

RESULTS

The results of the present study are demonstrated according to the following parts:

Part I: Socio-demographic characteristics and professional experiences of the psychiatric nursing staff (Table1).

Part II: Knowledge of the psychiatric nursing staff toward mental illness (Tables 2-4).

Part III: Attitude of the psychiatric nursing staff toward mental illness (Tables 5-10).

Part IV: Total psychiatric nursing staff knowledge and attitude toward mental illness (Table 11 ;and figure 1).

Part V: Relationship between socio-demographic characteristics of the psychiatric nursing staff and their total knowledge and their total attitude (Tables 12-13-) .

Part VI: Relation between sources of psychiatric nursing staff Knowledge and attitude toward mental illness(Table14).

Part VII: Correlation between knowledge and attitude of the psychiatric nursing staff toward mental illness (Table 15-16).

Part I: Socio-demographic Characteristics of Psychiatric Nursing Staff

Table (1):-Distribution of psychiatric nursing staff according to their socio-demographic characteristics and professional experiences(**n=122**).

| Items | N | % |
|--------------------------------|----------|-------|
| Age(in years) | | |
| 20- | 26 | 21.31 |
| 25- | 25 | 20.49 |
| 30- | 34 | 27.87 |
| 35 + | 37 | 30.33 |
| Mean±SD | 30.861 ± | 5.620 |
| Sex | | |
| Male | 70 | 57.38 |
| Female | 52 | 42.62 |
| Marital status | | |
| Single | 22 | 18.03 |
| Married | 94 | 77.05 |
| Divorced | 3 | 2.46 |
| Widowed | 3 | 2.46 |
| Educational level | | |
| Diploma in nursing | 89 | 72.95 |
| Technical institute of nursing | 9 | 7.38 |
| Bachelor | 24 | 19.67 |
| Job position | | |
| Nurse | 98 | 80.33 |
| Head nurse | 24 | 19.67 |
| Department of work | | |
| Male department | 78 | 63.93 |
| Female department | 29 | 23.77 |
| Out patient | 15 | 12.30 |
| Years of experience of | | |
| 1- | 32 | 26.23 |
| 5- | 47 | 38.52 |
| 10and more | 43 | 35.25 |
| Mean±SD | 8.451 ± | 3.910 |

Table (1) shows the socio-demographic characteristics and professional experiences of the psychiatric nursing staff. Their mean age of them was 30.861 ± 5.620 years. Regarding to sex, more than half of them were males (57.38%). In relation to their marital status, more than three quarters of them (77.05%) were married. In accordance with their educational level, less than three quarters of them have diploma in nursing (72.95%). As regards their job position, the majority of them were nurses and the minority were head nurses (80.33% & 19.67%, respectively). As well the same table shows that less than two third of them were working in the male departments and the minority of them in the outpatients (63.93% & 12.30% respectively). In relation to their years of experience, more than one third (38.52%) of them had clinical experience ranging between 5 to less than 10 years, and 35.25% of them had 10 or more years of experience.

Part II: Knowledge of the Psychiatric Nursing Staff toward Mental Illness

Table (2): Distribution of psychiatric nursing staff according to their knowledge about mental illness(n=122).

