EXAMINING THE ATTITUDE OF NURSES TOWARDS PSYCHIATRIC PATIENTS IN PUBLIC AND PRIVATE HOSPITALS OF RAWALPINDI AND ISLAMABAD

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ABSTRACT

Background:
The significance of nurses' attitudes towards psychiatric patients cannot be overstated, as these attitudes profoundly influence the quality of care and patient outcomes within mental health settings. In the bustling urban centers of Rawalpindi and Islamabad, Pakistan, where both public and private hospitals cater to diverse patient populations, understanding the nuances of nurses' attitudes towards psychiatric patients is essential for enhancing mental healthcare delivery.

Objective:
To Exam the attitude of Nurses towards Psychiatric patients in Public and private hospitals

Methodology:
This cross sectional analytical study done on 119 subjects. Data was collected via validated questionnaire after approval from ethical committee. The result showed that 18-2 years old subjects were 8(7.3%),27-35 years subjects were 18(16.5%),26(23.9%) have age 3-45 years old, 46-54 years old subjects were 2(29.4%) and 55-60 years old subjects were 25(22.9%).The result illustrated that male were 28(25.7%) and Female were 81(74.3%). The results demonstrated that 31(28.4%) subjects were from Public Sector hospital Islamabad 23(21.1%) subjects were from private sector hospital Islamabad,28(25.7%) subjects were Public sector hospital Rawalpindi and 27(24.8%) subjects were from Private sector hospital Rawalpindi.

Conclusion: In conclusion, addressing nurses' attitudes toward mental illness requires a multifaceted approach that acknowledges the cultural context, values diversity, and prioritizes the human rights and dignity of all individuals.

Key words: MICA, Nursing Attitude, Mental Illness, Islamabad, Rawalpindi

INTRODUCTION:

Psychiatric illnesses, despite their prevalence and impact, often carry significant stigma and misunderstanding within societies worldwide. In Pakistan, as in many other countries, misconceptions, cultural beliefs, and institutional shortcomings compound the challenges faced by individuals seeking mental health support. In this context, exploring the attitudes of nurses, who are

pivotal in the care continuum, offers a critical lens through which to understand and address barriers to effective psychiatric care [1].

The treatment and care of psychiatric patients hinge not only on medical expertise but also on the attitudes and perceptions of healthcare professionals, particularly nurses who serve as frontline caregivers. The significance of nurses' attitudes towards psychiatric patients cannot be overstated, as these attitudes profoundly influence the quality of care and patient outcomes within mental health settings [2].
 In the bustling urban centers of Rawalpindi and Islamabad, Pakistan, where both public and private hospitals cater to diverse patient populations, understanding the nuances of nurses' attitudes towards psychiatric patients[3].

Understanding the attitudes of nurses towards psychiatric patients is crucial for addressing the multifaceted challenges encountered in psychiatric care, particularly in diverse urban centers like Rawalpindi and Islamabad. This exploration encompasses a range of factors, including nurses' perceptions of mental illness, levels of empathy, communication strategies, and approaches to patient care and interaction[4]. By examining these dimensions within the contexts of public and private hospitals, this study seeks to uncover nuanced insights into the challenges and opportunities for enhancing mental healthcare provision in the region [5].

It is very important for the care of psychiatric patients to be dealt by the nurses using professional approach. Care of such patients can be optimized by training psychiatric nurses about how to deal these patients. To know the status of Nurses attitude towards psychiatric patients in public and private hospitals of Islamabad the current study is very important. Upon the result we can suggest strategies to fulfill the gap in practice to relevant authorities at different level.

OBJECTIVE OF THE STUDY
To Examine the attitude of Nurses towards Psychiatric patients in Public and private hospitals

MATERIAL AND METHODS
This cross sectional analytical study done on 119 subjects. Data was collected via validated questionnaire after approval from ethical committee. The study took place in a Public and Private hospital of Islamabad in June -December 2023 via convenient sampling technique. The inclusion criteria was Nurses working psychiatric wards was considered for analysis both Public and Private Hospital of Islamabad, Welling to take part in research and Exclusion Criteria was Nurses taking any regular medications for any psychiatric illness, Nurses having experience less than 6 months. Mental illness clinician's Attitude (MICA) tool is a 16 item self-administered questionnaire. It has been validated for use with professionals working in the mental health field as well as other professionals. A 6 point Likert scale is use for scoring ranging from 1(Strongly Agree) to 6 (Strongly disagree). Higher score indicating negative attitude or higher stigma toward patients. The reliability of the tool mental illness clinician's Attitude (MICA) scale is r = 0.80 and alpha =0.79 for nurses. Data were entered and analyzed through SPSS 22.0 and presented in frequency and percentage.

