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كتيبات ملخصات البحوث التطبيقية بالكلية

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Effectiveness of Psycho-educational Nursing Program on Feeling of Burden and Psychological Capital among Caregivers of Children with ADHD

Authors: Amal Abd Elsalam Abd Elazeem; Maaly Ibrahim Elmalky; Mawaheb Mahmoud Zaki; Eman Nabawy Abo Zeid

Abstract:

Caregivers of children with Attention Deficit Hyperactivity Disorder (ADHD) often experience high levels of psychological burden, stress, and emotional exhaustion. Enhancing psychological capital may improve coping and caregiving outcomes. This study aimed to evaluate the effectiveness of a psycho-educational nursing program on feeling of burden and psychological capital among caregivers of children with ADHD. A quasi-experimental design was used. Caregivers participated in structured psycho-educational sessions focusing on stress management, coping strategies, ADHD understanding, and emotional support. The findings showed a significant reduction in caregiver burden and a marked improvement in psychological capital, including hope, resilience, optimism, and self-efficacy after the intervention. The study concluded that psycho-educational nursing programs are effective in improving psychological well-being and reducing burden among caregivers of children with ADHD.

Keywords: ADHD; caregiver burden; psychological capital; psycho-education; nursing intervention.

Relationship between Feeling of Burden and Psychological Capital among Caregivers of Children with ADHD

Authors:

Amal Abd Elsalam Abd Elazeem; Maaly Ibrahim Elmalky; Mawaheb Mahmoud Zaki; Eman Nabawy Abo Zeid

Abstract:

Caregivers of children with ADHD experience varying levels of psychological burden, which may influence their psychological strengths and coping abilities. This study aimed to examine the relationship between feeling of burden and psychological capital among caregivers of children with ADHD. A descriptive correlational design was used. Data were collected using standardized questionnaires measuring caregiver burden and psychological capital dimensions. The results revealed a significant negative correlation between caregiver burden and psychological capital. Higher levels of burden were associated with lower levels of hope, resilience, optimism, and self-efficacy. The study concluded that strengthening psychological capital may reduce caregiver burden and improve coping mechanisms among caregivers of children with ADHD.

Keywords: ADHD; caregiver burden; psychological capital; correlation; caregiving stress.

Effect of Group Reminiscence Intervention on Cognition, Psychological Well-Being, and Life Satisfaction among Patients with Dementia

Authors:

Dalia Abd El-Haleem Elsayed; Essmat Mohamed Gemeay; Naglaa Fathi El-Attar; Fathyeya Abdallah Ahmed

Abstract:

Dementia is a progressive neurocognitive disorder that affects cognition, emotional well-being, and overall quality of life. Non-pharmacological interventions such as reminiscence therapy are effective in enhancing psychological health. This study aimed to evaluate the effect of group reminiscence intervention on cognition, psychological well-being, and life satisfaction among patients with dementia. A quasi-experimental design was used. Participants engaged in structured group reminiscence sessions involving discussion of past experiences, memory stimulation, and social interaction. The findings demonstrated significant improvement in cognitive function, psychological well-being, and life satisfaction following the intervention. The study concluded that group reminiscence therapy is an effective nursing intervention for improving mental health outcomes in patients with dementia.

Keywords: Dementia; reminiscence therapy; cognition; psychological well-being; life satisfaction.

Relation between Social Support, Medication Adherence, and Relapse among Patients with Schizophrenia

Authors:

Alshaimaa Awad Ahmed; Mona Mohamed Barakat; Samah Saad Moustafa Abo Zeid

Abstract:

Schizophrenia is a chronic psychiatric disorder characterized by relapse episodes that are often influenced by medication adherence and social support systems. This study aimed to examine the relationship between social support, medication adherence, and relapse among patients with schizophrenia. A descriptive correlational design was used. Data were collected using structured questionnaires assessing perceived social support, medication adherence, and relapse history. The findings indicated that higher levels of social support were significantly associated with better medication adherence and lower relapse rates. Poor social support was linked to non-adherence and increased risk of relapse. The study concluded that strengthening social support systems is essential for improving treatment adherence and reducing relapse among patients with schizophrenia.

Keywords: Schizophrenia; social support; medication adherence; relapse; mental health.

Relationship between Cognition, Psychological Well-Being, and Life Satisfaction among Patients with Dementia

Authors:

Dalia Abd El-Haleem Elsayed; Essmat Mohamed Gemeay; Naglaa Fathi El-Attar; Fathyeya Abdallah Ahmed

Abstract:

Cognitive decline in dementia is closely linked to psychological well-being and overall life satisfaction. Understanding these relationships is essential for improving patient-centered care. This study aimed to explore the relationship between cognition, psychological well-being, and life satisfaction among patients with dementia. A descriptive correlational design was used. Data were collected using standardized assessment tools. The findings revealed significant positive relationships between preserved cognitive function, better psychological well-being, and higher life satisfaction. Patients with greater cognitive impairment reported lower psychological well-being and reduced life satisfaction. The study concluded that cognitive status plays a critical role in determining psychological and life satisfaction outcomes in dementia patients.

Keywords: Dementia; cognition; psychological well-being; life satisfaction; correlation study.

Relationship between Self-Compassion and Quality of Life among Women Post Bariatric Surgery

Authors:

Asmaa Ali Hassan; Maaly Ibrahim El-Malkey; Fathyeya Said Sayed Ibrahim; Doha Abdel baseer Mahmoud

Abstract:

Bariatric surgery leads to significant physical and psychological changes that may influence self-perception and quality of life. Self-compassion is an important psychological factor that may support post-surgical adjustment. This study aimed to examine the relationship between self-compassion and quality of life among women after bariatric surgery. A descriptive correlational design was used. Data were collected using validated scales measuring self-compassion and quality of life. The findings showed a significant positive relationship between self-compassion and quality of life. Women with higher self-compassion reported better psychological adjustment, body image satisfaction, and overall well-being. The study concluded that self-compassion is a key factor in enhancing quality of life after bariatric surgery and should be integrated into post-operative counseling programs.