| Items | N | % |
|---|----|-------|
| Definition of mental illness | | |
| 1. A mental or psychological disorder | 62 | 50.82 |
| 2. Disruptions in the pattern of behavior | 56 | 45.90 |
| 3. Disturbance in thinking, feeling and mood | 72 | 59.02 |
| 4. Inability to deal with others. | 14 | 11.48 |
| 5. Infectious disease | 2 | 1.64 |
| Causes | | |
| 1. Heredity and interaction of the individual's genes | 76 | 62.30 |
| 2. Nervous system disorders | 59 | 48.36 |
| 3. Social stressors | 59 | 48.36 |
| 4. Evil spirits | 10 | 8.20 |
| 5. Weak personality and weak faith | 8 | 6.56 |
| 6. Occurs only in people who have been exposed to an accident or trauma | 3 | 2.46 |
| High risk people | | |
| 1. Any person, regardless of his level of intelligence or social class & income | 78 | 63.93 |
| 2. People working in stressful jobs | 63 | 51.64 |
| 3. The poor | 36 | 29.51 |
| 4. People are not educated | 14 | 11.48 |
| 5. Elderly people | 7 | 5.74 |
| 6. All the above | 3 | 2.46 |
| Ages in which mental illness occur | | |
| 1. Childhood | 18 | 14.75 |
| 2. Adolescence | 33 | 27.05 |
| 3. Adulthood | 26 | 21.31 |
| 4. Aging | 24 | 19.67 |
| 5. All the above | 65 | 53.28 |

Note :Answers are not mutually exclusive.

Table (2) (Cont.)

| Symptoms of mental illness | | |
|--|----|-------|
| 1. Delusions and hallucinations | 88 | 72.13 |
| 2. Neglecting the general appearance and personal hygiene | 72 | 59.02 |
| 3. Behavioral changes such withdrawal or aggression toward self or others | 13 | 10.66 |
| 4. Anxiety and obsessions | 59 | 48.36 |
| 5. Physical pains | 15 | 12.30 |
| 6. Loss of contact with reality | 6 | 4.92 |
| Defense mechanisms used with mental illness | | |
| 1. Repression | 60 | 49.18 |
| 2. Denial | 42 | 34.43 |
| 3. Projection | 51 | 41.80 |
| 4. Regression | 16 | 13.11 |
| 5. All above | 42 | 34.43 |
| Definition of stigma associated with mental illness | | |
| 1. Right ideas about mental illness people follows it | 16 | 13.11 |
| 2. Wrong ideas of community that prevent people from speaking if they are in need to seek help | 60 | 49.18 |
| 3. Mark that describes the patient as mentally crazy or insane | 59 | 48.36 |
| 4. Wrong view of society toward mental patient | 54 | 44.26 |

Note :Answers are not mutually exclusive.

Table (2) shows distribution of the psychiatric nursing staff according to their knowledge about mental illness. Regarding definition of mental illness, almost three fifth of them (59.02%) mentioned that mental illness is disturbance in thinking, feeling and mood. As for causes of mental illness, more than three fifth of psychiatric nursing staff (62.30%) stated that mental illness could be caused by heredity and the interaction of the individual's genes followed by nervous system disorders and social stressors with equal percentage (48.36%). As regards high risk people for mental illness, the studied nurses mentioned that any person, regardless of his level of intelligence or social class and income followed by people working in stressful jobs (63.93%, 51.64%, respectively).

As for symptoms of mental illness, the highest percentage of them (72.13%) recognized most symptoms of mental illness as delusions and hallucinations, and 59.02% as neglecting the general appearance and personal hygiene. Regarding to the definition of stigma, less than half(49.18%) of the nursing staff defined it as wrong ideas of community that prevent people from speaking if they are in need to seek help.

Table (3): Knowledge of the psychiatric nursing staff about their roles in the treatment of mental illness. (n=122).

