

كتيب ملخصات الأبحاث التطبيقية لقسم النفسية والصحة العامة

Effect of Nursing Intervention Program on Self-Esteem, Body Image and Quality of Life of Children undergoing Hemodialysis

- Faten Mohamed Ahmed, Fathyeya Said Sayed & Hanan Nabawy Elaasar
 - 2020
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Abstract:

Chronic Renal Failure (CRF) is a public health problem that tends to take dimensions of epidemic and has serious impact on self-esteem, body image and quality of children's life. Hemodialysis is the most common treatment modality for end-stage renal disease. This study aimed to evaluate the effect of a nursing intervention program on self-esteem, body image and quality of life of Children undergoing Hemodialysis. A quasi-experimental design was used to conduct the study at the Children Renal Dialysis Unit at Benha University Hospital which affiliated to the University of Qalubia Governorate. Subjects: A convenience sample of 30 children undergoing Hemodialysis was included in the study. Tool of Data Collection: The tool was divided into four tools: tool one: - A structured interviewing questionnaire Tool two: Rosenberg self-esteem Scale Tool three: Body Image Questionnaire Tool four: Quality of life (QOL) Scale for children with hemodialysis The main findings of the study: there were highly statistically significant difference of the studied subjects mean score regarding total self-esteem, total body image and total quality of life pre and post- program (P

Intervention Strategies Regarding Perceived Anxiety and Health Complaints among Newly Admitted Nursing Students

- Fathyeya Said Sayed & Faten Mohamed Ahmed
 - 2020
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Abstract:

Anxiety is an important construct today, especially in the lives of students, as it affects their mental, physical and social wellbeing. This study aimed to evaluate the effect of intervention strategies regarding perceived anxiety and health complaints among newly admitted nursing students. Design: A quasi-experimental design was utilized to achieve the aim of the study. Setting: - The study was carried out at the Faculty of Nursing, Benha University. Sample: -A systematic random sample was chosen as one every fifth. It included 100 students from the total number (500) of first- grade nursing students enrolled in the academic year 2019-2020. Tool of Data Collection: The tool was divided into three tools: Tool one: -A structured interviewing questionnaire. Tool two: Health Complaints Questionnaire. Tool three: Anxiety scale for undergraduate students. The main findings of the study: More than two-thirds of the studied sample has mild total health complaints and decrease the level of anxiety of them post- intervention strategies. Positive correlation between total anxiety scale, its dimensions and total health complaints pre and post-interventions strategies. Conclusion: Based on the findings of the present study, it was concluded that intervention strategies had a positive effect regarding perceived anxiety and health complaints among newly admitted nursing students. Recommendation: A comparison of anxiety among newly admitted nursing students and other students in various other colleges.

Effect of Guided Imagery in Reduction of Stress among Elderly People in Geriatric Homes

- Psychiatric and Mental Health Nursing, Faculty of Nursing Benha University, Egypt
 - 2020
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Abstract:

Abstract Background: The elderly in old age homes at Benha city and Mansoura city have to face the burdens of long-term illness and numerous treatment associated stressors. The ability of these elderly to cope with and adapt to these stresses has an important influence on physical and psychological well-being

Aim of the study: The aim of this research is to assess the effect of guided imagery as therapeutic strategy in reduction of stress among elderly people in geriatric homes at Benha city and Mansoura city.

Research Hypothesis: The guided imagery as a therapeutic strategy will have a positive effect on reducing stress among elderly people in geriatric homes.

This study used: Quasi experimental design study.

Subjects: The target of this study consists of 40 elderly people.

Setting:- The study was conducted at geriatric homes at Benha city and Mansoura city.

Tools for data collection: The following tools were used for data collection part I:- Socio-demographic data sheet and part II the stress scale was developed by Jacob, (2005). It consisted of 25 items covering psychological, physiological, social and spiritual areas of stress. Positive and negative statements were included in this scale. The response alternatives were always, sometimes, rarely and never.

Results: The result reveals that most of the elderly were Widowed (85.00%). In relation to elderly educational levels that the majority of the study groups had a secondary education (45.00%) and there are highly statistically significant differences between pre and post program related to stress level.

