

**Keywords:** Complementary treatment, alternative treatment, physician and nurse.

## P 4596

### INSOMNIA AND RELATED FACTORS IN NURSES WORKING IN A UNIVERSITY HOSPITAL

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**Introduction:** Sleeplessness "Although the conditions for sleep are appropriate, there is a table that shows itself with problems in daily life, in addition to repetitive distortions in the beginning, the duration, the integrity or the quality of Sleep" and it is reported that between 63% and 69% of the nurses live. This research was planned in an analytical cross-sectional fashion to identify insomnia and insomnia related factors in nurses working in a university hospital.

**Method:** In a descriptive study, which began in June 2018 and will continue through December 2018, it is planned that the universe operating on a university hospital in the West on the west will be conducted with 236 nurses identified by known sampling method. Nurses are taken by sampling multiple sampling method. The data were obtained from the "Maslach Burnout Inventory" (MBI) which is composed of "Sociodemographic question form", "Questionnaire about sleeping and insomnia affecting factors", "Insomnia Severity Index" (ISI), Emotional Exhaustion (EE), Desensitization (D), Personal Achievement (PA), Beck Depression Inventory (BDI)", "Beck Anxiety Inventory (BAI) "and" Beck Depression Inventory (BDI) ". Findings obtained without the study were analyzed with the SPSS 22 program. In all analyzes, the level of significance was evaluated at  $p < 0.05$ . Collection of research data is continuing.

**Results:** According to the data collected from 100 nurses participating in the study, 86% (n=86) women and 14% (n=14) were male and the mean age was 30.02±8.29 years. 77% of the participants live with their families and 76% think that the room they sleep in is adequate for a good sleep. The mean score of ISI is 1.33±0.71, the average of EE is 2.82±0.83, the average of D score is 2.79±1.44, the average of

PA score is  $2.54 \pm 0.61$ , the mean BAI score is  $0.79 \pm 0.50$  and the mean score of BDI is  $0.58 \pm 0.46$ . There was a significant positive correlation between ISI scores and, MBI, BAI and BDI scores ( $p < 0.01$ ).

**Conclusion:** Nurses living in the absence of sleeplessness, anxiety and depression are the result of increased. In the light of these results, it can be suggested that the nursing period, which is a shift occupation, should be kept short and that the rapid shift change should not be done.

**Keywords:** Insomnia, depression, anxiety, burnout.

## P 4599

### WE WILL BE NICE TOGETHER

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**Introduction:** Community mental health centers serve the group of patients with severe mental disorders. The treatment of schizophrenia is based on drug therapy. With psychosocial support, positive developments in the quality of life, insight, harmony and functionality of the person are observed. Outpatient services and rehabilitation services are carried out in community mental health centers. Rehabilitation services; mainly psychosocial aspects of the patient to prevent the loss of power is served. It is also observed that patients with schizophrenia and bipolar suffer more stigmatization. For this reason, difficulties in treatment adaptation can be experienced. In fact, in the work of Üçok (2003), stigma was more often 'being an individual' in the West, 'being successful'. It has stated that its involvement in the social sector reduces social functionality. Therefore, there is a prejudice in the society that psychiatric patients cannot be in production. In particular, all health workers need to be informed about this issue.

**Results:** Afterwards, other professional groups should be trained. Literature workshop is a group of social skills. The aim of this project patients with severe mental disorders; to contribute to social function and to create a work towards the stigma of society. Literary workshop, with the participation of consultants registered with TRSM every week on Wednesdays it was collected between the hours of 13:00 and 14:00. Each one of them was approved for the project. Once a month, every week. 5 words and input sentences determined by the supervisor and group interaction in the stories were written. The book was compiled at the end of the year. Patients who attend the workshop regularly; the development of communication skills, increased emotion expressions, increased memory concentration times, they were more initiative-oriented and increased self-confidence.

**Conclusion:** As a result, the group; it was seen to contribute to social skills. Productivity has also been improved for the stigma of society. It is thought that it contributes to improvement by keeping it in the forefront of individual values in the group where formal formality is reduced as much as possible. The stories written in this project can be played in the drama studio and the functionality can be increased. It was observed that there was a cost-effective and functional study. Therefore, investments in human beings were evaluated. It was observed that their resilience could increase with the support of the nurses' creativity.

**Keywords:** Stigma, schizophrenia, social skill.

## P 4623

### ATTITUDES AND BEHAVIORS OF NURSES WORKING IN PSYCHIATRIC CLINICS TOWARDS CARE-FOCUSED NURSING-PATIENT INTERACTION

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**Introduction:** Nurse-patient interaction is a process focused on determining and fulfilling the needs of the patient/individual and consists of verbal and nonverbal communication. Mental health nursing practices are based on nurses' interactions with patients and individuals. With their positive attitude and behaviors, through planned nursing interventions nurses affect patients and are affected by them. The main point of this interaction is care. Care is defined by many theoreticians as an "interpersonal interaction process." Peplau reported that nurse-patient interaction affects patients' well-being and the result of care, while Watson stated that nursing care is based on nurse-patient interaction.

**Method:** The aim of this literature review was to assess the attitudes and behaviors of nurses working in psychiatric clinics towards care-focused nurse-patient interaction.