| Items | N | % |
|--|----|-------|
| Basic principles of mental nursing | | |
| 1. Accepting patient as he is | 83 | 68.03 |
| 2. Help patient in expressing his/her feelings and emotions | 79 | 64.75 |
| 3. Consistency in dealing with patient | 42 | 34.43 |
| 4. Don't establish a personal relationship between patient and nurse | 20 | 16.39 |
| 5. Attempting to persuade the patient of his/her mistake through discussion | 17 | 13.93 |
| Effective communication with the patient | | |
| 1. Building trust between the nurse and the patient | 79 | 64.75 |
| 2. Speech must be clear and simple | 75 | 61.48 |
| 3. Occur at the appropriate time for the patient | 49 | 40.16 |
| 4. Speech must be brief | 15 | 12.30 |
| 5. Contains questions about the private patient's life and during stressful situations | 22 | 18.03 |
| Treatment modalities of mental illness | | |
| 1. Drug therapy and ECT | 91 | 74.59 |
| 2. Occupational therapy and recreational therapy | 56 | 45.90 |
| 3. Behavioral and cognitive therapy | 94 | 77.05 |
| 4. Zar | 6 | 4.92 |
| 5. All the above | 4 | 3.28 |
| Drugs used in the treatment of mental illness | | |
| 1. Tofranil | 25 | 20.49 |
| 2. Prozac | 36 | 29.51 |
| 3. Tgeratol | 43 | 35.25 |
| 4. Buspar | 36 | 29.51 |
| 5. All the above | 79 | 64.75 |
| Nurse role in giving medication to the patient | | |
| 1. Make sure that the patient swallowed the medication | 24 | 19.67 |
| 2. Observe the side effects of medication | 12 | 9.84 |
| 3. Observe the effect of the drug to the patient | 18 | 14.75 |
| 4. Don't leave medicine to the patient | 24 | 19.67 |
| 5. All the above | 85 | 69.67 |

Note :Answers are not mutually exclusive.

Table (3) (Cont.)

| | | |
|--|----|-------|
| Types of recreational and recreational therapy | | |
| 1. Watching movies and listening to music | 87 | 71.31 |
| 2. Participation in seminars, trips and sports | 9 | 7.38 |
| 3. Representation and needle work, rug | 62 | 50.82 |
| 4. Harnessing the power of the patient to serve the hospital | 23 | 18.85 |
| Goal of occupational and recreational therapy | | |
| 1. Strengthens concentration and attention of the patient | 77 | 63.11 |
| 2. Gives the patient an opportunity to express himself/herself | 83 | 68.03 |
| 3. Raising the patient's morale | 65 | 53.28 |
| 4. Providing and educating the patient new skills | 4 | 3.28 |
| 5. Harnessing the power of the patient to serve the hospital | 7 | 5.74 |
| Occupational and recreational therapy depends on | | |
| 1. Capability of the patient | 77 | 63.11 |
| 2. Nurse's estimation of the patient needs | 61 | 50.00 |
| 3. Diagnosis of the patient | 64 | 52.46 |
| 4. Hospital needs | 16 | 13.11 |
| Important rights of mental patients | | |
| 1. Respect patient's right as a human being having dignity, privacy and freedom. | 48 | 39.34 |
| 2. Respect patient's right to receive care in safe and clean environment | 36 | 29.51 |
| 3. Respect patient's right to accept to undergo medical examination or rejection | 24 | 19.67 |
| 4. Force the patient to participate in the daily routine of the department | 12 | 9.84 |

Note :Answers are not mutually exclusive.

Table (3) represents distribution of the psychiatric nursing staff according to their knowledge related to their roles in the treatment of mental illness. Regarding to basic principles of mental nursing, more than two thirds of them (68.03%) mentioned accepting patient as he/she is followed by help the patient in expressing his/her feelings and emotions (64.75%). As regards effective communication with the patient, the highest percentage of them stated building trust between the nurse and the patient, then speech must be clear and simple (64.75% & 61.48% respectively). In relation to treatment modalities of mental illness, more than three quarters of them stated behavioral and cognitive therapy

followed by drug therapy and ECT (77.05% & 74.59% respectively). As for drugs used in the treatment of mental illness, the highest percentage of them (64.75%) mentioned all the above, while regarding to nurse's role in giving medication to the patient, more than two third of them (69.67%) mentioned most roles (all the above). As for important rights of mental patients, more than one third (39.34%) of them stated respect patient's right as a human being having dignity, privacy and freedom. As for goal of occupational therapy, the highest percentage of them stated that occupational therapy gives the patient an opportunity to express himself/herself followed by strengthens concentration and attention of the patient (68.03% & 63.11% respectively) .