Keywords: Bariatric surgery; self-compassion; quality of life; psychological adjustment; women's health.

Effect of Psycho-Educational Program on Reducing Stigma and Enhancing Self-Esteem among Patients Suffering from Substance Use Disorders

Authors: Asmaa Atef Thabit; Essmat Mohamed Gemeay; Mawaheb Mahmoud Zaki; Safa Mostafa Mohammed

Abstract

Background: Substance use disorders (SUDs) are strongly associated with social stigma, discrimination, and reduced self-esteem. These psychosocial burdens negatively influence treatment adherence, recovery motivation, and reintegration into society. Psycho-educational interventions are considered essential nursing strategies to address these challenges. **Aim:** This study aimed to evaluate the effect of a psycho-educational nursing program on reducing stigma and enhancing self-esteem among patients with substance use disorders. **Methods:** A quasi-experimental research design was used. Patients diagnosed with SUDs were recruited and exposed to a structured psycho-educational program that included education about addiction, cognitive restructuring, coping skills training, relapse prevention strategies, and group discussion sessions. Pre- and post-intervention assessments were conducted using standardized stigma and self-esteem scales. **Results:** The findings revealed a statistically significant reduction in perceived stigma after program implementation. In addition, a significant improvement in self-esteem levels was observed among participants. Patients demonstrated improved self-awareness, reduced feelings of shame, and increased motivation toward recovery. **Conclusion:** Psycho-educational nursing programs are effective in reducing stigma and improving self-esteem among patients with SUDs. Such interventions should be integrated into addiction treatment services to improve psychosocial and recovery outcomes.

Keywords: Substance use disorder; stigma; self-esteem; psycho-education; nursing intervention.

Correlation Between Stigma and Self-Esteem among Patients with Substance Use Disorders

Authors: Asmaa Atef Thabit; Essmat Mohamed Gemeay; Mawaheb Mahmoud Zaki; Safa Mostafa Mohammed

Abstract

Background: Stigma is a major psychosocial factor affecting individuals with substance use disorders and is closely linked to self-esteem and psychological well-being. **Aim:** To examine the relationship between perceived stigma and self-esteem among patients with substance use disorders. **Methods:** A descriptive correlational study design was conducted. A sample of patients diagnosed with SUDs was assessed using validated instruments measuring perceived stigma and self-esteem. Data were analyzed to determine the strength and direction of relationships between variable **Results:** The study demonstrated a significant negative correlation between stigma and self-esteem. Patients with higher levels of perceived stigma exhibited lower self-esteem and poorer psychological adjustment. The findings highlight that stigma acts as a barrier to recovery and psychological stability. **Conclusion:** Reducing stigma is essential to improving self-esteem and psychological outcomes among patients with substance use disorders. Nursing interventions should focus on stigma reduction and psychosocial empowerment.

Keywords: Substance use disorder; stigma; self-esteem; correlation; mental health.

Effect of Psycho-Educational Program on Psychological Problems and Burden of Care among Caregivers of Patients with Alzheimer's Disease

Authors: Ola Arafa Mohamed; Essmat Mohamed Gemeay; Mawaheb Mahmoud Zaki; Hend Ahmed Mostafa

Abstract

Background: Caregivers of patients with Alzheimer's disease often experience significant psychological distress, including anxiety, depression, and burden of care due to progressive cognitive decline in patients. **Aim:** This study aimed to evaluate the effect of a psycho-educational program on psychological problems and burden of care among caregivers of Alzheimer's patients. **Methods:** A quasi-experimental design was used. Caregivers participated in structured psycho-educational sessions focusing on disease understanding, coping strategies, stress management, and caregiving skills. Pre- and post-intervention assessments were conducted using standardized caregiver burden and psychological distress scales. **Results:** The results indicated a significant reduction in psychological problems, including stress and anxiety, as well as a marked decrease in caregiver burden after program implementation. Caregivers reported improved coping ability and emotional resilience. **Conclusion:** Psycho-educational nursing programs are effective in improving psychological well-being and reducing burden among caregivers of Alzheimer's patients.

Keywords: Alzheimer's disease; caregiver burden; psychological distress; psycho-education; nursing intervention.

Relation between Psychological Problems and Burden of Care among Caregivers of Alzheimer's Patients

Authors: Ola Arafa Mohamed; Essmat Mohamed Gemeay; Mawaheb Mahmoud Zaki; Hend Ahmed Mostafa

Abstract

Background: Caregiver burden in Alzheimer's disease is influenced by multiple psychological factors, including stress, anxiety, and depression. **Aim:** To explore the relationship between psychological problems and caregiver burden among caregivers of Alzheimer's patients. **Methods:** A descriptive correlational study was conducted. Data were collected using structured questionnaires assessing psychological distress and caregiver burden. Statistical analysis was performed to identify relationships between variables. **Results:** A strong positive correlation was found between psychological problems and caregiver burden. Caregivers experiencing higher psychological distress reported significantly higher burden levels. The findings suggest that psychological health directly influences caregiving capacity and perceived burden. **Conclusion:** Addressing psychological problems among caregivers is essential for reducing burden and improving care quality for Alzheimer's patients.

Keywords: Alzheimer's disease; caregiver burden; psychological distress; correlation; nursing care.

Breaking the Cycle: Patient Activation Role in Improving Diabetes Self-Care Adherence for Alleviating Diabetes Distress

Authors: Mohamed Gamal Elsehrawy; Faisal Khalaf Alanazi; Hassanat Ramadan Abdel-Aziz; Mona Mohamed Abdelaziz Barakat; Nermen Abdelftah Mohamed; Mahitab Mohamed Abdelrahman

Abstract

Background: Diabetes distress negatively affects self-management behaviors and glycemic control among patients with diabetes mellitus. Patient activation is a key factor in improving engagement in self-care activities. **Aim:** This study aimed to examine the role of patient activation in improving self-care adherence and reducing diabetes distress. **Methods:** A descriptive analytical design was used. Patients with diabetes were assessed for activation level, self-care adherence, and diabetes distress using validated instruments. **Results:** Findings indicated that higher patient activation was significantly associated with improved adherence to medication, diet, and physical activity. Additionally, higher activation levels were linked to reduced diabetes distress. Conversely, low activation was associated with poor self-care and increased psychological burden. **Conclusion:** Enhancing patient activation is essential for improving diabetes self-management and reducing psychological distress.