Conclusion: Elderly in geriatric homes at Benha city and Mansoura city had significant reduction in the level of stress after the Practice of guided imagery.

Recommendation: Practice of guided imagery can be introduced in the inpatient and outpatient settings of the hospital, before, during and after various medical procedures, Guided imagery can be made a part of daily routine of students and staff, which would help them to overcome their academic stress and a study can be carried out to find out the effectiveness of guided imagery on the occupational stress of employees of different fields.

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- Faten Mohamed Ahmed, Fathyea Said Sayed & Hanan Nabawy Elaasar
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Psycho- Educational Program to Overcome Psychosocial Problems among Patients with Burn

- Fathyeya Said Sayed Ibrahim1, Faten Mohamed Ahmed2 & Doha Abd-Elpaseer Mahmoud3
 - 2020
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Abstract:

Background: Burn injuries can be one of the most traumatic experiences of a family's life and may cause a number of psychosocial problems (including depression, anxiety, social difficulties, and appearance-related concerns).The aim of study was to develop psycho-educational program to overcome psychosocial problems among patients with burns. Implementing the psycho- educational program will be overcome psychosocial problems among patients with burns. Methods: A quasi - experimental design was utilized to achieve the aim of study. The study was conducted at Burn Unit of Benha Teaching Hospital in Benha city. The target of this study consisted of 50 patients with burn who were staying in the above mentioned setting. Three tools were used for data collection: -A Semi Structured Interview Questionnaire, Social Phobia and Burn Depression Checklist. Results: The main findings of the study were: nearly half of the studied patients have no social phobia post program and more than half of them have moderate degree of depression post program. There are highly statistically significant differences between total social phobia and burn degree post program and there are statistically significant differences between total depression and burn degree post program. Conclusion Based on the findings of the present study, it was concluded that the psycho- educational program had a positive effect to overcome psychosocial problems among patients with burn. Recommendations: Expand public awareness through mass media about stages of burn and the effect of being emotionally stable on mental health and all life aspects.

Effect of Psycho-Educational Program on Psychological Distress and Post-Traumatic Stress Disorder among Stroke Survivors' Patients

- Mona M. Barakat¹, Hend A. Mostafa²
 - 2020
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Abstract:

Context: A stroke is a brain attack, and a major global health problem not merely affects a person physically but also emotionally. Psychosocial well-being is frequently threatened following a stroke. The improvement of the psychological status of stroke patients is essential to stroke management and recovery. Aim: The study aimed to evaluate the effect of the psychoeducational program on psychological distress and posttraumatic stress disorder among stroke survivors' patients. Methods: A quasi-experimental study design (one group pre/posttest) was utilized to achieve the aim of the study in the neurology department at Benha University Hospital at Benha City, Kaluobia Governorate. A convenient sample of 40 stroke survivor's patients was included in the study as a single study group. Three tools were utilized for data collection, structured interview questionnaire, Hospital Anxiety, and Depression Scale, and Post Traumatic Stress Disorder Scale. Results: Reveals that there was a highly statistically significant reduction in the severity of total anxiety and depression and also total posttraumatic stress disorder post-program implementation than before. Also, there was a highly statistically significant positive correlation between total posttraumatic stress, total anxiety, and total depression among studied patients pre and post-program implementation at pvalue

Impact of Urinary Incontinence on Psychological Well-being and Quality Of Life among Elderly People

- Rehab Elsayed Mohammed¹, Mawaheb Mahmoud Zaki², Hend Ahmed Mostafa³
 - 2021
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Abstract:

Background: Urinary incontinence is a highly prevalent health problem among elderly people with a relevant impact on physical and psychological aspects of life with consequent effect on the quality of life. Aim: Study aimed to assess the impact of urinary incontinence on psychological well-being and quality of life among elderly people. Research design: A descriptive design was utilized to fulfill the aim of this study. Setting: The study was conducted in Urological outpatient clinic at Benha University Hospital at Benha City, Kaluobia Governorate. Sample: The sample of the study was purposive sample of (100) elderly people who are attending at the above mentioned settings. Tools: Tool (I):- A structured interviewing questionnaire sheet which comprised of two parts: part (1) socio-demographic characteristics & part (2) clinical characteristics of the studied sample. Tool (II): Goldberg's psychological well-being scale, and Tool (III) Incontinence related quality of life scale. Results: Findings showed that nearly two thirds of the studied sample had low level of psychological well-being while, more than two thirds of them had low level of quality of life and also, there was a highly statistically significant positive correlation between total Goldberg's psychological well-being Scale and total Incontinence-related quality of life scale. Conclusion: Based on the result of this study it was concluded that urinary incontinence is a chronic disease that has a negative impact on psychological well-being of elderly people which subsequently impacts negatively on their quality of life in the form of performing activities of daily living and enjoying their normal life. Recommendation: The study recommended that recurrent assessment for psychological status and all quality of life domains for elderly people should be a part of the routine nursing care.

Effect of Autogenic Relaxation Program on Psychological Stress and Body Image among Patients Undergoing Chemotherapy

- 1Rehab Elsayed Mohamed, 2Hend Ahmed Mostafa, 3Doha Abd elpaseer Mahmoud
- 2021

Abstract:

Patients undergoing chemotherapy face numerous of psychological stressors that have a significant effect on their body image. Aim of the study: This study aimed to evaluate the effect of autogenic relaxation program on psychological stress and body image among patients undergoing chemotherapy. Design: A quasi-experimental correlational research design, with one group pre and posttest assessment, was used in conducting the present study. Setting: The study was conducted at the oncology unit at benha university hospital, in benha city Qalubia governorate. This unit is located in the medicine department, it contain 2 wards (one male and one female) which have critical room and chemotherapy room. Sample: A purposive sample of (40) patients undergoing chemotherapy was selected from the above mentioned settings. Tools for data collection: Data were collected by using three tools. Tool (I): Structured Interview Questionnaire to assess socio-demographic and clinical characteristics. Tool (II): Stress Scale and Tool (III): Body image scale. Results: Findings indicated that there were highly statistically significant reduction in the severity of total stress and highly statistically significant improvement in the level of body image post program implementation than before. Also, there was a highly statistically significant negative correlation between total stress score and total body image score of studied patients' pre and post program implementation. Conclusion: The autogenic relaxation program had a positive effect on psychological stress and body image among studied patients undergoing chemotherapy. The study recommended that Generalization of autogenic relaxation program for all patients undergoing chemotherapy in all hospitals to alleviate their psychological stress and improve body image

Psycho educational Program about Coping Strategies for Reducing Auditory Hallucinations among Schizophrenic Patients

- Fathyea Abdallah Ahmed, (2) Omayma Abo Bakr Osman, (3) Mervat Hosny Shalaby, (4) Samah Ramadan Ibrahim
 - 2020
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Abstract:

Background: Auditory hallucinations experienced in psychotic illness contribute significantly to distress and disability. Despite high doses of medication many patients with schizophrenia in inpatient psychiatric units still experience painful auditory hallucinations. Therefore, there are many coping strategies that be used to challenge these voices and regain some control. The aim of the study was to determine the effectiveness of psycho educational program about coping strategies for reducing auditory hallucinations among schizophrenic patients. Design: A quasi experimental design was used to achieve the aim of this study. Setting: Psychiatric Mental Health Hospital at Benha City, Qaliubiya Governorate which is affiliated to the General Secretariat of Mental Health. Subject: A convenience sample of 50 patients who were hospitalized at above mentioned setting. Tools: Three tools were used for data collection: (1) Socio-demographic and Clinical data sheet, (2) Auditory Hallucination Rating Scale and (3) A structured interview schedule of self-management of auditory hallucinations. Results: There was a highly statistically significant improvement in total score of auditory hallucinations and total score of coping strategies between pre and post implementation of the program. Conclusion: The psycho educational program was effective for schizophrenic patients which demonstrated decrease in the severity of auditory hallucinations of studied patients post implementation of the program. Recommendations: Apply training programs for patients who suffer from auditory hallucinations and teach them how to use cognitive, behavioral and physiological coping strategies to deal with the hallucinations.

