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2022/2023 PhD Thesis Abstract

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RT: Nursing Intervention on Psychological Well-Being among Relatives of Patients Diagnosed with Psychotic Disorders in Neuro-Psychiatric Hospitals in South-West Nigeria

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AB: Psychotic disorder affects patients with ripple effect on relatives. The relatives who care for the patients with psychotic disorders often neglect their Psychological Well-being (PW) and the need to visit the healthcare system, thereby depleting their mental health. Studies have emphasized on patient's mental state but paying less attention to the relative's mental well-being. Evidences have shown that patient relatives have diminished PW as a result of little intervention on ways to cope with patients diagnosed with psychotic disorder. Hence, this study assessed the PW and provided nursing intervention to the relatives of the patients diagnosed with psychotic disorder in Neuro-psychiatric hospitals in South-west, Nigeria.

The study employed exploratory sequential design to assess the PW of relatives of psychotic patients in Neuro-psychiatric hospitals in South-west, Nigeria. The two specialized study centres had a total population of 271 relatives of patients diagnosed with psychotic disorders. Relatives in one centre served as the intervention group and those in the other centre served as the control. For the qualitative approach, data saturation was reached after interviewing 44 participants. A sample size of 187 was obtained for the quantitative approach using Leslie Kish Formula. Convenient sampling was used in selecting participants for the quasi-experimental study. The qualitative data was used to develop a psycho-education intervention package which was used in administering intervention for four weeks. The qualitative data was also used together with adapted Ryff's scale and F-COPES psychological well-being instrument to collect quantitative data at the pre- and post-intervention phases. The

instrument had a Cronbach's alpha reliability coefficient ranging from 0.71 to 0.81. Analysis of the qualitative data was done using deductive thematic analysis while frequency, percentage and PW scoring: Low = $\leq 25\%$ score, Normal = $>25\%$ but $<75\%$ score and High = $\geq 75\%$ score were used to describe the quantitative data. Inferential analysis (paired t-test) was done at 5% level of significance. Statistical Product and Service Solutions version 25 was used for the quantitative data analysis.

Findings from the qualitative data generated five themes which include lack of autonomy, acceptance of the situation, insecure relationships with families and friends, poor environmental mastery, and impact on physical and PW. The experimental study revealed that pre-intervention, majority (64.2%) of the participants had low PW while 95% had improved PW post-intervention. This showed increased PW from 44.02 ± 7.62 at pre-intervention to 71.46 ± 3.42 at post intervention. Result from the control group revealed that 60.2% and 54.2% had low PW at the pre- and post-assessment respectively. There was significant difference in the PW of relatives of patients diagnosed with psychotic disorder who received treatment and those who did not ($t = 7.86; p = 0.001$).

The study concluded that the psycho-education intervention improved the psychological well-being of relatives of patients diagnosed with psychotic disorder in Neuro-psychiatric hospitals in South-west, Nigeria. The study therefore recommends that nurses should support relatives using psycho-education to improve their well-being.

Keywords: Neuro-psychiatric hospitals, Nursing intervention, Psychotic disorders, Psychological Well-being, Relatives of patients

Word Count: 481

Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB:Abstract

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