Keywords: Diabetes mellitus; patient activation; self-care adherence; diabetes distress; chronic disease management.

Effectiveness of Interprofessional Education on Improvement of Learning Outcomes among Undergraduate Nursing Students: A Meta-Analysis

Authors: Shimmaa Mansour Moustafa Mohamed; Puvaneswari Kanagaraj; Sudha Annasaheb Raddi; Raghad Almushawah; Nehal Demerdash; Gihan Mohamed Mohamed Salem

Abstract

Background: Interprofessional education (IPE) promotes collaborative learning and improves healthcare delivery by enhancing teamwork among healthcare students. **Aim:** This meta-analysis aimed to evaluate the effectiveness of interprofessional education in improving learning outcomes among undergraduate nursing students. **Methods:** A systematic review and meta-analysis were conducted on studies examining IPE interventions in nursing education. Outcomes analyzed included knowledge, skills, attitudes, teamwork, and communication. **Results:** The analysis demonstrated significant improvements in all measured domains following IPE interventions. Students showed enhanced clinical reasoning, improved communication skills, and more positive attitudes toward teamwork and collaboration. **Conclusion:** Interprofessional education significantly enhances learning outcomes among nursing students and should be integrated into nursing curricula.

Keywords: Interprofessional education; nursing students; meta-analysis; learning outcomes; teamwork.

Effectiveness of Nurse Navigator Intervention on Boys' Awareness and Attitudes toward School Bullying

Authors: Heba Alkotb Mohamed; Hadeer Hussien Soliman; Gihan Mohamed Mohamed Salem

Abstract

Background: School bullying is a major public health issue affecting adolescents' psychological and social well-being. Nurse navigator interventions may play a role in prevention and awareness. **Aim:** This study evaluated the effectiveness of a nurse navigator intervention in improving awareness and attitudes toward school bullying among boys. **Methods:** A quasi-experimental design was used. Participants received structured educational and counseling sessions delivered by nurse navigators focusing on bullying identification, consequences, and coping strategies. **Results:** Significant improvement in awareness levels and positive changes in attitudes toward bullying were observed post-intervention. Participants demonstrated increased empathy and willingness to intervene in bullying situations. **Conclusion:** Nurse navigator programs are effective in improving awareness and shaping positive attitudes toward school bullying.

Keywords: School bullying; nurse navigator; awareness; adolescents; health education.

Effect of Acceptance and Commitment Training Program on Social Anxiety and Self-Esteem among Adolescents with Stuttering

Authors: Shimaa Salah Elsayed; Rehab Elsayed Mohammed; Hoda Abd El-moaty Mahmoud

Abstract

Background: Adolescents with stuttering often experience social anxiety, reduced self-esteem, and communication difficulties that affect social functioning. **Aim:** To evaluate the effect of Acceptance and Commitment Training (ACT) on social anxiety and self-esteem among adolescents with stuttering. **Methods:** A quasi-experimental study design was used. Participants received ACT-based sessions focusing on mindfulness, acceptance, cognitive defusion, and value-based living. Pre- and post-intervention measures were obtained. **Results:** The program resulted in significant reduction in social anxiety and significant improvement in self-esteem levels. Participants demonstrated improved emotional regulation and social confidence. **Conclusion:** ACT-based interventions are effective in improving psychological outcomes among adolescents with stuttering.

Keywords: Stuttering; acceptance and commitment therapy; social anxiety; self-esteem; adolescents.

Effect of Psycho-Educational Program on Emotional Distress, Body Image, and Quality of Sexual Life among Women with Breast Cancer

Authors: Faten Mohamed Ahmed; Fathyeya Said Sayed Ibrahim; Soha Kamel Mosbah Mahmoud; Asmaa Mohamed Ali AlAbd

Abstract

Background: Breast cancer and its treatments significantly impact women's psychological health, body image perception, and sexual quality of life. **Aim:** This study aimed to evaluate the effect of a psycho-educational program on emotional distress, body image, and sexual quality of life among women with breast cancer. **Methods:** A quasi-experimental design was utilized. The intervention included psycho-education sessions addressing emotional coping, body image reconstruction, and sexual health education. Participants were assessed pre- and post-intervention. **Results:** The findings showed significant reduction in emotional distress, improved body image perception, and enhanced quality of sexual life following the intervention. **Conclusion:** Psycho-educational interventions are effective in improving psychological and sexual health outcomes in women with breast cancer.

Keywords: Breast cancer; psycho-education; emotional distress; body image; sexual health.

Psychosocial Problems and Adjustment Patterns among Patients with Psoriasis

Authors: Eman Nabawy Abo Zeid; Doha Abdel-baseer Mahmoud; Hend Ahmed Mostafa

Abstract

Background: Psoriasis is a chronic inflammatory skin disorder that significantly affects patients' psychological well-being and social functioning. Beyond physical symptoms, patients often experience stigma, anxiety, depression, and maladaptive adjustment patterns that negatively influence quality of life. **Aim:** This study aimed to assess psychosocial problems and identify adjustment patterns among patients with psoriasis. **Methods:** A descriptive cross-sectional design was utilized. Patients diagnosed with psoriasis were assessed using structured questionnaires evaluating psychosocial distress, coping strategies, and adjustment patterns. Data analysis focused on identifying relationships between disease burden and psychological adaptation. **Results:** The findings indicated that patients with psoriasis experience moderate to high levels of psychosocial distress, including embarrassment, social withdrawal, and reduced self-esteem. Maladaptive coping strategies such as avoidance and denial were frequently observed, while adaptive coping was less common. Poor adjustment was significantly associated with disease severity and duration. **Conclusion:** Psoriasis has a profound psychosocial impact, and many patients demonstrate ineffective adjustment patterns. Psychological and educational interventions are needed to enhance coping and improve quality of life.