**Results:** The nurse-patient relationship is very important for recovery from mental disorders. Watson reported that nursing care can be effective only through the use of care behaviors such as establishing eye contact, honesty, physical contact, awareness, and the perception of these behaviors by patients. Watson's theory of human caring focuses on interpersonal care relationships and recovery processes. This literature review aimed to include studies examining the care-focused nurse-patient interaction in psychiatry based on Watson's model, but no studies conducted with psychiatric nurses were found in the literature. However, studies examining the care-focused nurse-patient interaction of psychiatric nurses from the perspective of patients showed that several behaviors are necessary: understanding the patient, honesty, physical contact, offering explanations, allocating time for patients, and attaching value to them. Patients stated that nurse-patient interaction becomes therapeutic when their needs are fulfilled and value is attached to them.

**Conclusion:** This literature review shows that few studies have examined the attitudes and behaviors of nurses working in psychiatric clinics towards care-focused nurse-patient interaction. It also shows that there has been no such study in Turkey. This study shows that it is necessary to investigate care-focused nurse-patient interaction, which is indispensable for recovery from mental disorders and the factors affecting it. Therefore, it is recommended that future studies examine the attitudes and behaviors of nurses working in psychiatric clinics towards care-focused nurse-patient interaction.

**Keywords:** Nurse-patient relationship, nursing care, psychiatric nursing.

## P 4664

### A MODEL FOR USING THE MAIN PRINCIPLES OF POSITIVE PSYCHOTHERAPY IN PSYCHIATRIC NURSING

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**Introduction:** This study aimed to assess the usability of positive psychotherapy (PPT) principles (the balance model, the principle of hope, positive starting points and primary and secondary capacities) as a model in psychiatric nursing.

**Method:** This study was done with students in the nursing department of a university faculty of health sciences during a psychiatric nursing course in the spring semester of 2018. During the study, 90 students practiced psychiatric nursing. The model was implemented with students who practiced psychiatric consultation-liaison nursing (PCLN) in the internal medicine and surgical clinics. The theoretical part of the psychiatric nursing course interactively taught students how to use the balance model, the principle of hope, positive starting points, primary and secondary capacities, and PPT stories. The study used a patient identification form, a primary and secondary capacities specification form (WIFF) and the NANDA identification system. Each student managed the caregiving period of at least one patient with a physical illness. The instructors held two-hour meetings that involved experience sharing, questions and answers and assessment with students during the practice period, which took place two days a week. At the end of the practice period, the students were asked to respond to a form which consisted of five questions to assess the model.

**Results:** The students used primary and secondary capacities and the principle of balance to identify the health patterns of patients and the nursing diagnose. The most frequent nursing diagnoses were anxiety, deterioration in self-respect, reduced physical mobility and moral distress. Starting points, the principle of hope, primary and secondary capacities, and stories were frequently used in the nursing interventions. Almost all the students (98%) said that their perspectives on the model and their concept of disease changed from seeing disease as an insufficiency to seeing it as an opportunity to reveal existing capacities. The model had a positive effect on nursing care, and the balance model eased holistic observation of patients. They said they were able to collect more effective data in a shorter period of time, and 89% said that their personal awareness had increased.

**Conclusion:** Using the main principles of positive psychotherapy in psychiatric nursing can increase its effectiveness.

**Keywords:** Psychiatric nursing courses, physical illness, positive psychotherapy, nursing intervention.

## P 4678

### DELIRIUM AND SLEEP IN PATIENTS WITH INTENSIVE CARE

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**Introduction:** Intensive care units are multidisciplinary approaches requiring monitoring of life-threatening patients, supporting their life functions and providing a wide range of technological equip-

ment and applying special treatment methods. Sleep quality is an important factor for the recovery of life and disease in intensive care patients. It is stated that patients are exposed to negative emotional problems during their stay in the intensive care environment. These emotional problems and sleep disorders experienced by intensive care patients cause delirium to decrease the quality of life of patients. Delirium, which is an acute confusion, can cause many side effects in the intensive care unit. The etiology of delirium in the intensive care unit is often multifactorial and is not known from time to time. Sleep disorders and delirium are reported to be common in the literature especially in the patients in the intensive care unit. The aim of this review is to increase the awareness of nurses working in the intensive care unit for sleep disorders and delirium.

**Method:** This study was carried out between 2008-2017 and the results of this research were reviewed.

**Results:** In the studies conducted, it was determined that delirium was seen frequently and it was due to various reasons in the patients who were treated in intensive care units. In the literature, it has been reported that the prevalence of delirium is 10-30% for all hospitalized patients, while this rate is reported to be 40% in intensive care units, 50% in elderly patients and 80% in patients with mechanical ventilation. In sleep studies, it was stated that both sleep quality and duration were insufficient in the patients in intensive care units. Although the relationship between delirium and sleep has not been clearly demonstrated, it is not yet established that sleep disturbance causes delirium. It has been reported that drugs used to control delirium may have adverse effects on sleep quality and may adversely affect their psychiatric status.

**Conclusion:** There is no direct causal relationship between sleep disorder and delirium in the literature. Therefore, more research is needed on the subject. Intensive care nurses should plan nursing approaches for sleep disorders in patients with delirium and should ensure that they are diagnosed and treated at an early stage.