RESULTS:
The Table 01 showed that 18-2 years old subjects were 8(7.3%),27-35 years subjects were 18(16.5%),26(23.9%) have age 3-45 years old, 46-54 years old subjects were 2(29.4%) and 55-60 years old subjects were 25(22.9%).

Table 1: Age of Participants

Age	Frequency	Percent
18—26	8	7.3%
27—35	18	16.5%
36—45	26	23.9%

46—54	32	29.4%
55—60	25	22.9%
Total	109	100.0%

The table 02 illustrated that male were 28(25.7%) and Female were 81(74.3%).

Table 2: Gender of study participants

Gender	Frequency	Percent
Male	28	25.7%
Female	81	74.3%
Total	109	100.0%

The table 03 demonstrated that 31(28.4%) subjects were from Public Sector hospital Islamabad 23(21.1%) subjects were from private sector hospital Islamabad, 28(25.7%) subjects were Public sector hospital Rawalpindi and 27(24.8%) subjects were from Private sector hospital Rawalpindi .

Table 3: participants from public and private sectors

Public and private sectors	Frequency	Percent
Public Sector Hospital, Islamabad.	31	28.4%
Public Sector Hospital, Rawalpindi	28	25.7%
Private Sector Hospital, Islamabad.	23	21.1%
Private Sector Hospital, Rawalpindi	27	24.8%
Total	109	100.0

The Table 04 illustrated that "Strongly agree 27(24.8%) subjects, agree subjects were 17(15.6%), neither nor were 18(16.5%), disagree subjects were 32(29.4%) and strong disagree subjects were 15(13.8%).

Table 4: How comfortable do you feel interacting with psychiatric patients in your daily work?

	Frequency	Percent
Strongly Agree	27	24.8%
Agree	17	15.6%
Neither/Nor	18	16.5%
Disagree	32	29.4%
Strongly Disagree	15	13.8%
Total	109	100.0

The Table 05 illustrated that Strongly agree 33(30.3%) subjects, agree subjects were 19(17.4%), neither nor were 7(16.4%),disagree subjects were 39(35.8%) and strong disagree subjects were 11(10.1%).

Table 5: What extent do you believe that your training has prepared you to understand and assist psychiatric patients?

	Frequency	Percent
Strongly Agree	33	30.3%
Agree	19	17.4%
Neither/Nor	7	6.4%
Disagree	39	35.8%
Strongly Disagree	11	10.1%
Total	109	100.0

The Table 06 illustrated that Strongly agree 27(24.8%) subjects, agree subjects were 18(16.5%), neither nor were 28(25.7%), disagree subjects were 16(14.7%%) and strong disagree subjects were 20(18.3%).

Table 6: Does the work environment in your hospital support positive attitudes toward psychiatric patients?

	Frequency	Percent
Strongly Agree	27	24.8%
Agree	18	16.5%
Neither/Nor	28	25.7%
Disagree	16	14.7%
Strongly Disagree	20	18.3%
Total	109	100.0

The Table 07 illustrated that Strongly agree 31(28.4%) subjects, agree subjects were 12(11.0%), neither nor were 14(12.8%), disagree subjects were 39(35.8%%) and strong disagree subjects were 13(11.9%).

Table 7: How well do you think your hospital addresses the needs of psychiatric patients in terms of resources and facilities?

	Frequency	Percent
Strongly Agree	31	28.4%
Agree	12	11.0%
Neither/Nor	14	12.8%
Disagree	39	35.8%
Strongly Disagree	13	11.9%
Total	109	100.0

The Table 08 illustrated that Strongly agree 48(44.0%) subjects, agree subjects were 19(17.4%), neither nor were 7(6.4%), disagree subjects were 21(19.3%) and strong disagree subjects were 14(12.8%).

Table 8: What extent do you observe efforts being made by the psychiatric team in your workplace?

	Frequency	Percent
Strongly Agree	48	44.0%
Agree	19	17.4%
Neither/Nor	7	6.4%
Disagree	21	19.3%
Strongly Disagree	14	12.8%
Total	109	100.0

The Table 09 illustrated that Strongly agree 15(13.8%) subjects, agree subjects were 28(25.7%), neither nor were 16(11.7%), disagree subjects were 11(11.9%) and strong disagree subjects were 37(33.9%).