Keywords: Psoriasis; psychosocial problems; coping strategies; adjustment patterns; quality of life.

Effect of an Advanced Psycho-Educational Program on Mitigating Psychosocial Problems in Patients with Rheumatoid Arthritis

Authors: Wafaa Osman Abd El Fatah; Faten Mohammed Ahmed; Fathyeya Said Sayed Ibrahim

Abstract

Background: Rheumatoid arthritis (RA) is a chronic autoimmune disease associated with pain, disability, and significant psychosocial burden including anxiety, depression, and reduced social functioning. **Aim:** This study aimed to evaluate the effect of an advanced psycho-educational program on psychosocial problems among patients with rheumatoid arthritis. **Methods:** A quasi-experimental design was implemented. Patients participated in a structured psycho-educational intervention including disease education, coping skills training, stress management techniques, and peer support discussions. Psychosocial outcomes were measured before and after intervention. **Results:** The results demonstrated significant reductions in anxiety, depression, and perceived psychosocial stress following the program. Participants also showed improved coping strategies and enhanced emotional adjustment to chronic illness. **Conclusion:** Advanced psycho-educational programs are effective in mitigating psychosocial problems among patients with rheumatoid arthritis and should be incorporated into routine nursing care.

Keywords: Rheumatoid arthritis; psycho-education; psychosocial problems; coping; nursing intervention.

Acceptance and Commitment Training (ACT) Program for Self-Compassion and Sleep Quality among Patients with Mental Illness

Authors: Fathyeya Said Sayed Ibrahim; Wafaa Osman Abd El-Fatah; Faten Mohamed Ahmed

Abstract

Background: Patients with mental illness often experience impaired sleep quality and low self-compassion, contributing to worsening psychological distress and reduced recovery outcomes. **Aim:** This study aimed to evaluate the effect of Acceptance and Commitment Training (ACT) on self-compassion and sleep quality among patients with mental illness. **Methods:** A quasi-experimental design was used. Participants received structured ACT sessions focusing on mindfulness, acceptance of thoughts and emotions, cognitive defusion, and value-based living. Sleep quality and self-compassion were assessed pre- and post-intervention. **Results:** Significant improvement in self-compassion levels and sleep quality was observed after the intervention. Participants reported reduced psychological distress, improved emotional regulation, and better sleep patterns. **Conclusion:** ACT-based interventions are effective in improving psychological well-being and sleep quality among patients with mental illness.

Keywords: ACT; mental illness; self-compassion; sleep quality; mindfulness.

Reflective Mindfulness and Emotional Regulation Training to Enhance Nursing Students' Self-Awareness: A Mixed-Method Randomized Controlled Trial

Authors: Gihan Mohamed Mohamed Salem; Wilf Hashimi; Ayman Mohamed El-Ashry

Abstract

Background: Nursing students face high academic and clinical stress, which may affect emotional regulation and self-awareness. Mindfulness-based interventions can improve psychological resilience. **Aim:** This study aimed to evaluate the effectiveness of reflective mindfulness and emotional regulation training in enhancing nursing students' self-awareness, understanding, and emotional regulation. **Methods:** A mixed-method randomized controlled trial was conducted. Students were randomly assigned to intervention and control groups. The intervention included mindfulness exercises, reflective journaling, and emotional regulation training sessions. Quantitative and qualitative data were collected. **Results:** The intervention group demonstrated significant improvement in self-awareness, emotional regulation, and reflective thinking compared to the control group. Qualitative findings supported improved stress management and clinical confidence. **Conclusion:** Reflective mindfulness training is effective in improving psychological and educational outcomes among nursing students.

Keywords: Mindfulness; nursing education; emotional regulation; self-awareness; RCT.

Impact of a Nasogastric Tube Placement Educational Program on Pediatric Nurses' Knowledge and Practices

Authors: Shimmaa Mansour Moustafa Mohammed; Gihan Mohamed; Raghad Almowahaha

Abstract

Background: Nasogastric tube (NGT) placement is a common but critical procedure in pediatric nursing, requiring high accuracy to avoid complications. **Aim:** This study aimed to evaluate the impact of an educational program on pediatric nurses' knowledge and practices regarding NGT placement. **Methods:** A quasi-experimental design was used. Nurses underwent structured training sessions including theoretical instruction and hands-on demonstrations. Knowledge and practice were assessed pre- and post-intervention. **Results:** Significant improvement was observed in nurses' knowledge scores and procedural accuracy after the educational program. Competency levels and adherence to safety protocols also improved. **Conclusion:** Educational programs significantly enhance pediatric nurses' competence in nasogastric tube placement.

Keywords: Nasogastric tube; pediatric nursing; education program; clinical competence.

Nurse-Led Interactive Video Education on Seizure First Aid and Stigma Reduction among Mothers of Children with Epilepsy

Authors: Heba Alkotb Mohamed; Gihan Mohamed Mohamed Salem; Mervat Elshahat Ibrahim Shelil

Abstract

Background: Epilepsy in children is often associated with stigma and inadequate caregiver knowledge regarding seizure first aid. **Aim:** This study evaluated the effectiveness of nurse-led interactive video education on improving seizure first aid knowledge and reducing stigma among mothers of children with epilepsy. **Methods:** A quasi-experimental design was used. Mothers received structured video-based education sessions delivered by nurses. Pre- and post-intervention assessments measured knowledge and stigma levels. **Results:** The intervention resulted in significant improvement in knowledge of seizure first aid and a notable reduction in stigma. Mothers reported increased confidence in managing seizures. **Conclusion:** Nurse-led video education is an effective strategy for improving caregiver knowledge and reducing epilepsy-related stigma.

Keywords: Epilepsy; seizure first aid; stigma; nurse-led education; caregivers.