Table (4):- Sources of the knowledge of psychiatric nursing staff about mental illness (n=122).

| Items | N | % |
|---|----|-------|
| Do you have enough information about mental illness? | | |
| Yes | 35 | 28.69 |
| No | 87 | 71.31 |
| If you answered (Yes) What is the source of your information | | |
| Mass media | 29 | 82.85 |
| Books and magazines | 28 | 80.00 |
| Experience gained from working in this field. | 30 | 93.75 |
| If you answered (No) Is it because: | | |
| Non-availability of training courses | 73 | 63.51 |
| Lack in psychiatric nursing course during the study | 69 | 60.03 |
| Non-availability of specialized books in psychiatric nursing | 21 | 18.27 |
| Non-availability of practical training during the study | 8 | 6.96 |
| Inconvenience of working in this area | 13 | 11.31 |

Note :Answers are not mutually exclusive.

Table (4) reveals the sources of the psychiatric nursing staff knowledge about mental illness. It shows that, the total percentage of the nurses who didn't have enough information about mental illness were 71.31% and the causes of that was mainly due to non-availability of training courses this cause with the highest percentage among the other causes (63.51%) followed by lack in psychiatric nursing course during the study (60.03%). However the total percentage of the nurses who have enough information about mental illness were 28.69%, and the source of information of the majority of them(93.75%) was from experience gained from working in this field followed by 82.85% for the mass media.

Results



Table (5) reveals distribution of psychiatric nursing staff opinions toward mental illness as regards separatism, the highest percentage was 57.38% for "Strongly agree" related to people with mental illness have unpredictable behavior, while the lowest percentage was 0.82% for "Strongly disagree" answer. However the highest percentage was 49.18% for "Agree" answer related to if people become mentally ill once, they will easily become ill again, and the lowest percentage was 0.00% for "Strongly disagree" answer.

Results



Table (6) shows the distribution of psychiatric nursing staff opinions toward mental illness related to stereotyping. The highest percentage was 57.38% for "Agree" answer for item "You can easily tell who has a mental illness by the characteristics of his/her behavior", while the lowest percentage was 1.64% for "Strongly disagree" answer for item It is easy to identify those who have a mental illness.

Results



Table (7) reveals the distribution of psychiatric nursing staff opinions toward mental illness related to restrictiveness. The highest percentage was 38.52% for "Sometimes agree" answer related to item "there is no future for people with mental illness", while the lowest percentage was 0.82% for "Strongly agree" answer related to the same item.

Results



Table (8) reveals the distribution of psychiatric nursing staff opinions toward mental illness as regards benevolence. The highest percentage was 68.03% for "Agree" answer related to item we should not laugh at the mentally ill even though they act strangely. As regards the item of the care and support of family and friends can help people with mental illness to get rehabilitated, the lowest percentage was 1.64% for "Strongly disagree" answer.



Table (9) indicates to the distribution of psychiatric nursing staff opinions toward mental illness as regards pessimistic prediction, it revealed that the highest percentage was 46.72% for "Agree" answer related to item it is harder for those who have a mental illness to receive the same pay for the same job, while the lowest percentage was 0.82% for "Strongly agree" answer related to the item it is hard to have good friends if you have a mental illness.

Results



Table (10) describes the distribution of psychiatric nursing staff opinions toward mental illness related to stigmatization. The highest percentage was 40.16% for "Agree" answer related to item it is seldom for people who are successful at work to have a mental illness. However, the lowest percentage was 1.64% for "Strongly agree" answer related to the item it is suggested that those who have a mental illness not to tell anyone about their illness.