Table 9: Do you think there is a humiliation associated with psychiatric patients among the staff in your hospital?

	Frequency	Percent
Strongly Agree	15	13.8%
Agree	28	25.7%
Neither/Nor	16	14.7%
Disagree	13	11.9%
Strongly Disagree	37	33.9%
Total	109	100.0

The Table 10 illustrated that Strongly agree 37(33.9%) subjects, agree subjects were 17(15.6%), neither nor were 18(16.5%), disagree subjects were 16(14.7%) and strong disagree subjects were 21(19.3%).

Table 10: How comfortable are you communicating with psychiatric patients and their families?

	Frequency	Percent
Strongly Agree	37	33.9%
Agree	17	15.6%
Neither/Nor	18	16.5%
Disagree	16	14.7%
Strongly Disagree	21	19.3%
Total	109	100.0

The Table 11 illustrated that strongly agree 29(26.6%) subjects, agree subjects were 12(11.0%), neither nor were 06(5.5%), disagree subjects were 44(40.4%) and strong disagree subjects were 18(16.5%).

Table 11: What extent do you feel that training programs contribute to improving nurses' attitudes toward psychiatric patients?

	Frequency	Percent
Strongly Agree	29	26.6%
Agree	12	11.0%
Neither/Nor	6	5.5%
Disagree	44	40.4%
Strongly Disagree	18	16.5%
Total	109	100.0

The Table 12 illustrated that strongly agree 31(28.4%) subjects, agree subjects were 22(20.2%), neither nor were 17(15.6%), disagree subjects were 24(22.0%) and strong disagree subjects were 15(13.8%).

Table 12: How supported do you feel by your colleagues and superiors when dealing with challenging situations?

	Frequency	Percent
Strongly Agree	31	28.4%
Agree	22	20.2%
Neither/Nor	17	15.6%
Disagree	24	22.0%
Strongly Disagree	15	13.8%
Total	109	100.0

The Table 13 illustrated that Strongly agree 34(31.2%) subjects, agree subjects were 18(16.5%), neither nor were 11(10.1%), disagree subjects were 29(26.6%) and strong disagree subjects were 17(15.5%).

Table 13: Is there a significant difference in attitudes toward psychiatric patients between public and private hospitals?

	Frequency	Percent
Strongly Agree	34	31.2%
Agree	18	16.5%
Neither/Nor	11	10.1%
Disagree	29	26.6%
Strongly Disagree	17	15.6%
Total	109	100.0

The Table 14 illustrated that Strongly agree 39(35.8%) subjects, agree subjects were 14(12.8%), neither nor were 13(11.9%), disagree subjects were 26(23.9%) and strong disagree subjects were 17(15.6%).

Table 14: How well do you believe your hospital's policies promote a respectful and inclusive approach to psychiatric patient care?

	Frequency	Percent
Strongly Agree	39	35.8%
Agree	14	12.8%
Neither/Nor	13	11.9%
Disagree	26	23.9%
Strongly Disagree	17	15.6%
Total	109	100.0

The Table 15 illustrated that strongly agree 25(22.9%) subjects, agree subjects were 34(31.2%), neither nor were 18(16.5%), disagree subjects were 15(13.8%) and strong disagree subjects were 17(15.6%).

Table 15: To what extent do you feel that your hospital fosters a culture of empathy and understanding toward psychiatric patients?

	Frequency	Percent
Strongly Agree	25	22.9%
Agree	34	31.2%
Neither/Nor	18	16.5%
Disagree	15	13.8%
Strongly Disagree	17	15.6%
Total	109	100.0

The Table 16 illustrated that strongly agree 45(41.3%) subjects, agree subjects were 26(23.9%), neither nor were 12(11.0%), disagree subjects were 14(12.8%) and strong disagree subjects were 12(11.0%).

Table 16: How confident are you in addressing the emotional and psychological needs of psychiatric patients?

	Frequency	Percent
Strongly Agree	45	41.3%
Agree	26	23.9%
Neither/Nor	12	11.0%
Disagree	14	12.8%
Strongly Disagree	12	11.0%
Total	109	100.0

The Table 17 illustrated that strongly agree 39(.35.8%) subjects, agree subjects were 15(13.8%), neither nor were 15(13.8%), disagree subjects were 18(16.5%) and strong disagree subjects were 22(20.2%).

Table 17: Do you think additional training specific to psychiatric care would benefit the nursing staff in your hospital?