Children with COVID-19: How Parental and Peer Support Lessen the Psychological Burden of Isolation

Authors: Multi-author collaborative study

Abstract

Background: Isolation during COVID-19 infection placed significant psychological stress on pediatric patients, including anxiety, loneliness, and emotional distress. Social support plays a critical role in mitigating these effects. **Aim:** This study explored how parental and peer support reduce psychological burden among children hospitalized or isolated due to COVID-19 infection. **Methods:** A descriptive analytical approach was used. Psychological burden, perceived parental support, and peer interaction levels were assessed using structured instruments. **Results:** Higher levels of parental and peer support were significantly associated with lower psychological distress. Children with strong family engagement and peer communication demonstrated better emotional adaptation during isolation. **Conclusion:** Social support is a key protective factor against psychological distress in children with COVID-19 and should be integrated into pediatric care strategies.

Keywords: COVID-19; children; psychological burden; parental support; peer support.

Effect of Psycho-Educational Program on Emotional Distress, Body Image and Quality of Sexual Life among Women with Breast Cancer

Authors: Faten Mohamed Ahmed; Fathyeya Said Sayed Ibrahim; Soha Kamel Mosbah Mahmoud; Asmaa Mohamed Ali AlAbd

Abstract

Background: Breast cancer significantly affects women's psychological health, body image perception, and sexual well-being due to disease impact and treatment side effects. **Aim:** This study aimed to evaluate the effect of a psycho-educational program on emotional distress, body image, and sexual quality of life among women with breast cancer. **Methods:** A quasi-experimental design was applied. Participants received structured psycho-educational sessions focusing on emotional coping, body image rehabilitation, sexual health education, and psychosocial support. Pre- and post-assessments were conducted. **Results:** The intervention resulted in significant reductions in emotional distress, improved body image perception, and enhanced sexual quality of life among participants. **Conclusion:** Psycho-educational interventions are effective in improving psychosocial and sexual health outcomes in women with breast cancer.

Keywords: Breast cancer; psycho-education; emotional distress; body image; sexual health.

Unveiling Hidden Trauma: A Cross-Sectional Study of Violence Exposure and Its Impacts on Entrapment, Self-Stigma, and Empathic Care Among Psychiatric Nurses

Authors: Mohamed Hussein Ramadan Atta; Rasha Salah Eweida; Ali Albzia; Ahmed Hashem El-Monshed; Mona Mohamed Abdelaziz Barakat

Abstract

Background: Psychiatric nurses are frequently exposed to workplace violence, which may remain underreported yet significantly affect psychological well-being, professional identity, and quality of care. Exposure to violence may increase feelings of entrapment, self-stigma, and reduce empathic caregiving.**Aim:** This study aimed to examine the prevalence of violence exposure among psychiatric nurses and its association with entrapment, self-stigma, and empathic care.**Methods:** A descriptive cross-sectional design was used. Psychiatric nurses were surveyed using validated instruments measuring exposure to workplace violence, perceived entrapment, self-stigma, and empathic care behaviors. Statistical analysis examined correlations between variables.**Results:** Findings revealed a high prevalence of workplace violence exposure among psychiatric nurses. Significant positive correlations were found between violence exposure and both entrapment and self-stigma. Conversely, empathic care was negatively associated with violence exposure, indicating reduced empathy among highly exposed nurses.**Conclusion:** Workplace violence has profound psychological and professional consequences on psychiatric nurses. Institutional interventions are urgently needed to enhance workplace safety, reduce stigma, and preserve empathic care.

Keywords: Psychiatric nurses; workplace violence; self-stigma; entrapment; empathic care.

Effect of Psychological Counseling Nursing Sessions for Patients with Depression on Psychological Capital and Health-Enhancing Lifestyle

Authors: Shima Salah Elsayed; Shima Mohammed Hassan Ali; Monira Wadea Hana

Abstract

Background: Depression is associated with reduced psychological capital and poor health behaviors, negatively affecting recovery and quality of life. Psychological counseling delivered through nursing sessions may improve outcomes. **Aim:** This study aimed to evaluate the effect of psychological counseling nursing sessions on psychological capital and health-enhancing lifestyle among patients with depression. **Methods:** A quasi-experimental design was used. Depressed patients received structured counseling sessions focusing on cognitive restructuring, coping strategies, emotional regulation, and lifestyle modification. Pre- and post-intervention assessments measured psychological capital and health-promoting behaviors. **Results:** The intervention resulted in significant improvement in psychological capital dimensions including hope, resilience, optimism, and self-efficacy. Additionally, participants demonstrated improved adherence to health-enhancing lifestyle behaviors such as physical activity, sleep hygiene, and stress management. **Conclusion:** Psychological counseling nursing sessions are effective in enhancing psychological resources and promoting healthier lifestyles among patients with depression.

Keywords: Depression; psychological counseling; psychological capital; lifestyle; nursing intervention.

Psycho-Educational Program for Enhancement of Self-Compassion, Tolerance of Ambiguity, and Body Image among Blind Adolescents

Authors: Hoda Abd Elmoaty Mahmoud; Monira Wadea Hanna; Fathyeya Said Sayed Ibrahim

Abstract

Background: Blind adolescents face unique psychosocial challenges, including body image dissatisfaction, reduced self-compassion, and difficulty coping with uncertain situations. **Aim:** This study aimed to evaluate the effectiveness of a psycho-educational program in enhancing self-compassion, tolerance of ambiguity, and body image among blind adolescents. **Methods:** A quasi-experimental design was applied. Participants received structured psycho-educational sessions including emotional awareness training, adaptive coping strategies, self-acceptance exercises, and social adaptation skills. Outcomes were measured before and after the intervention. **Results:** Significant improvements were observed in self-compassion and tolerance of ambiguity, along with positive changes in perceived body image. Participants demonstrated improved emotional acceptance and confidence in social interactions. **Conclusion:** Psycho-educational interventions are effective in improving psychological adaptation and self-perception among blind adolescents.

Keywords: Blind adolescents; self-compassion; body image; ambiguity tolerance; psycho-education.

