

Research Paper

The Effectiveness of Self-Care Training, Based on the Self-Care Model, on the Global Function of Schizophrenia

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How to Cite this Article:

Khalatbari Zamanpoor S, Pahlevanzadeh S, Alimohammadi N. The Effectiveness of Self-Care Training, Based on the Self-Care Model, on the Global Function of Schizophrenia. *J North Khorasan Univ Med Sci.* 2020;7(2):40-51.

DOI: [10.29252/ijrn.7.2.40](https://doi.org/10.29252/ijrn.7.2.40)

Received: 04 Apr 2020

Accepted: 26 Oct 2020

Keywords:

Self-Care

Schizophrenia

Overall Performance

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Rehabilitation Research in Nursing

Abstract

Introduction: Schizophrenia has a significant effect on the performance of patients, mostly Global of Functioning. The aim was to evaluate a self-care program's effectiveness based on Orem's model on the global function (GF) of patients with schizophrenia.

Methods: Self-Care Training program was developed and evaluated based on the Orem self-care model in two phases. At first, in the qualitative phase, The program was designed and then implemented as a clinical trial with a three-month follow-up. In the implementation phase, 70 samples participated in a clinical trial study in control groups (35 people) and intervention (35 people). Examples were selected by simple random sampling. Then, randomly assigned to either the intervention and control group. The self-care intervention group participated in eight ninety-minute sessions, and the control group participated in three group sessions and expressed their problems and experiences. Data analyzed using the General Functioning Schizophrenia Patients' Questionnaire (GAF) at the beginning of the study, one month and three months after the Intervention was collected. The data were analyzed via SPSS version 20 and through the statistical exams.

Results: The findings of the study showed that there was no significant difference between the control groups (55.57 ± 8.03) and the Intervention (55.06 ± 7.46) before the Intervention ($P > 0.05$). However, one month and three months after the study, the performance of the patients in the experimental group was higher than the control group ($P < 0.05$), with a mean difference (-54.543 and -7.544), respectively.

Conclusions: The study results showed that self-care training based on Orem's self-care model could increase patients' overall performance with schizophrenia. Therefore, it seems that such educational interventions with long-term follow-up are not only practical but also necessary.

Extended Abstract

OBJECTIVE

Schizophrenia is a psychotic disease that impairs individuals' function by its terminating effect on behavior, thoughts, and motivation. Lack of moral care leads to recurrent relapses, and psychosomatic abilities decline in these patients (1). As the most severe impairment, this disease is a disabling disease that has

lots of adverse effects on a patient's social activities (3) because of limitations in one's daily life (4). Nowadays, the mentioned disease is one of the most essential and most disabling psychological disorders that includes a wide range of cognitive, emotional, and social harms (4). Numerous studies show that their functional

capacity is limited, and they have problems with their independent social life (6). Sufferers often are driven out of social activities because their opinions and functions are different from others in society. On the other hand, under social labels' influence, rejection by relatives, friends, neighbors, and employers, they experience isolation, depression, and loss of self-confidence (8).

Understanding that applying an appropriate self-care education model for patients with a chronic illness is an essential step in their care and treatment process is crucial. Meanwhile, Orem's self-care model is one of the manifestations of the health promoting system of self-care in the nursing profession, which emphasizes one's commitment and responsibility in acquiring the necessary knowledge and skills to maintain and promote health. This model's use to increase knowledge, motivation, self-esteem, and self-efficacy leads to self-control and preventive behaviors that are necessary to promote health and disease prevention (9).

Therefore, this model can be a practical clinical guide for planning and implementing self-care principles (11). Because by increasing awareness and improving people's social skills with schizophrenia about various issues of the disease, including self-care, it prevents complications and recurrence of the disease and reduces treatment costs (12). And improve their social skills and accelerate their return to the community and enable them to play a more active role in their care and treatment, and help reduce their dependence (13). Since few studies in Iran Focusing on educating schizophrenic patients (14), this study aimed to investigate the impact of a self-care education program based on Orem's model in four stages of goal assessment, planning, implementation, and evaluation (15). It has been performed to increase the performance of patients with schizophrenia.

MATERIALS AND METHODS

This study was conducted in two stages: qualitative (RAND Appropriateness Method) and quantitative (clinical trial). In the qualitative phase, the "Self-Care Training" program was developed and evaluated based on Orem's self-care model, then implemented as a clinical trial with a three-month follow-up. For this purpose, the research team used the model. Planning, compiling the program's content, implementing the plan, and evaluating it, the program based on the model was done in four stages of the survey—the needs and

defining the patient's self-care, compiling the program, and implementing and evaluating it.