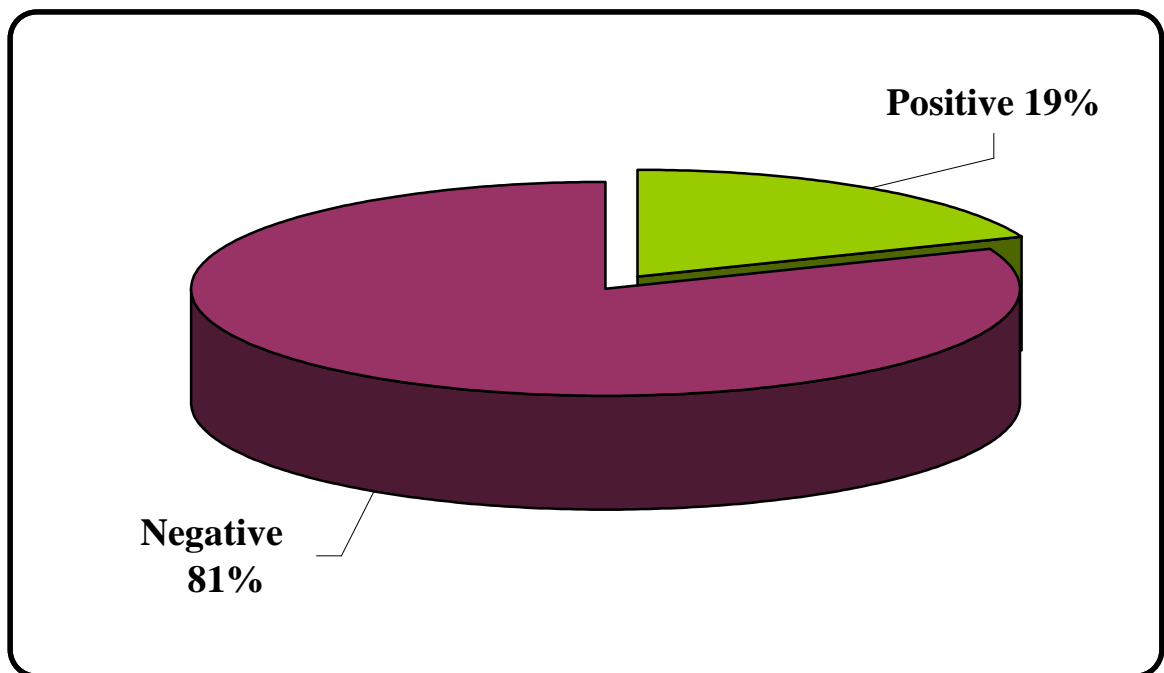


Part IV:- Distribution of Psychiatric Nursing Staff according to their Total Knowledge and Attitude toward Mental Illness.

Table (11):- Total psychiatric nursing staff knowledge toward mental illness(n=122).

| Items | Satisfactory | | Unsatisfactory | |
|-----------|--------------|-------|----------------|-------|
| | N | % | N | % |
| Knowledge | 44 | 36.07 | 78 | 63.93 |

Table (11) demonstrates total psychiatric nursing staff knowledge about mental illness. The results revealed that more than one third (36.07%) of the staff had satisfactory knowledge about mental illness, while 63.93% had unsatisfactory knowledge.



Figure(1):Total psychiatric nursing staff attitude toward mental illness(n=122).

Figure(1) displays the total psychiatric nursing staff attitude toward mental illness. It indicates that the majority of them (81.00%) have negative attitude, while 19.00% of them have positive attitude toward mental illness.



Part V: - Relationship between Socio-demographic Characteristics and their Total Knowledge and Total Attitude.