Acceptance and Commitment Training (ACT) Program for Self-Compassion and Sleep Quality among Patients with Mental Illness

Authors: Fathyeya Said Sayed Ibrahim; Wafaa Osman Abd El-Fatah; Faten Mohamed Ahmed

Abstract

Background: Mental illness is commonly associated with poor sleep quality and low self-compassion, contributing to emotional instability and reduced recovery outcomes. **Aim:** This study aimed to evaluate the effect of Acceptance and Commitment Training (ACT) on self-compassion and sleep quality among patients with mental illness. **Methods:** A quasi-experimental design was conducted. Participants underwent ACT sessions emphasizing mindfulness, acceptance, cognitive defusion, and value-based behavioral change. Pre- and post-intervention assessments measured sleep quality and self-compassion. **Results:** The intervention led to significant improvement in sleep quality and increased self-compassion. Participants reported reduced psychological distress and improved emotional regulation. **Conclusion:** ACT is an effective intervention for improving psychological well-being and sleep quality among patients with mental illness.

Keywords: ACT; mental illness; self-compassion; sleep quality; mindfulness.

Effect of Psycho-Educational Program on Emotional Distress, Body Image, and Quality of Sexual Life among Women with Breast Cancer

Authors: Faten Mohamed Ahmed; Fathyeya Said Sayed Ibrahim; Soha Kamel Mosbah Mahmoud; Asmaa Mohamed Ali AlAbd

Abstract

Background: Breast cancer significantly impacts emotional health, body image, and sexual well-being due to physical changes and psychological distress. **Aim:** This study aimed to evaluate the effect of a psycho-educational program on emotional distress, body image, and sexual quality of life among women with breast cancer. **Methods:** A quasi-experimental design was applied. Participants received psycho-educational sessions addressing emotional coping, body image rehabilitation, sexual health education, and psychosocial support strategies. Data were collected pre- and post-intervention. **Results:** The findings showed a significant reduction in emotional distress, improved body image perception, and enhanced sexual quality of life following the intervention. **Conclusion:** Psycho-educational programs play a crucial role in improving holistic outcomes in women with breast cancer.

Keywords: Breast cancer; psycho-education; emotional distress; body image; sexual health.

Effect of an Advanced Psycho-Educational Program on Mitigating Psychosocial Problems in Patients with Rheumatoid Arthritis

Authors: Wafaa Osman Abd El Fatah; Faten Mohammed Ahmed; Fathyeya Said Sayed Ibrahim

Abstract

Background: Rheumatoid arthritis is a chronic disabling disease that affects physical function and leads to significant psychosocial distress. **Aim:** This study aimed to evaluate the effect of an advanced psycho-educational program on psychosocial problems among patients with rheumatoid arthritis. **Methods:** A quasi-experimental design was conducted. Patients participated in structured psycho-educational sessions focusing on disease education, coping strategies, stress management, and psychological support. Outcomes were assessed before and after intervention. **Results:** Significant reductions in anxiety, depression, and psychosocial distress were observed after the intervention. Participants also demonstrated improved coping mechanisms and emotional adjustment. **Conclusion:** Advanced psycho-educational programs are effective in reducing psychosocial problems and improving quality of life in patients with rheumatoid arthritis.

Keywords: Rheumatoid arthritis; psychosocial problems; psycho-education; coping; nursing intervention.

Correlation between Dogmatism, Psychological Needs, and Emotional Divorce among Married Women

Authors: Ferdaws Adel Al-Shafaey; Naglaa Fathi Mohamed El-Attar; Samah Saad Moustafa Abo Zeid

Abstract

Background: Marital stability is influenced by multiple psychological and cognitive factors, including dogmatism, unmet psychological needs, and emotional disconnection between spouses. Emotional divorce is a growing concern affecting family functioning and mental health. **Aim:** This study aimed to examine the correlation between dogmatism, psychological needs, and emotional divorce among married women. **Methods:** A descriptive correlational design was used. Married women participants completed standardized questionnaires measuring levels of dogmatism, psychological needs (such as autonomy, belongingness, and self-esteem), and emotional divorce indicators. Data were analyzed to identify relationships among variables. **Results:** Findings indicated that higher levels of dogmatism were significantly associated with increased emotional divorce. Unmet psychological needs were also positively correlated with emotional disengagement and marital dissatisfaction. Conversely, fulfillment of psychological needs was linked to healthier marital adjustment. **Conclusion:** Cognitive rigidity and unmet psychological needs contribute significantly to emotional divorce. Counseling interventions focusing on cognitive flexibility and psychological support may enhance marital stability.

Keywords: Dogmatism; psychological needs; emotional divorce; marital adjustment; women.

Psychosocial Problems and Adjustment Patterns among Patients with Psoriasis

Authors: Eman Nabawy Abo Zeid; Doha Abdel-baseer Mahmoud; Hend Ahmed Mostafa

Abstract

Background: Psoriasis is a chronic skin disorder that affects not only physical health but also psychological and social functioning. Patients often experience stigma, emotional distress, and maladaptive coping patterns. **Aim:** This study aimed to assess psychosocial problems and adjustment patterns among patients with psoriasis. **Methods:** A descriptive cross-sectional study was conducted. Patients with psoriasis were assessed using structured tools measuring psychosocial distress, coping strategies, and adjustment patterns. Statistical analysis explored associations between disease variables and psychological outcomes. **Results:** The findings revealed high levels of psychosocial distress among patients, including anxiety, low self-esteem, and social withdrawal. Maladaptive coping strategies such as avoidance were commonly observed, while adaptive coping was less frequent. Poor adjustment was associated with longer disease duration and higher severity. **Conclusion:** Psoriasis significantly impacts psychological and social well-being. Nursing and psychological interventions are essential to promote adaptive coping and improve quality of life.

Keywords: Psoriasis; psychosocial distress; coping strategies; adjustment; chronic illness.