In the first stage, the study of needs and defects in the patient's self-care was determined, and the objectives of the study, i.e., the patients' self-care, were defined. Then in the design stage, the program was drafted using nursing texts, then the content was reviewed, and the final plan was developed using the narrative RAM technique. In the implementation phase, 70 samples participated in a clinical trial study in control groups (35 people) and Intervention (35 people). Examples were selected by simple random sampling. Then, randomly assigned to either the intervention and control group. Entry criteria included: At least two years of illness experience, hospitalization in one of the psychological wards of educational centers affiliated to Isfahan University of Medical Sciences - Iran and had criteria for discharge time (such as illusion and delusion, lack of suicidal thoughts, etc.) according to a psychiatrist. For this purpose, the research team, according to Orem's model. Planned, compiled the content of the training program, implemented the program, and evaluated it. The self-care intervention group participated in eight ninety-minute sessions, and the control group participated in three group sessions and expressed their problems and experiences. Data analyzed using the General Functioning schizophrenia Patients' Questionnaire (GAF) at the beginning of the study, one month and three months after the Intervention was collected. The data were analyzed via SPSS version 20 and through the statistical exams of independent t-test, paired t-test, chi-squared test, and ANOVA exam.

RESULTS

According to the results, in the control group, %34.3 were female and % 65.7 were male, and in the experimental group, 31.4% were female, and 86.6% were male. In terms of marital status, the highest frequency in the control group (%0.60) and Intervention (%62.9) was related to single patients. Patients in the control group were in the age range of 19 to 55 years with an average age of 0.97 40 8.40, and patients in the intervention age group were in the age range of 20 to 53 years with an average of 36.7 16 7.16 years. Based on the results in terms of education level, the highest frequency in both groups, control (%51.4) and Intervention (%48.6), were related to patients with sub-diploma education.

Table 1. Comparison of the mean Global Function score of patients in the control and intervention groups in three measurements

Time	Different the Mean Score between Two Gropes	Standard Deviation	P-Value
Before the intervention	-2/ 514	1/852	0/179
One month after intervention	-7 /514	1/766	< 0/001
Three month after intervention	-5 /543	1/515	< 0/001

The findings of the study showed that there was no significant difference between the control groups

(55.57± 8.03) and the Intervention (55.06 ± 7.46) before the Intervention (P > 0.05). However, one

month and three months after the study, the Global Function of the patients in the experimental group was higher than the control group ($P < 0.05$), with a mean difference (-54.543 and -7.544), respectively. Also, the mean function score three months after the Intervention was not only significantly higher than before the intervention ($P < 0.05$) but also significantly higher than one month after the intervention ($P < 0.05$).

CONCLUSION

The high prevalence of schizophrenia has led to the disease being called the modern age- condition, and it has attracted the attention of mental health professionals. The study results showed that self-care training based on Orem's self-care model could increase patients' global function (GF) with schizophrenia. Therefore, it seems that such educational interventions with long-term follow-up are not only practical but also necessary.

Ethical Consideration

In this study, ethical points, according to the ethical protocols of Helsinki studies, were done. This paper was approved and supported with the ethical code of 396210 by The Ethics Committee of Isfahan University of Medical Sciences and the registration number of the clinical trial of IRCT 35350N1R1.

Funding or Supports

This research y supports the chairman of the Isfahan University of Medical Sciences.

Author's Contribution

This study was sponsored by the Research Deputy of Isfahan University of Medical Sciences. Sara Khalatbari: Designing or analyzing, and interpreting data. Doctor Nasrollah Alimohammadi: Preparing a draft article or

modifying and reviewing it and Saied Pahlevanzadeh: cooperation and coordinate study

Conflict of Interest

In this article, there was no reported any conflict of interest

Applicable Remarks

In the present study, according to the patient's inability to understand the relative self-care and the need for help based on Orem's self-care model, a training support system (TSS) was used. Increasing the awareness of patients with mental illness about various illnesses, including self-care, will prevent illness complications, increase longevity and adapt the individual, and reduce the cost of treatment. Undoubtedly, such goals require dynamic and continuous training. In other words, training these patients is key to self-care behaviors and plays an essential role in managing patient health. According to Orem's self-care theory, the weakness of information and its understanding reduces the power of judgment and decision-making and limits individuals' self-care. On the other hand, in the training process, as an integral part of the relationship between nurses and patients, psychiatric nurses need to use patient-centered communication approaches, along with an assessment of the patient's understanding of their training and their self-care deficit to improve the patient's adherence to self-care behaviors.

Acknowledgment

This article is part of the results of the master thesis of Psychiatric Nursing. Thanks to the chairman of the Isfahan University of Medical Sciences and the Psychiatric Nursing Department faculty members for the sincere cooperation and encouragement of the author of the article in doing this research and all the patients who participated in this study.