**Keywords:** Intensive care, delirium, sleep.

## P 4689

### RECOVERY CONCEPT AND PSYCHIATRIC NURSING

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**Introduction:** Recovery concept has often become a current issue recently and may change according to the persons with mental disorder and healthcare team. In this paper, we aimed to provide a systematic insight on recovery concept and roles of psychiatric nurses on recovery of persons with mental disorder. Recovery term has become interest for the first time in Mental Health Report published by "Surgeon General" in the USA, and in "The New Freedom Commission on Mental Health" in 2003, is the common goal of mental health services worldwide.

**Results:** Recovery has been variously defined. Medically, recovery has been described as the absence of clinical symptoms, functional improvement, and full recovery, and depends on objective, measurable criteria such as ability to go work, and being able to take medicines by self. Therefore, personal experiences are less important in the medical practice. From viewpoint of rehabilitation,

recovery is making the deep, personal, and unique change process in attitudes, values, feelings, goals, skills, roles, and life meaningful, despite the limitations by ongoing disability. For these persons, recovery is to communicate with healthcare team, strive for achieving the goals, and personally cope with the negative effects of the disease and treatment despite the symptoms. Therefore, psychiatric nurses should actively listen persons, learn how they cope with life problems, find and reveal strengths of persons by this way, providing them self-awareness.

**Conclusion:** In conclusion; there are common and complimentary points both in medical and rehabilitation models. We think that, adaptation of the rehabilitation concept which advocates the way of satisfying, hopeful and meaningful living despite the disease would be more helpful rather than the medical model alone. It is important for psychiatric nurses to adopt the principles that would provide contribution in care they give for the recovery of persons with mental disorder.

**Keywords:** Recovery, psychiatric nursing, mental disease.

## P 4691

### IMPORTANCE OF COMMUNICATION IN APPROACH TO ALZHEIMER PATIENTS

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**Introduction:** Alzheimer, is a neurodegenerative disease with an incidence increasing by aging. The cognitive area which is first and severely damaged in Alzheimer is the short-term memory. As the disease progresses; loss of short-term memory is accompanied by aphasia (difficulty in finding words, paraphasia etc.); time, place and person disorientation; losses in functioning, visual and spatial abilities; and behavioral deficits. Communication is an important problem that should be taken into account in Alzheimer patients because of the intense cognitive destruction. In this paper, we aimed to focus on the importance of communication and the principles of communication in approach to Alzheimer patients.

**Results:** In general, there are many principles that a psychiatric nurse should consider. The nurse should determine with which language the patient better communicates, should use an interpreter if necessary, and should identify visual or auditory disorders and provide the use of auxiliary devices (hearing devices and glasses) in the hospital. Environmental stimuli should be reduced to avoid distraction when discussing with the patient. A clear, simple, low and calm voice should be used and medical nomenclature should be avoided. The person should be approached evenly, eye contact should be made, the person should be addressed by name, and enough time should be given to the patient for understanding and replying. In addition, it is critical to listen the person and understand the emotions underlying the words. Body language of the patient should be observed, and a correct body language should be used to reassure the patient. The nurse should support social relationship and daily activity planning of the patient.

**Conclusion:** In conclusion, psychiatric nurses should be calm, sensitive and careful when communicate with Alzheimer patients. They should develop communication strategies by determining personal traits of a patient and without forgetting that he/she is also a unique person.

**Keywords:** Psychiatric nursing, Alzheimer, communication.

## P 4693

### AN INTERVENTION METHOD FOR IMPROVING COMPLIANCE BEHAVIOR: NIDOTHERAPY

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**Introduction:** Nidotherapy is method of intervention that works with other therapies aimed at modifying the environment of individuals with serious mental disorders. It is a form of management for individuals with mental disorders and focuses on the manipulation of the individual's environment, regime and relations to better 'accommodate' the individual and his / her environment. Environmental change is made by the patient. The aim of nidotherapy is not to change the person, but to create a better harmony between the environment and the individual. Both the patient and the nidotherapist work together in the nidotherapy intervention, which has benefits such as improvement in human relationships. The aim of the nidotherapist is to communicate with the patient and to increase the patient's determination to achieve environmental changes.

**Method:** The literature review was performed from 'Ulakbim, Elsevier, Medline, Pubmed, Springer, Cochrane' databases between 10.08.2018 - 20.08.2018 by using the words "Environmental Impacts", "Adaptation, Psychological", "Mental health".

**Results:** In the studies examined, nidotherapy intervention in patients who were diagnosed with schizophrenia reduced communication time, increased communication and improved social functioning, in adults with aggressive which remain in nursing homes, is effective in managing aggressive behaviors. In patients who are antisocial, it helps to cope with anger, and it is stated that patients see their therapists as support when they feel alone.

**Conclusion:** Nidotherapy, which uses a collaborative approach to make an assessment of the physical, emotional and social environment of the individual, is an intervention method to increase the adaptation of the individual. It is thought that this intervention can be applied by psychiatric nurses to enable individuals with mental disorders to set goals and to encourage the individual in the difficulties encountered. Therefore, there is a need for studies related to the possible methods in the field of psychiatry.