Psychosocial Problems and Adjustment Patterns among Patients with Psoriasis

Authors: Eman Nabawy Abo Zeid; Doha Abdel-baseer Mahmoud; Hend Ahmed Mostafa

Abstract

Background: Psoriasis is associated with significant psychosocial burden affecting patients' emotional and social functioning. **Aim:** To assess psychosocial problems and adjustment patterns among patients with psoriasis. **Methods:** A cross-sectional design was used with structured assessment tools measuring psychological distress and coping mechanisms. **Results:** Patients exhibited high levels of psychosocial distress and predominantly maladaptive coping patterns. Poor adjustment was strongly linked to disease severity. **Conclusion:** Comprehensive psychosocial interventions are required to support adaptation in psoriasis patients.

Keywords: Psoriasis; psychosocial problems; coping; adjustment; nursing care.

Reflective Mindfulness and Emotional Regulation Training to Enhance Nursing Students' Self-Awareness: A Mixed-Method Randomized Controlled Trial

Authors: Gihan Mohamed Mohamed Salem; Wilf Hashimi; Ayman Mohamed El-Ashry

Abstract

Background: Nursing students experience high academic and clinical stress, which can affect emotional regulation, self-awareness, and professional development. **Aim:** This study aimed to evaluate the effectiveness of reflective mindfulness and emotional regulation training in enhancing nursing students' self-awareness and emotional control. **Methods:** A mixed-method randomized controlled trial was conducted. Participants were randomly assigned to intervention and control groups. The intervention included mindfulness exercises, reflective journaling, and emotional regulation training. Quantitative scales and qualitative interviews were used for assessment. **Results:** The intervention group demonstrated significant improvements in self-awareness, emotional regulation, stress management, and reflective thinking compared to controls. Qualitative data supported enhanced emotional insight and clinical confidence. **Conclusion:** Mindfulness-based reflective training is effective in improving emotional and cognitive competencies among nursing students.

Keywords: Mindfulness; emotional regulation; nursing education; self-awareness; randomized controlled trial.

Generative Artificial Intelligence Acceptance, Anxiety, and Behavioral Intention in the Middle East: A TAM-Based Structural Equation Modelling Approach

Authors: Mona Gamal Mohamed; Polat Goktas; Shimaa Abdelrahim Khalaf; Aycan Kucukkuya; Ibrahim AlFaouri; Ebtisam Abd Elazeem Saber Seleem; Awatef Ibraheem; Aya M. Abdelhafez; Saleh O. Abdullah; Hanan Nasef Zaki; Abdulqadir J. Nashwan

Abstract

Background: The rapid integration of generative artificial intelligence (AI) in education and healthcare has raised concerns regarding user acceptance, anxiety, and behavioral intention, particularly in developing regions such as the Middle East. **Aim:** This study aimed to examine factors influencing acceptance, anxiety, and behavioral intention toward generative AI using the Technology Acceptance Model (TAM). **Methods:** A cross-sectional design was employed. Data were collected from participants across multiple Middle Eastern contexts using structured questionnaires. Structural Equation Modeling (SEM) was applied to test relationships between perceived usefulness, perceived ease of use, AI anxiety, and behavioral intention. **Results:** The findings indicated that perceived usefulness and ease of use significantly predicted behavioral intention to adopt generative AI. However, AI-related anxiety negatively influenced acceptance. TAM constructs showed strong explanatory power in predicting adoption behavior. **Conclusion:** Acceptance of generative AI in the Middle East is influenced by both technological perceptions and psychological anxiety. Strategies to reduce AI anxiety and enhance perceived usefulness are essential for successful adoption.

Keywords: Generative AI; Technology Acceptance Model; anxiety; behavioral intention; structural equation modeling.

Generative Artificial Intelligence Acceptance, Anxiety, and Behavioral Intention in the Middle East: A TAM-Based Structural Equation Modelling Approach

Authors: Mona Gamal Mohamed; Polat Goktas; Shimaa Abdelrahim Khalaf; Aycan Kucukkuya; Ibrahim AlFaouri; Ebtisam Abd Elazeem Saber Seleem; Awatef Ibraheem; Aya M. Abdelhafez; Saleh O. Abdullah; Hanan Nasef Zaki; Abdulqadir J. Nashwan

Abstract

Background: The rapid expansion of generative artificial intelligence (AI) has transformed education, healthcare, and professional practice. However, acceptance is influenced by psychological factors such as anxiety and perceived usefulness, particularly in developing regions such as the Middle East. **Aim:** This study aimed to investigate generative AI acceptance, anxiety, and behavioral intention using the Technology Acceptance Model (TAM) framework. **Methods:** A cross-sectional quantitative design was used. Data were collected from participants across multiple Middle Eastern contexts using structured questionnaires measuring perceived usefulness, perceived ease of use, AI-related anxiety, and behavioral intention. Structural Equation Modelling (SEM) was applied to analyze relationships among variables. **Results:** Perceived usefulness and perceived ease of use significantly predicted behavioral intention to adopt generative AI. AI-related anxiety negatively influenced acceptance and behavioral intention. TAM constructs demonstrated strong predictive validity in explaining user adoption behavior. **Conclusion:** Acceptance of generative AI is shaped by both technological perceptions and psychological anxiety. Interventions that enhance digital literacy and reduce AI anxiety are essential for successful adoption.

Keywords: Generative AI; TAM; anxiety; behavioral intention; structural equation modeling; Middle East.

Reflective Mindfulness and Emotional Regulation Training to Enhance Nursing Students' Self-Awareness: A Mixed-Method Randomized Controlled Trial

Authors: Gihan Mohamed Mohamed Salem; Wilf Hashimi; Ayman Mohamed El-Ashry

Abstract

Background: Nursing students often face high academic and clinical stress, affecting emotional regulation and self-awareness. Mindfulness-based interventions may enhance psychological resilience and professional competence. **Aim:** This study aimed to evaluate the effectiveness of reflective mindfulness and emotional regulation training in improving nursing students' self-awareness and emotional control. **Methods:** A mixed-method randomized controlled trial was conducted. Participants were randomly assigned to intervention and control groups. The intervention included mindfulness meditation, reflective journaling, and emotional regulation exercises. Quantitative assessments and qualitative interviews were conducted pre- and post-intervention. **Results:** The intervention group showed significant improvement in self-awareness, emotional regulation, reflective thinking, and stress management compared to controls. Qualitative findings supported enhanced emotional insight and improved clinical confidence. **Conclusion:** Reflective mindfulness training is effective in improving emotional and cognitive competencies among nursing students.