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Educational Program about Organizational Preparedness for Crisis Management: It's Effect on Organizational Commitment and Occupational Stress in the Time of Covid19

- Doha Abd-El baseer Mahmoud1& Zienab Ibrahim Esmael2
 - 2021
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Abstract:

Background: The pandemic of the Coronavirus has already had a huge impact on practically every aspect of human life, particularly the health-care sector. As a result, organizations must be well-prepared for crisis management while preserving a healthy workforce's sincere commitment. Aim of the study: To determine the effect of an educational program about organizational preparedness for crisis management on organizational commitment and occupational stress in the time of Covid19. Study design: Quasi-experimental design with one group pre and post-test assessment was utilized. Study setting: The study was carried out at Benha Teaching Hospital in benha city at Qalubia governorate affiliated to the Ministry of Health. Study Subjects: A convenient sample of all available head nurses from the above-mentioned study setting (60) head nurses within inclusion criteria Tools: Four tools were used to collect the data as follows; (I): Knowledge about Crisis Management Questionnaire, (II): Perceived organizational preparedness for Crisis Management Scale, (III): Organizational Commitment Questionnaire and (IIII): Nurses Occupational Stress Scale. Results: There was an improvement in Mean scores and St-deviations of head nurses' total level of knowledge and perception regarding hospital preparedness for crisis management, organizational commitment, and occupational stress immediately after program implementation Conclusion: Providing an educational program about "organizational preparedness for crisis management" was effective in improving head nurses' knowledge and perception levels regarding hospital preparedness for crisis management and improved head nurses' commitment and occupational stress Recommendations: Hospital managers have to arrange awareness programs about "Preparedness for crises management" for all hospital staff, and make sure that all staff members know their roles, and responsibilities during facing crisis.

Effect of Psycho- educational Program on Depressive Symptoms, Post- traumatic Stress Response and Quality of Life among Women with Hysterectomy

- Doha Abdelbaseer Mahmoud 1, Naglaa Fathi Elatar2 and Hend Ahmed Mostafa3
 - 2022
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Abstract:

Background: Women with hysterectomy suffer from many psychological and emotional problems that have a significant effect on their well beings and their quality of life. Aim: Study aimed to evaluate the effect of psycho-educational program on depressive symptoms, post-traumatic stress response and quality of life among women with Hysterectomy. Research design: A quasi-experimental design (one group pre/post test) was utilized to achieve the aim of the study. Setting: The study was conducted at obstetric and gynecologic department at Benha University Hospital, Benha city, Qalybia Governorate. Sample: A purposive sample of (40) women with hysterectomy. Tools: Tool (I) divided into two parts: - A structured Socio-demographic Interview Questionnaire sheet. Part two: Beck's Depression Inventory Scale, Tool (II) Post Traumatic Stress Scale and Tool (III) Quality of life scale. Results: Findings reflected that there were highly statistically significant reduction in the severity of the total levels of depressive symptoms, post-traumatic stress response and improvement in the total quality of life level post program implementation than before. Conclusion: The psycho educational program had a positive effect on reducing depressive symptoms, post-traumatic stress response and improving quality of life among women with Hysterectomy. Recommendations: Generalization of psycho-educational program for all women with hysterectomy in all hospitals to alleviate their depressive symptoms and post-traumatic stress and improve their quality of life.