**Keywords:** Environmental impacts, adaptation, psychological, mental health.

## P 4697

### METHAPORES IN THE SEXUALITY PERCEPTION: SEXUALITY IS DAISY OR DRAGON?

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**Introduction:** Sexuality is an important aspect of human life and relationships. Determining individuals' perceptions of sexuality provides important data for prevention, treatment and recovery of sexual dysfunctions. However, the determination of the sexual perception of individuals is not easy because sexuality is seen as a taboo. Metaphores can be a more functional way of describing sexuality than direct explanation. Metaphor; is a word or words used to de-

scribe a concept, phenomenon, or word by "like" or "similar" in connection with something very similar to it. This study aims to determine women's sexuality definitions by "metaphor analysis".

**Method:** In the qualitative study, data were collected from 47 women who came to the cultural center of a municipality. A form which consisted of totally five questions were used, four sentences completion and one "analogy" questionnaire in collecting data. In the fifth question, it was also asked why she likened the analogy in terms of revealing the content under the metaphor. In addition to the definition of sexuality, sexual education was also questioned. The obtained data were evaluated by "descriptive analysis" as a qualitative research designs.

**Results:** The results indicated that women liked sexuality in three categories: plant, animal, and nature.

**Conclusion:** Further studies in a large sample and for all genders is considered important in generalizing the findings.

**Keywords:** Sexuality, women, metaphor.

## P 4700

### USE OF WATSON'S HUMAN CARE MODEL IN NURSING CARE

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**Introduction:** Nurses, the 24-hour caregiver members of health-care services, may influence and guide the treatment as the person who knows the patient most well. A nurse should give importance to uniqueness and individuality of an individual by interacting with the patient. A nurse is involved in an interaction with the patient all the time while managing the patient's daily care. Nurses must detect needs of the patient, observe alterations in his/her status, and implement and evaluate the interventions planned. A nurse who is not involved in an interaction with a patient cannot understand the patient's problems and help the patient effectively. In our country, nursing implementations are conducted generally based on the medical model. Working with the medical model leads to not understanding of the essence of the nursing profession. Therefore, use of the nursing model and theories which distinguish nursing implementations from the medical model are of importance. Use of theories and models in nursing implementations have some benefits such as provision of standardization of the nursing care, determination of targets of the care and problems an individual already or possibly has and determination of expected outcomes by planning and implementing the interventions. Watson, who argues that nursing has to be care-centered, not profession-centered, contributed to nursing by developing the Human Care Model.

**Method:** Watson stated in the Human Care Model he developed that, an individual has three fields: mind, body and soul, and these fields have to be consistent with each other to be healthy. He, however, describes nursing as the science and philosophy of caregiving. He evaluates the nursing care as a process of mutual interaction between two people via physical, mental, spiritual and socio-cultural ways. Watson expresses that presence of a trust-based authentic relationship between an individual and nurse is necessary. In Watson's

model, he emphasizes interpersonal care relationship, care status-moment and recovery processes, as well as the nursing care. Watson describes nursing implementations as rehabilitative factors, instead of a nursing intervention and emphasizes that the communication between an individual and nurse is important in rehabilitative capacity of a patient. In Watson's Human Care Model, rehabilitation is comprised of 10 processes. These processes are described as humanity, commitment, system of values, belief-hope, sensitivity, help-trust relationship, expression of feelings and sensations, problem solving, teaching-learning, rehabilitation environment, help to needs and enabling powers. Rehabilitative processes are considered to be the essence of the nursing care.

**Results:** According to Watson, a rehabilitative care environment is an atmosphere which is comfortable, peaceful and relaxing in physical, emotional and moral aspects. While creating this atmosphere, a nurse has to create a rehabilitative care environment firstly for himself/herself and then for the individuals they give care. For this, complementary therapies such as breathing exercises, musical therapy, focusing on the moment and keeping a diary can be used.

**Conclusion:** Although there are studies investigating the nursing care grounded to the Human Care Model which is commonly used all over the world, in national literature limited number of studies grounded to this model has been reached. For nurses to ground the care they give on a scientific base and to explain what and why they do, use of models and theories are necessary. In studies conducted by nurses, use of Watson's Human Care Theory has been determined to be limited. Accordingly, given the benefits the nursing care given in a theoretical framework, making nursing studies using theories-models widespread is recommended. As a rehabilitative model, Watson's Human Care Model is a guide for nurses.

**Keywords:** Nursing, model, Watson's Human Care Model.

## P 4704

### THE ROLE OF PSYCHIATRIC NURSING IN HEALING AND ADAPTATION OF PATIENTS AFTER ORGAN TRANSPLANTATION

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**Introduction:** Organ transplantation is a long process that affects physical and mental health and needs to be dealt with prior to transplantation, surgery, post-transplantation. In pre-transplantation preparation, both physical and mental readiness of individual is very important in recovery process of individual after transplantation and adaptation to new situation. In this review, it was aimed to review role of psychiatric nurse in adaptation and healing process following organ transplantation.

**Method:** In databases, searching process was conducted by using some key words such as "organ transplantation," "adaptation," "healing," "psychiatric nurse". After screening, studies examining psychosocial problems and adaptation of people after organ transplantation were included and examined.