	Frequency	Percent
Strongly Agree	39	35.8%
Agree	15	13.8%
Neither/Nor	15	13.8%

Disagree	18	16.5%
Strongly Disagree	22	20.2%
Total	109	100.0

The Table 18 illustrated that strongly agree 42(.38.5%) subjects, agree subjects were 15(13.8%), neither nor were 17(15.6%), disagree subjects were 28(25.7%) and strong disagree subjects were 7(6.4%).

Table 18: How would you rate the overall support system for nurses dealing with psychiatric patients in your workplace?

	Frequency	Percent
Strongly Agree	42	38.5%
Agree	15	13.8%
Neither/Nor	17	15.6%
Disagree	28	25.7%
Strongly Disagree	7	6.4%
Total	109	100.0

DISUSSION:
In particular, for mental patients, medical caregivers play a critical role in treatment and rehabilitation. The purpose of the study was to enlighten nurse's behavior about mental illness.

According to the current study, nurses have a good mental attitude toward psychiatry, which is consistent with other research done on nursing populations. According to our estimation, the majority of the participants that 18-2 years old subjects were 8(7.3%),27-35 years subjects were 18(16.5%),26(23.9%) have age 3-45 years old, 46-54 years old subjects were 2(29.4%) and 55-60 years old subjects were 25(22.9%).The male were 28(25.7%) and Female were 81(74.3%). The result illustrated that 31(28.4%) subjects were from Public Sector hospital Islamabad 23(21.1%) subjects were from private sector hospital Islamabad, 28(25.7%) subjects were Public sector hospital Rawalpindi and 27(24.8%) subjects were from Private sector hospital Rawalpindi.

In separate studies carried out in Nigeria and other countries, the percentage of female participants was 90%, 71.1%, and 83.4% and when we compare it with our study the male were 28(25.7%) and Female were 81(74.3%). Despite the fact that we also discovered that, in comparison to other factors, the ratio of men to women is more or less 15, 17, 18 [6].

According to a research, medical professionals showed the least enthusiasm in pursuing a career in psychiatric nursing. The participants agreed that many people who eventually fail to get a job in another specialty go into psychiatry [7].

Another findings suggested that the nurses' attitudes on mental illness were typically unfavorable. It has been demonstrated that the depressive attitudes of medical professionals, especially nurses, exacerbate mental health problems in patients and seriously impair their prospects of recovery[8].
In a conservative Middle Eastern community where psychological disturbances and their behavioral effects are associated with "social shame," nurses had bad mental states can be particularly harmful to patients and their families. Like other Middle Eastern civilizations, Kuwaitis accept divination, the "evil eye," and possession of otherworldly beings as reasonable explanations for behavioral shifts in people[9].

In a cross-cultural study including five European countries, for example, it was shown that Portuguese medical caregivers had a more upbeat disposition while Lithuanian hospital attendants had a more pessimistic outlook. This was attributed to the generally accepting views that each nation had about mental illness. In fact, our healing center's medical attendants had a worse mental attitude than the

medical attendants in Lithuania. As the stigma associated with mental illness has been shown to be widespread, enduring, and universal[10].

CONCLUSION:
In conclusion, addressing nurses' attitudes toward mental illness requires a multifaceted approach that acknowledges the cultural context, values diversity, and prioritizes the human rights and dignity of all individuals. Through collaboration, education, and advocacy, nurses can serve as catalysts for positive change and contribute to the creation of more inclusive and compassionate healthcare systems in Islamabad, Rawalpindi, and beyond.

RECOMMENDATIONS:
1. Design a survey that covers various aspects of attitudes towards psychiatric patients, including beliefs, stereotypes, empathy levels, and willingness to engage in care. The survey should be structured to capture both explicit and implicit biases.
2. Assure participants that their responses will be anonymous and confidential. This encourages honesty and reduces the likelihood of response bias.
3. Aim to include nurses from different backgrounds, specialties, and levels of experience to capture a comprehensive range of attitudes. This diversity ensures a more representative sample and provides insights into potential variations in attitudes based on demographics or professional experience.
4. Offer educational programs and training sessions to increase nurses' knowledge and awareness of mental health issues, evidence-based practices, and strategies for delivering patient-centered care. These initiatives can help challenge stereotypes and improve attitudes towards psychiatric patients.
5. Encourage collaboration between nurses, psychiatrists, psychologists, social workers, and other healthcare professionals involved in mental healthcare. Interprofessional teamwork fosters mutual understanding, respect, and a holistic approach to patient care.

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