Impact of Urinary Incontinence on Psychological Well-being and Quality Of Life among Elderly People

- Rehab Elsayed Mohammed¹, Mawaheb Mahmoud Zaki², Hend Ahmed Mostafa³
 - 2021
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Abstract:

Background: Urinary incontinence is a highly prevalent health problem among elderly people with a relevant impact on physical and psychological aspects of life with consequent effect on the quality of life. **Aim:** Study aimed to assess the impact of urinary incontinence on psychological well-being and quality of life among elderly people. **Research design:** A descriptive design was utilized to fulfill the aim of this study. **Setting:** The study was conducted in Urological outpatient clinic at Benha University Hospital at Benha City, Kaluobia Governorate. **Sample:** The sample of the study was purposive sample of (100) elderly people who are attending at the above mentioned settings. **Tools:** Tool (I):- A structured interviewing questionnaire sheet which comprised of two parts: part (1) socio-demographic characteristics & part (2) clinical characteristics of the studied sample. Tool (II): Goldberg's psychological well-being scale, and Tool (III) Incontinence related quality of life scale. **Results:** Findings showed that nearly two thirds of the studied sample had low level of psychological well-being while, more than two thirds of them had low level of quality of life and also, there was a highly statistically significant positive correlation between total Goldberg's psychological well-being Scale and total Incontinence-related quality of life scale. **Conclusion:** Based on the result of this study it was concluded that urinary incontinence is a chronic disease that has a negative impact on psychological well-being of elderly people which subsequently impacts negatively on their quality of life in the form of performing activities of daily living and enjoying their normal life. **Recommendation:** The study recommended that recurrent assessment for psychological status and all quality of life domains for elderly people should be a part of the routine nursing care

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Psycho-Educational Program for Psychiatric Nurses to Protect Themselves and Others from the Incidence of Acute Psychiatric Inpatients Aggression

- Hoda abd Elmoaty Mahmoud Arafa, Maaly Ibraheim elmalky, Naglaa Fathi Elattar
 - 2021
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Abstract:

Background: Patients aggression acts are a part of the average working day for psychiatric nurses. Identifying the risks in practice & adapt knowledge are the first steps in developing safe work practices and enhance positive attitude toward patient aggression. Aim: this study aimed to evaluate the effect of psycho-educational program for psychiatric nurses to protect themselves and others from the incidence of acute psychiatric inpatients aggression. Research design: A quasiexperimental design two groups control and study groups was utilized in this study. Setting: the study was conducted at the Psychiatric Mental Health Hospital in Banha City. Sample: A purposive sample of nurses was constituted the study subjects, which divided into two groups study and control group (pre/post/ test) nurses for each group. Five tools were used for data collection, Tool (): A structured interviewing questionnaire consisting of two parts: to assess Sociodemographic data for nurses. Tool (): Attitudes Towards Aggression Scale. Tool (): Knowledge Questionnaire about aggression. Tool (): Skills Questionnaire about dealing with patient aggression. Tool (): The Perception of Prevalence of Aggression Scale. The Results: of this study revealed that the majority of study sample had positive attitude, adequate knowledge, competent skills and highly level of perception of aggression post program compared with pre educational program. Conclusion: There is positive significant correlation between skills, attitude and knowledge of study group at post the educational program. Recommendation: Aggressionmanagement training programs should be given to all psychiatric nurses to enhance their confidence, knowledge and skill on management of patients aggression.

Effectiveness of Psycho educational Program on Depressive Symptoms and Marital Satisfaction among Menopausal Women

- Samah Saad Moustafa¹, Maaly Ibrahim Elmalky², Fathyea Saeed Elsayed³, Mwaheb Mahmoud Zaki⁴
 - 2022
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Abstract:

Menopause is a major turning point in a woman's life in which all women. Aim of the study: This study aimed to evaluate the effectiveness of psycho-educational program on depressive symptoms and marital satisfaction among menopausal women. Design: A quasi-experimental design two-groups (pre and post-test) was used to achieve the aim of the study. Setting: This study was conducted at administrative building of Benha university hospitals. Sample: A convenience sample of 100 menopausal women divided into two equal groups (50 study groups and 50 control groups) was selected from the above mentioned settings. Tools for data collection: Data were collected by using four tools. Tool (1): Structured Interview Questionnaire to assess socio-demographic and clinical characteristics. Tool (11): Overall Menopausal Symptoms Scale. Tool (111): Beck Depression Inventory Scale and Tool (1V): Marital Satisfaction Scale. Results: indicated that there was a highly statistical significant reduction of all items of menopausal symptoms & the level of the severity of depressive symptoms for study group after program application than before program, marital satisfaction improved after program application among study group than preprogram application. Also, there were highly statistically significant positive correlation between total menopausal symptoms and total mean score of beck depression scale, negative correlation between total marital satisfaction and total depressive symptoms and negative correlation between total marital satisfaction and total menopausal symptoms of studied menopausal women pre and post-program application. Conclusion: The psycho education program enhance menopausal symptoms, depressive symptoms and marital satisfaction among studied menopausal women. The study recommended that Stress management and assertiveness training program and social skill training program should be given for all menopausal women to relieve their psychological problems and enhance their coping patterns.