**Results:** The studies reveals that psychological readiness of individual is important as well as physical readiness before the transplanta-

tion. It is stated that physical, emotional and mental problems can be seen in individuals, and this situation adversely affects adaptation to treatment and healing process. It is emphasized that holistic perspective is important which dealing with these problems in light of their roles and responsibilities and within team approach. Psychiatric nurses within health care team play an important role in promoting physical and mental care, in facilitating adaptation of the individual to the new situation, and in supporting difficult situation encountered. It is emphasized that nurses have many responsibilities such as examination of mental status, determining factors affecting individual, providing training according to their needs, ensuring compliance with treatment, planning, taking necessary measures, providing social and psychological support.

**Conclusion:** The results of studies reveal that the individual needs spiritual preparation and care as well as physical preparation and care for improvement and adjustment to new situation after transplantation. As a member of health care team, psychiatric nurses should be involved in intervention team, and they should evaluate both physical and mental recovery together with their holistic approach.

**Keywords:** Organ transplantation, adaptation, healing, psychiatric nurse.

## P 4721

### MENTAL RECOVERY

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**Introduction:** Recovery has enabled us to reclaim nursing. Psychiatric Nursing Leader Individuals with psychiatric disabilities are faced with problems such as recurrent admission, deterioration in functioning, collective reintegration. For many years, recovery for this population has been considered impossible. The personal expectations of coming from the top of psychiatric illnesses and regaining a meaningful life have supported a new paradigm of healing in the mental health system. There are some disagreements about the notion of healing. Some suggest that recovery should be seen as a relief from mental illness, while others suggest that it involves ways of coping with mental illness, leads to the recovery of meaningful life. Recovery is a holistic concept involving processes and outcomes. Elements of the healing process; to have hope, to be able to accept the disability and to cope with symptoms, to take responsibility for self-health, to effectively manage their own inadequacies, to develop existing meaning for life.

**Results:** Components of mental healing; Autonomy, Individualization, Empowerment, Holistic, Nonlinear, Empowered, Peer Support, Respect, Responsibility and Hope. These components may vary, but have essential qualities such as being initiated by the patient, maintained with hope. In this sense, healing is not treatment and is the result of a medical procedure.

**Conclusion:** The psychiatric nurse is responsible for the planning and implementation of the nursing care on which the physical safety of the patient is monitored for the healing-based care is based. Nurses are key to establishing standards of care for healing, including patient and staff interactions and respect for their relationship and maintaining a collaborative attitude. Unlike care plans in other clinics, healing-focused nursing care should be considered in areas

where patients are most adequate, particularly supporting strengths, preferences and needs of patients. In addition to working in partnership with patients to develop, implement care plans, nurses are role models and trainers of individual-centered care. As a result, recovery nursing therapy can be summarized as alleviating the acute conditions of the patient, increasing the life satisfaction by adapting to the individual situation.

**Keywords:** Mental recovery, recovery concept, nursing.

## P 4732

### PSYCHOLOGICAL WELL-BEING LEVELS AND PERSONALITY CHARACTERISTICS OF NURSING STUDENTS' SELF-ESTEEM

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**Introduction:** Self-esteem is defined as self-recognition, acceptance and adoption of its own abilities and powers, and expresses the feelings of love, respect and confidence towards one's self, achievement, acceptance in society, adoption, adopting their own bodily features, showing positive personality characteristics, and the development of self-esteem are the leading factors in the development and development of self-esteem. A limited number of studies have examined the relationship between the level of psychological well-being and personality traits with self-esteem. In this study, it was aimed to determine the relationship between self-esteem, psychological well-being and personality traits on a sample of nursing students.

**Method:** A total of 152 students (82.8%) were male and 17 (11.2%) were female. Research data were obtained by using Psychological Well-Being Scale (short form), Rosenberg Self-Esteem Scale (Çuhadaroğlu, 1986), Adjective Based Personality Test and personal information form. Descriptive statistics were used for the evaluation of the data, while independent samples t-test, ANOVA tests and Pearson correlation analysis were used in the comparisons between the groups.

**Results:** The mean age of the students was 21.13. 59.2% are 3rd grade students, 82% are female and 35% are the last child of their family. It is determined that there is a positive relationship between self-esteem and personality-based personality test, which is the sub-dimension of extraversion, responsibility and openness to experience ( $p < 0.05$ ). It was determined that there is a positive relationship between self-esteem and the sub-dimension of psychological well-being scale, which is autonomy and environmental dominance ( $p < 0.05$ ).

**Conclusion:** It was determined that psychological well-being increases as the self-esteem of nursing students increase. Activities that raise self-esteem can be planned for students. In future studies, it can be suggested that studies investigating the relationship of these two variables with the variables such as psychological stability and psychological bonding.