Table (12):-Relation between socio-demographic characteristics of the psychiatric nursing staff and their total knowledge toward mental illness. (n=122).

| Socio demographic - characteristics | Knowledge | | | | | | ANOVA | |
|-------------------------------------|-----------|---|----|--------|---|--------|--------|----------|
| | Range | | | Mean | ± | SD | f | P-value |
| Age | | | | | | | | |
| 20- | 7 | - | 35 | 23.692 | ± | 7.781 | 2.799 | <0.05* |
| 25- | 13 | - | 37 | 27.120 | ± | 5.883 | | |
| 30- | 3 | - | 35 | 24.206 | ± | 8.797 | | |
| 35 + | 8 | - | 36 | 21.486 | ± | 7.136 | | |
| Years of experience | | | | | | | | |
| 1- | 6 | - | 37 | 26.094 | ± | 7.664 | 7.609 | <0.001** |
| 5- | 3 | - | 35 | 25.553 | ± | 7.129 | | |
| 10 + | 8 | - | 36 | 20.372 | ± | 7.293 | | |
| Marital status | | | | | | | | |
| Single | 8 | - | 35 | 25.091 | ± | 8.035 | 0.353 | >0.05 |
| Married | 3 | - | 37 | 23.596 | ± | 7.682 | | |
| Divorced | 24 | - | 29 | 25.667 | ± | 2.887 | | |
| Widowed | 8 | - | 30 | 21.667 | ± | 11.93 | | |
| Educational level | | | | | | | | |
| Diploma in nursing | 3 | - | 36 | 22.798 | ± | 7.401 | 3.557 | <0.05* |
| Technical institute of nursing | 7 | - | 35 | 25.222 | ± | 10.509 | | |
| Bachelor | 11 | - | 37 | 27.333 | ± | 6.914 | | |
| Sex | | | | | | | | |
| Male | 3 | - | 28 | 14.000 | ± | 3.505 | -2.686 | <0.05* |
| Female | 6 | - | 37 | 15.769 | ± | 3.718 | | |

(*) Statistically significant at $p < 0.05$

Table (12) reveals that, the nurses aged 25- < 30 years were obtain the high mean score (27.120 ± 5.883) related to total knowledge toward mental illness followed by those aged 30- < 35(24.206 ± 8.797) . There are statistically significant differences with total knowledge at $p\text{-value} < 0.05$. While the nurses with years of experience from 1-<5 years obtained the high mean score (26.094 ± 7.664), related to total knowledge, with highly statistically significant differences at $p\text{-value} < 0.001$. Concerning marital status and educational level, the highest mean scores (25.667 ± 2.887 & 27.333 ± 6.914 respectively) related divorced nurses and those who have bachelor in nursing. While female nurses had higher knowledge than males as they obtained a higher mean score (15.769 ± 3.718 vs. 14.000 ± 3.505 respectively).

Table (13):-Relationship between socio-demographic characteristics of the psychiatric nursing staff and their attitude toward mental illness(n=122).

| Socio- Demographic Characteristics | Attitude | | | | | ANOVA | | |
|--|----------|---|-----|-----------|---|---------|-------------|-------|
| | Range | | | Mean ± SD | | f | P- value | |
| Age | | | | | | | | |
| 20- | 61 | - | 94 | 74.885 | ± | 9.101 | 2.436 | >0.05 |
| 25- | 63 | - | 95 | 81.36 | ± | 10.111 | | |
| 30- | 54 | - | 102 | 76.059 | ± | 9.723 | | |
| 35 + | 54 | - | 103 | 80.486 | ± | 13.582 | | |
| Years of experience | | | | | | | | |
| 1- | 54 | - | 95 | 75.844 | ± | 9.958 | 1.256 | >0.05 |
| 5- | 54 | - | 103 | 78.277 | ± | 11.357 | | |
| 10 + | 60 | - | 102 | 79.977 | ± | 11.801 | | |
| Marital status | | | | | | | | |
| Single | 54 | - | 94 | 79.455 | ± | 9.893 | 0.307 | >0.05 |
| Married | 54 | - | 103 | 78.191 | ± | 11.753 | | |
| Divorced | 71 | - | 77 | 74.667 | ± | 3.215 | | |
| Widowed | 65 | - | 79 | 74.333 | ± | 8.083 | | |
| Educational level | | | | | | | | |
| Diploma in nursing | 54 | - | 103 | 78.843 | ± | 12.064 | 0.544 | >0.05 |
| Technical institute of nursing | 66 | - | 85 | 77.778 | ± | 5.674 | | |
| Bachelor in | 61 | - | 95 | 76.167 | ± | 9.249 | | |
| Sex | | | | | | | | |
| Male | 60 | - | 103 | 79.928 | ± | 12.5563 | 1.792 | >0.05 |
| Female | 54 | - | 80 | 76.269 | ± | 8.87 0 | | |