Effect of Psycho-educational Nursing Program on Social Adjustment and Self-esteem among Substance Abusers

- Shimaa Salah Elsayed, Omayma Abu Bakr Othman, Maaly Ibrahim El Malky, Mawaheb Mahmoud Zaki
 - 2020
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Abstract:

Substance abuse is one of the most important social deviations, which is foundation of many social damages and problems at the community level. Every part of the substance abuser's life as social life, family life, work productivity, physical health and personal relationships is affected. Aim: The aim of the present study was to determine the effect of psycho-educational nursing program on social adjustment and self-esteem among substance abusers. Design: A quasi-experimental design (pre and posttest) was used to achieve the aim of the study. Setting: This study was conducted at the outpatient clinics for addiction at the Psychiatric Mental Health Hospital in Benha City, Qalubia Governorate, which is affiliated to General Secretariat of Mental Health in Egypt. Subject: A convenience sample of 40 substance abusers was included from the above setting for conduction of this study. Tools: Three tools were used for data collection. Tool 1- structured interview questionnaire was used to collect data about socio demographic and clinical characteristics of the studied sample. Tool 2- Social Adjustment scale (SAS) to assess social adjustment of different life domains among the studied sample. Tool 3- Self-esteem scale (SES) was used to assess self-esteem among the studied sample. Results: There was a highly statistically significant improvement in total score of social adjustment and total score of self-esteem between pre and post implementation of the program. Conclusion: The study demonstrated that psycho-educational nursing program had a positive effect on enhancement of social adjustment and self-esteem among substance abusers. Recommendations: A psycho educational program should be given for all substance abusers based on a treatment protocol during their hospitalization to enhance their self-esteem and social adjustment.

Effect of Inter-Parental Conflict on Psychological Well - being and Academic Achievement among Secondary School Students at Benha City

- Dalia Abd El-Haleem Elsayed, Naglaa Fathi El-Attar, Fathyea Abdallah Ahmed
 - 2022
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Abstract:

Background: Inter- parental conflict play an important role in adolescence behavior which has been escalating over the years and have dire consequences on psychological well-being and academic performance on adolescents. Aim: was to assess the effect of Inter-Parental Conflict on psychological well-being and academic achievement among secondary school students at benha city. Design: A descriptive correlational research design was used in conducting this study. Setting: The study was conducted at two secondary schools in Benha city (Umm Almunin secondary school for girls and Qalubia National Bank secondary school for boys) from the total (5) governmental secondary schools in Benha city. Sample: A cluster sample with simple random technique (283)who was chosen from the above mentioned setting . Tools: Data was collected by using the following tools: 1st tool A structured Interview Questionnaire: It consisted of two parts of Part I: Socio–demographic data of students, Part II: Socio–demographic data of family. 2nd tool Children’s Perception of Inter Parental Conflict (CPIC) Scale , 3rd tool Psychological Well-being Scale and 4th tool Academic Achievement Scale. Results: Nearly half of studied students had moderate perception of inter parental conflict, more than one third had moderate psychological well-being and more than half had poor academic achievement . Conclusion: There is a highly statistically significant negative correlations between the total perception of inter parental conflict and total psychological well-being. Also between total academic achievement and total perception of inter parental conflict. On the other hand there is a highly statistically significant positive correlation between total psychological well-being and total academic achievement. Recommendation: Develop Psycho educational programs for adolescents about conflict resolution strategies and periodical workshops for school students to help them to cope with consequences of inter parental conflict & enhance their psychological wellbeing.