**Keywords:** Nursing student, psychological well-being, self-esteem, personality traits.



P 4733

## THE RELATIONSHIP BETWEEN NURSING STUDENTS' ATTACHMENT STYLES AND PSYCHOLOGICAL RESISTANCE LEVELS

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**Introduction:** The attachment style theory is a widely accepted theory of personality development first proposed by Bowlby (1982). According to this theory, attachment is an emotional bond that is defined as a tendency to seek and maintain closeness to a particular figure, especially in stressful situations. Being healthy and safe as a form of attachment directly affects the personality development and personality traits of the individual. The attachment behavior in childhood maintains its effects on adulthood and determines the person's liking, affection and coping capacity. Psychological endurance is an important factor in maintaining a healthy emotional state in the face of stressful life events. It is assumed that the individuals who are connected more safely will be more psychological. In conclusion, it is important to understand the relationship between psychological resilience and attachment style that is effective in personality development in nursing students who will have a stressful occupation. The aim of this study is to determine the relationship between the attachment styles and psychological resilience of nursing students.

**Method:** A total of 152 students from Karadeniz Technical University Department of Nursing were included in the study group. Research data were obtained by using Experiences Inventory (I), Psychological Resilience Scale and personal information form. In the evaluation of the data, descriptive statistics including number and percentage distribution, and independent samples t test, ANOVA tests and Pearson correlation analysis were used.

**Results:** The mean age of the students was 20.6. 36.8% were 3<sup>rd</sup> grade students, 84.9% were female and 38.2% were first child. 62.5% did not have a romantic relationship. They perceive that 80.3% of the mothers of 88.2% of the students have a democratic attitude. In this study, no significant relationship was found between psychological endurance and attachment.

**Conclusion:** When the data obtained from the scales were evaluated, there was no relationship between psychological resistance and attachment styles. It is recommended to carry out the study in a larger sample.

**Keywords:** Nursing student, attachment, psychological resilience.

P 4734

## PSYCHOLOGICAL WELL-BEING LEVELS OF NURSING STUDENTS ACCORDING TO CULTIVATION STYLES

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**Introduction:** Today, mental health is much more important than the lack of psychological health of the individual. The psychological

well-being model described by Ryff (1989) presents well-being in a multidimensional structure. According to Ryff (1989), there are six components of positive psychological health. These components; self-acceptance, positive relations with others, autonomy, life purpose, environmental dominance and individual development. While evaluating the social, emotional and personal processes of adult individuals, their past experiences, especially family interaction in childhood, provide important data. It is thought that the quality of the relationship with the parent and the way the child perceives the child in childhood will affect the relationships that will occur during adulthood, the way he perceives himself / herself and his / her well-being. This research; The aim of this study was to determine the levels of psychological well-being of nursing students according to their upbringing.

**Method:** The study group consisted of 124 students of Karadeniz Technical University Department of Nursing without any sampling method. In order to carry out the study, the written consent of the nurses participating in the study was taken from the volunteers and the institutions they continued their education. Research data were obtained by using the Child Rearing Attitudes Scale, Psychological Well-Being Scale (short form) and personal information form. In the evaluation of the data, descriptive statistics including number and percentage distribution, and independent samples t test, ANOVA tests and Pearson correlation analysis were used.

**Results:** The mean age of the students was 21.2. 46.8% were 3<sup>rd</sup> grade students, 73.4% were female and 36.3% were first child of the family. The parents of 59.7% and the parents of 43.5% are primary school graduates, and 91.1% of the parents live on the right side. 24.7% of the students spent most of their life in the district. They found that 79.9% of the mothers of 83.9% of the students had a democratic attitude. In this study, a positive and significant correlation was found between psychological well-being and strict control-controlling attitudes of mother and father.

**Conclusion:** In contrast to expectations, psychological well-being and positive control-control behaviors were found to be positively correlated. It is recommended to carry out the study in a larger sample.

**Keywords:** Nursing students, parenting styles, psychological well being.

P 4737

## THE EFFECT OF A STRESS MANAGEMENT TRAINING PROGRAM, CARRIED OUT WITH MINDFULNESS-BASED STRESS REDUCTION, ON NURSING STUDENTS: A RANDOMIZED CONTROLLED STUDY

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**Introduction:** The purpose of this study is to evaluate the effectiveness of the Mindfulness-based Stress Reduction program applied to a sample of Turkish nursing students.

**Method:** The study was designed as a randomized controlled trial. Program sessions of 90-95 minutes were given twice a week for 12 weeks. The data were collected using the Nursing Education Stress Scale, the Mindfulness Scale, and the Stress Management Styles Scale.

**Results:** A statistically significant difference was found in the mean post-test and mean follow-up scores obtained by the control group

and the experimental group on the Nursing Education Stress Scale and its sub-dimensions. On the Mindfulness Scale, a statistically significant difference was found between the mean pre-test and post-test scores obtained by the experiment and control groups. Furthermore, there was a statistically significant difference found between the two groups' mean pre-test and post-test scores on the sub-dimensions of Applying for Social Support, Self-confident Approach, Helpless Approach, and Optimistic Approach, and between their mean follow-up scores on the Helpless Approach sub-dimension. From the results of the content analysis performed on the students' expressed opinions, two main themes (Effect of mindfulness-based stress reduction and Mindfulness-based stress reduction techniques used for coping with stressors) and five sub-themes (staying in the moment, body scan meditation, thought tracking, self-love meditation, judgement-free acting and acceptance) were identified.