Keywords: Mindfulness; emotional regulation; nursing education; randomized controlled trial; self-awareness.

Effect of Psycho-Educational Program on Emotional Distress, Body Image, and Quality of Sexual Life among Women with Breast Cancer

Authors: Faten Mohamed Ahmed; Fathyeya Said Sayed Ibrahim; Soha Kamel Mosbah Mahmoud; Asmaa Mohamed Ali AlAbd

Abstract

Background: Breast cancer significantly affects women's psychological well-being, body image perception, and sexual health due to disease burden and treatment effects. **Aim:** This study aimed to evaluate the effect of a psycho-educational program on emotional distress, body image, and sexual quality of life among women with breast cancer. **Methods:** A quasi-experimental design was used. Participants received structured psycho-educational sessions focusing on emotional coping, body image rehabilitation, sexual health education, and psychosocial support. Pre- and post-intervention data were collected. **Results:** Significant reductions in emotional distress were observed, along with improved body image perception and enhanced sexual quality of life after the intervention. **Conclusion:** Psycho-educational interventions are effective in improving holistic psychosocial and sexual outcomes in women with breast cancer.

Keywords: Breast cancer; psycho-education; emotional distress; body image; sexual heal

Unveiling Hidden Trauma: A Cross-Sectional Study of Violence Exposure and Its Impacts on Entrapment, Self-Stigma, and Empathic Care Among Psychiatric Nurses

Authors: Mohamed Hussein Ramadan Atta; Rasha Salah Eweida; Ali Albzia; Ahmed Hashem El-Monshed; Mona Mohamed Abdelaziz Barakat

Abstract

Background: Psychiatric nurses are frequently exposed to workplace violence, which may negatively affect psychological well-being, professional identity, and quality of patient care. **Aim:** This study aimed to examine the association between violence exposure, entrapment, self-stigma, and empathic care among psychiatric nurses. **Methods:** A cross-sectional design was employed. Psychiatric nurses completed standardized instruments measuring exposure to violence, perceived entrapment, self-stigma, and empathic care levels. Statistical analyses assessed relationships between variables. **Results:** Workplace violence was highly prevalent among participants. Significant positive correlations were found between violence exposure, entrapment, and self-stigma. Empathic care was negatively associated with violence exposure. **Conclusion:** Workplace violence adversely affects psychiatric nurses' psychological well-being and reduces empathic care. Institutional policies are needed to improve safety and psychological support.

Keywords: Psychiatric nurses; workplace violence; self-stigma; entrapment; empathy.

Effectiveness of Interprofessional Education on Improvement of Learning Outcomes among Undergraduate Nursing Students: A Meta-Analysis

Authors: Shimmaa Mansour Moustafa Mohamed; Puvaneswari Kanagaraj; Sudha Annasaheb Raddi; Raghad Almushawah; Nehal Demerdash; Gihan Mohamed Mohamed Salem

Abstract

Background: Interprofessional education (IPE) enhances collaboration among healthcare students and improves learning outcomes. However, its overall effectiveness in nursing education requires synthesis. **Aim:** This study aimed to evaluate the effectiveness of interprofessional education on learning outcomes among undergraduate nursing students through a meta-analysis. **Methods:** A systematic literature search was conducted to identify relevant studies. Data were extracted and pooled using meta-analytic techniques to assess the effect of IPE on knowledge, skills, attitudes, and teamwork competencies. **Results:** The meta-analysis revealed that interprofessional education significantly improved learning outcomes, particularly in teamwork, communication, and clinical reasoning skills. **Conclusion:** IPE is an effective educational strategy for improving nursing students' academic and professional competencies.

Keywords: Interprofessional education; meta-analysis; nursing students; learning outcomes; collaboration.

A Quasi-Experimental Study on the Impact of a Nasogastric Tube Placement Educational Program on Pediatric Nurses' Knowledge and Practices

Authors: Shimmaa Mansour Moustafa Mohammed; Gihan Mohamed; Raghad Almushawah

Abstract

Background: Nasogastric tube placement is a critical nursing procedure requiring precision to avoid complications, especially in pediatric patients. **Aim:** This study aimed to evaluate the impact of an educational program on pediatric nurses' knowledge and practice regarding nasogastric tube insertion. **Methods:** A quasi-experimental design was used. Nurses participated in structured training sessions including theoretical instruction and practical demonstrations. Knowledge and skills were assessed before and after the intervention. **Results:** Significant improvements were observed in nurses' knowledge, procedural accuracy, and adherence to safety standards after the program. **Conclusion:** Educational interventions significantly enhance pediatric nurses' competency in nasogastric tube placement.

Keywords: Nasogastric tube; pediatric nursing; education program; clinical skills; quasi-experimental.

Breaking the Cycle: Patient Activation Role in Improving Diabetes Self-Care Adherence for Alleviating Diabetes Distress

Authors: Mohamed Gamal Elsehrawy; Faisal Khalaf Alanazi; Hassanat Ramadan Abdel-Aziz; Mona Mohamed Abdelaziz Barakat; Nermen Abdelftah Mohamed; Mahitab Mohamed Abdelrahman

Abstract

Background: Diabetes distress negatively affects self-care behaviors and glycemic control. Patient activation is considered a key factor in improving self-management adherence. **Aim:** This study aimed to examine the role of patient activation in improving self-care adherence and reducing diabetes distress. **Methods:** A cross-sectional design was employed. Patients with diabetes were assessed using validated tools measuring activation levels, self-care adherence, and diabetes distress. Correlation and regression analyses were conducted. **Results:** Higher patient activation was significantly associated with improved self-care adherence and lower diabetes distress. Activation was identified as a strong predictor of effective diabetes management behaviors. **Conclusion:** Enhancing patient activation is essential for improving diabetes self-management and reducing psychological distress.

Keywords: Diabetes distress; patient activation; self-care; adherence; chronic disease management.