



# “EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE AND ATTITUDE REGARDING ECT AMONG THE RELATIVES OF THE MENTALLY ILL PATIENTS”

\*Siva Subramanian, M.Sc.(N), \*\* Muthukumari M.Sc.(N),

## Abstract

Electro convulsive therapy is regarded as a controversial treatment by many people and it has been portrayed as negative experience rather than safe and effective procedure that treats a recognizable illness. The study was conducted in Govt. Rajaji Hospital, Madurai & 40 relatives of mentally ill patients undergoing Electro Convulsive Therapy (ECT) were selected by purposive sampling technique. A one group pre test post test design was adopted for this study. The pre test was conducted, later Self Instructional Module (SIM) was administered. After 7 days post test was conducted to assess the effectiveness of SIM. The study result showed that knowledge and attitude of relatives related to ECT was improved in post test than in pre test and there was a significant positive correlation between the knowledge and attitude of relatives ( $r=+0.3$ ).

**Keywords:** Effectiveness, Self Instructional Module(SIM), Electro Convulsive Therapy(ECT), Relatives.

## Background

ECT is safe, cost effective and useful treatment of mental illness, and there is also a lack of knowledge, misconception and ignorance regarding ECT not only among public, even among the population of mentally ill patient and their relatives. Though ECT is commonly used for the mentally ill patient. The term “ECT” has not become very popular among patients and public. Instead of the term ECT common terms which are popular among public is shock therapy. so the word “Shock” itself is shocking to patient and family members (**Bhatia MS, 2000**)<sup>2</sup>. They also think that it is punitive to the patient as a result it causes different level of attitude and fear among family members and patients. Even today, majority of patient are taken to Temples, wizards and faith healers and very few of them realize that, it is a type of illness and considered the treatment for mental illness by psychiatrist.

**Szuba MP, et al (1998)**<sup>9</sup> conducted a study in California among 25 patients who were apprehensive to undergo electro convulsive therapy and one relative of each patients for their attitude, knowledge, and opinion about ECT. They found that the patient and family members had highly positive attitude and good knowledge towards ECT

both before and after treatment, and after the course felt strongly that the ECT was beneficial.

## Need of the Study

A prospective cross sectional survey was done involving 96 patients and their relatives. The study showed that the majority of patients and relatives received limited knowledge on ECT (**Ugeskar Lager, 2001**)<sup>8</sup>.

**Walter G, et al (1999)**<sup>7</sup> conducted a study on knowledge and attitude of the family members regarding ECT. The findings were consistent and complement evidences showed ECT to be an effective and safe treatment. They reported that knowledge, attitude related to ECT was adequate and most favorable.

**Bird J.M. (2001)**<sup>8</sup> conducted a study on the effects of the media on patient's attitude towards ECT in Britain. He interviewed 30 patients on the day before the first treatment, based on the publicity about ECT. 11 patients were aware of the publicity. But only one felt that her attitude towards ECT had altered as a result. The patients who were aware of the publicity were more knowledgeable than the others. Only six patients were not fearful of ECT. **Taieb, O et al. (2001)**<sup>10</sup> conducted a study in Paris on adolescence with mood disorder and their parent's knowledge and attitude about ECT. The aim of the study was to assess the knowledge and attitude towards the use of ECT in adolescence. Study result showed that the patients had adequate knowledge and positive attitude towards ECT. ECT was considered as helpful treatment. **Bijtebier and Fowler (2001)**<sup>3</sup> in their

\* **Shiva Subramanian N.**, Associate professor, Sumandeep College of Nursing, Vadodara, Gujarat, **Email:**hasinisiva@yahoo.com, **Mobile** 07567659912

\*\* **Muthukumari. M.** Associate professor, Matha College of Nursing, Manamadurai, Tamilnadu