**Conclusion:** The results derived from this study suggest that the mindfulness-based stress reduction program is effective in reducing the stress experienced by students during nursing education, increasing their mindfulness, strengthening their coping mechanisms for stress, increasing their use of self-confident and optimistic approaches, and decreasing their use of the helpless approach; however, the said program is not effective in decreasing the submissive approach adopted by students or in improving their willingness to seek social support.

**Keywords:** Mindfulness-based stress reduction, MBSR, stress, mindfulness, coping with stress.

## P 4739

### SANDPLAY THERAPY: A MEANS TO EMPOWER COMMUNICATION SKILLS

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**Introduction:** Sandplay Therapy; for the purpose of expressing the inner feelings and thoughts of the patients, in safe places where everyone is familiar with, by using sand, water, miniature and hands, with the help of using the language of symbols, choices, and placings of miniatures, is an art therapy. During the process of sandplay therapy guiding patients healing experiences through a therapeutic progression, allowing non-verbal materials to be shared, some therapeutic strategies such as visualization, psychodrama, cognitive restructuring and interface creation are used. The role of the consultant who practices sandplay therapy is, to be an observer by providing an environment in which the patient can express his feelings. The purpose of the study is to examine the effects of sand therapy on the individual.

**Method:** This study is a classic type review. During the preparation phase of the compilation study, literature review was conducted using the words "Sandplay Therapy", "Nursing", and "Mental Healing".

**Results:** Studies have shown that sandplay therapy in migrant women with international marriages reduces social anxiety and loneliness corners; also that reduce for children, aggression and negative peer interactions, that increase in vulnerable children verbal and nonverbal communication, social skills, emotional healing, fur-

thermore it is a method for intercultural counseling, and finally the usage of sandplay therapy to the individuals with social distresses gives promising results.

**Conclusion:** Sandplay therapy gives opportunity to the patients to express their feelings and illnesses without words. It is also thought that sandplay therapy will contribute to the field of psychiatric nursing in the process of data collection, awareness about the problems of the patient, examination of behaviors resulting from expressionism. By introducing the characteristics of sandplay therapy and increasing the applicability and training of qualified specialists are important requirements that need to be addressed at this point.

**Keywords:** Sandplay therapy, mental healing, nursing.

## P 4740

### LONELINESS IN SUBSTANCE ADDICTION

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**Introduction:** The effect of loneliness, one of the biggest problems of our age, on dependent individuals is also quite high. Every individual has a sense of loneliness since its existence. Individuals who live or feel loneliness may be in risky group for addiction. However, dependent individuals may be in the risky group for loneliness. Because addiction can cause individuals to experience loneliness due to their biopsychosocial, economic and legal problems. The nurse working with dependent individuals living a sense of loneliness evaluate firstly the level of addiction and loneliness, risk loneliness and addiction, the relations between loneliness and addiction and determine nursing diagnosis. Nurses should use appropriate nursing interventions. For this, the nurse should use the role of counseling, education, care through the reassuring relationship.

**Method:** This study is a classic type review. In the preparation stage of the compilation study, a literature search was conducted by using the keywords, "loneliness", "dependent individuals", "existential loneliness" and "nursing".

**Results:** Loneliness is something that comes from man's creation. Addiction is a mechanism that emerges from coping with loneliness, defined as the behavior of the individual to protect himself from loneliness. However, dependency does not always occur due to loneliness from existence. Individuals with feelings of loneliness and addiction exhibit behaviors such as withdrawal from the society, introversion and isolation. In the studies examined, although the level of general loneliness of dependent individuals is low, it was found that the majority of individuals lived in loneliness, the loneliness of individuals, marital status, education level, perceived income level, family type.

**Conclusion:** On this basis, "loneliness and addiction" cause and effect relationship can be considered as a case of. However, this should not mean that loneliness from existence will always lead to dependence. It is an important requirement to evaluate the risk assessment; diagnosis; training and counseling services to the individual and his / her family and to increase the efforts to bring the individual to society, associated with addiction and loneliness by nurses

**Keywords:** Dependent individuals, loneliness, existential loneliness, nursing.

## P 4778

### PARENTS OF CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER

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**Introduction:** Attention Deficit Hyperactivity Disorder is neuropsychiatric disorder that is common in childhood and continues in adolescence and adulthood. It affects the family and the functionality of family as much as child. The aim of this study is to review the effects of attention deficit hyperactivity disorder in children on families.

**Method:** In the databases that can be accessed, literature was reviewed with the keywords "attention deficit hyperactivity disorder and parents of children with attention deficit hyperactivity disorder" and the appropriate articles were reviewed.

**Results:** The results of the study show that the level of burnout is high in the parents who have children with a attention deficit hyperactivity disorder. In studies, it was determined that problematic behaviors of children increased parental distress and this situation was bidirectional. According to mothers with healthy children, mothers of children with attention deficit hyperactivity disorder have higher levels of anger and aggression and lower levels of anger control. In these families, punitive behavior and domestic conflicts are seen more. According to other parents, stress levels of these parents are higher, quality of life is lower. Also, the level of knowledge about attention deficit hyperactivity disorder is insufficient or inaccurate.

**Conclusion:** Attention deficit hyperactivity disorder is a bi-directional disorder that affects parents as much as children. Parents of children with this diagnosis should be supported during the treatment process. Mental health and psychiatric nurses can contribute to family functioning by providing information and counseling to parents.