(*) Statistically significant at $p < 0.05$

Table (13) shows that, the nurses aged 35 or more obtained the highest mean score (80.486 ± 13.582) related to total attitude toward mental illness. No statistically significant differences were found with total attitude at $p\text{-value} > 0.05$. However the nurses with years of experience from 10 or more obtained the highest mean score (79.977 ± 11.801), related to total attitude, with no statistically significant differences at $p\text{-value} > 0.05$. Concerning to marital status and educational level, the highest mean score 79.455 ± 9.893 and 78.843 ± 12.064 were related to single nurses and those who have diploma in nursing. Male nurses developed higher positive attitude toward mental illness than female nurses (79.928 ± 12.5563 vs. 76.269 ± 8.870).

Table (14):Relation between sources of psychiatric nursing staff Knowledge and attitude toward mental illness(n=122).

| Sources of nursing staff knowledge about mental illness | Total attitude | | | | | | | |
|---|----------------|---|-------|-------|---|-------|--------|---------|
| | Yes | | | No | | | T-test | |
| | Mean | ± | SD | Mean | ± | SD | t | P-value |
| Mass media | 11.545 | ± | 2.545 | 8.546 | ± | 2.452 | 4.252 | 0.021* |
| Books and magazines | 10.540 | ± | 2.088 | 9.540 | ± | 3.150 | 3.545 | 0.029* |
| Experience gained from working in this field. | 13.654 | ± | 3.115 | 7.547 | ± | 2.119 | 8.584 | <0001* |

(*) statistically significant at $p < 0.05$

Table (16) Reflects the relation between sources of psychiatric nursing staff Knowledge and their total attitude toward mental illness. The table reveals that the highest mean score with experience gained from working in this field followed by mass media(13.654 ± 3.115 & 11.545 ± 2.545 respectively). A highly statistically significant positive correlation was detected between total attitude toward mental illness and sources of knowledge. The most positive attitude associated with the experience and mass media .

Part VI:- Correlation between knowledge and attitude.

Table (15):-Correlation between the studied nursing staff knowledge and their attitude towards mental illness(n=122).

| Attitudes of nursing staff attitudes toward mental illness | Knowledge | |
|--|-----------|----------|
| | r | P-value |
| Separatism | 0.677 | 0.001** |
| Stereotyping | 0.810 | <0.001** |
| Restrictiveness | 0.751 | <0.001** |
| Benevolence | 0.667 | 0.011 |
| Pessimistic prediction | 0.728 | <0.001** |
| Stigmatization | 0.880 | <0.001** |

r= Correlation coefficient

(*) statistically significant at $p < 0.05$

Table(15) reveals the correlation between the studied nursing staff knowledge and their attitude towards mental illness. A highly statistically significant positive correlation was found between knowledge and separatism, stereotyping, restrictiveness, pessimistic prediction and stigmatization.



Table (16):-Correlation between knowledge and attitude of the psychiatric nursing staff toward mental illness (n=122).

| Items | Knowledge | |
|-----------|-----------|----------|
| | r | P-value |
| Attitude. | 0.864 | <0.001** |

r= Correlation coefficient

(*) statistically significant at $p < 0.05$

Table (14) shows that, there was a highly statistically positive significant correlation between nurse's knowledge and their attitude toward mental illness ($p = 0.001$).