**Keywords:** Attention deficit hyperactivity disorder; parents; parents-child relations; nursing.

## P 4780

### THERAPEUTIC PLAY

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**Introduction:** In hospitalized children, due to painful procedures performed during the treatment process; stress, anxiety, anger and many negative feelings are seen. Therapeutic play is called which is used for adapting the child to the environment and procedures, reducing the level of anxiety and developing coping methods. Although the use of therapeutic play has increased in our country in recent years, it is being used more widely abroad. Studies show that therapeutic play has positive effects on children. The aim of this study is to review the effects of therapeutic play on children in hospitalized children.

**Method:** In the databases that can be accessed, the literature has been searched with the keywords "therapy, play", hospitalized child", and "nursing" and the appropriate articles have been reviewed.

**Results:** The positive effects of therapeutic play on child patients are supported by many studies. The results of the experimental research show that the therapeutic play is providing the trust environment between the nurse and the kid, in the management of pain and anxiety, providing information on the processes to be implemented, reducing stress, adapting to the hospital environment and enabling children to take an active role in their treatment.

**Conclusion:** Therapeutic play has a positive effect on hospitalized children. Considering the positive effects of therapeutic play on children, it can be used in child and adolescent mental health clinics and polyclinics. It is recommended that psychiatric nurses caring for children and adolescents integrated therapeutic game into their implementations and it is suggested that the results should be revealed by research.

**Keywords:** Hospitalized child, nursing, play, therapy.

## P 4781

### NURSES AND THE EMOTIONAL INTELLIGENCE AS THE PARTNER OF THE WELL-BEING PROCESS

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**Introduction:** Emotional intelligence is that one is aware of their reactions, manage reactions such as stress, anxiety, anger and aggression, be able to postpone wishes and impulses when necessary, motivating oneself, to have high frustration tolerance, empathy and social skills. In a sense, emotional intelligence can be considered as an indicator of coping skill and positive adaptation to challenging life experiences of individuals. In this sense, protecting mental health, increasing the well-being and health promoting behaviors of the individual are very important in psychiatric nursing. The purpose of the study is to examine emotional intelligence in psychiatric nurses.

**Method:** This study is a classic type review. Literature review was conducted using the words "nursing", "emotional intelligence", "well-being".

**Results:** There are healing processes at the core of the nursing care. Healing, requires recognizing the individual, being with him and taking many actions to make his life easier. While healing is provided for the patient, the nurse is also a partner of the healing process with the patient. Psychiatric nurses working with individuals who have mental problems face difficult life experiences and traumas in their fields of study. In the face of such challenging situations, notice and recognizing their own reactions, management and identification of therapeutic impasses such as transference, countertransference and identification, stress, anxiety, fear, anger feelings can be evaluate as skills that protect patient and nurse's mental health.

**Conclusion:** Emotional intelligence is not only a skill shown in the face of difficult life events but also proactive actions that can be called the healthy life behaviors of the nurse. During the healing process, nurses are required to be aware of their own feelings, to keep their feeling under control, to understand the patient and to develop effective communication skills.

**Keywords:** Emotional intelligence, nursing, well-being.

**P M01****BEING A CAREGIVER OF A CHILD OR AN ADOLESCENT WITH MENTAL ILLNESS: A NARRATIVE REVIEW****Zümra Ülker Dörttepe<sup>1</sup>, Zekiye Çetinkaya Duman<sup>2</sup>**<sup>1</sup>*Uşak University, Vocational School of Health Sciences, Emergency & First Aid Program, Uşak, Turkey*<sup>2</sup>*Dokuz Eylül University, Faculty of Nursing, Psychiatric Nursing Department, İzmir, Turkey*

**Introduction:** Most children and adolescents with mental illness live with caregivers in terms of their need of care. Mental illness negatively affects the life, family functioning and coping skills of caregivers beside the child. Therefore, it is important to understand the needs of caregivers. This study was carried out as a "Narrative review". There are three types of narrative reviews of the literature: editorials, commentaries, and overview articles. In this study, the current literature and the needs, expectations and experiences of the caregivers of children or adolescents with mental illness and the situation in our country are examined.

**Method:** A review of the literature has been done in databases including CINAHL, EBSCO, PubMed, ISI Web of Science and Google Scholar published in the last decade. Search terms were "mental illness, children, adolescents, caregivers, family, needs, experience, support, intervention".

**Results:** In the studies, it was stated caregivers were inadequate in their level of care, needed professional skills in relation to information need and coping and interventions should be made in relation to this. Interventions about caregivers of children and adolescents with mental illness in Turkey is quite a few. Psychiatric care is focused on the needs of adults or children with mental illness and the empowerment of families and children is low.

**Conclusion:** The needs, expectations and experiences of caregivers of mentally ill children and adolescents vary, and professional support should be provided. It is important to plan and implement appropriate interventions for children and adolescents with family and mental illness in order to meet these needs, and psychiatric nurses should be able to play an active role in this process. In Turkey, as in most countries, mental disorders in children and adolescents to strengthen the systematic application of the caregivers are required to make scheduled and routine.

**Keywords:** Mental illness, children, adolescent, caregiver, intervention.