

A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ECT COMPLICATIONS AMONG CAREGIVERS OF PATIENTS RECEIVED ECT IN SELECTED MENTAL HOSPITALS OF NORTH GUJARAT

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ABSTRACT

INTRODUCTION: Electroconvulsive Therapy (ECT) remains a widely used and effective treatment for severe psychiatric disorders. However, misconceptions and limited awareness about its complications persist, especially among caregivers, which can affect treatment adherence and patient care. Enhancing caregiver knowledge is essential for informed decision-making and improved support during the treatment process. RESEARCH APPROACH: Quantitative Approach. RESEARCH DESIGN: Pre-experimental one group pre-test post-test design. PARTICIPANTS: 60 caregivers were selected by using purposive sampling technique. INTERVENTION: On first day pre-test was conducted by using self-structured questionnaire and VAT was administered to find its effectiveness, On 7th day we conducted the post-test by using self-structured questionnaire. TOOL: Self structured questionnaire. RESULT: The comparison of mean value of pre-test and post-test level of knowledge regarding ECT complications among caregivers of patients received ECT. The mean value of post-test knowledge score (18.18 ± 3.98) was significantly higher than the mean value of pre-test score (8.86 ± 2.60), so the mean percentage difference is (31.07%). The calculated 't' value (24.05) is greater than table value 2.000. This shows a significant difference between mean pre-test and post-test knowledge scores. Hence the hypothesis H1 was accepted. A significant association was found between pre-test knowledge scores and selected demographic variables such as relationship to the patient and area of residence. CONCLUSION: The study concluded that the video-assisted teaching programme was effective in enhancing the knowledge of caregivers regarding complications of ECT. Implementing such educational interventions in clinical settings can help reduce caregiver anxiety and improve the overall care provided to patients received ECT.

Keywords: Electroconvulsive Therapy (ECT), Complications, Caregivers, Video-Assisted Teaching Programme, Mental Hospitals, Knowledge, North Gujarat.

INTRODUCTION

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right and it is crucial to personal, community and socio-economic development. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

In the context of national efforts to strengthen mental health, it is vital to not only protect and promote the mental well-being of all, but also to address the needs of people with mental health conditions. The vast care gap for common mental health conditions such as depression and anxiety means countries must also find innovative ways to diversify and scale up care for these conditions, for example through non-specialist psychological counseling or through mental health services that are integrated in general health care, typically in general mental health services that are integrated in general health care, typically in general hospitals. Some strategies or treatments are more successful in combination with others. Some people take prescribed medications, such as antidepressants, antipsychotics, and drugs for anxiety. Although these medications cannot cure mental health disorders, some can help improve symptoms. The various therapies like psychotherapies and Electro Convulsive Therapy (ECT) take a psychological approach to treating major mental disorders such as schizophrenia, psychosis, severe depression etc.

Electroconvulsive therapy (ECT) is a psychosomatic procedure that involves passing a mild electric current through your brain, causing a short seizure. This procedure is proven to have strong positive effects on severe, treatment-resistant mental health conditions. ECT's history stretches back more than 80 years, and extensive research shows it's an effective, safe technique. This treatment involves anesthesia so that you won't feel pain during the procedure.

ECT's effectiveness in treating severe mental illnesses is recognized by the American Psychiatric Association, the American Medical Association, the National Institute of Mental Health, and similar organizations in Canada, Great Britain and many other countries. ECT often has a negative connotation because of how it's been shown in movies, television shows and other media. These portrayals of ECT are usually inaccurate about how this procedure happens, whether or not it's painful or frightening and whether or not it's effective. These portrayals are not true-to-life, and they don't show how healthcare providers do this procedure safely and humanely.

Post-ECT refers to the period following Electroconvulsive Therapy (ECT). ECT has some complications like Cognitive complications: Memory loss, confusion, difficulty concentrating, Physical complications:

Headache, muscle ache, nausea, fatigue and Emotional complications: Mood changes, anxiety, depression etc.

A caregivers role after ECT is to provide ongoing support, monitor the patient's mental state and memory function, offer gentle reminders due to potential memory lapses, assist with daily activities as needed, communicate any concerns to the medical team, and provide emotional reassurance throughout the recovery process, while being patient and understanding of the potential side effects like confusion and memory difficulties. Caregivers are essential in providing valuable patient information to medical providers, such as recent changes in health, family history, previous illness, and medication reactions. Caring for patients with a mental illness, in particular, is a unique and challenging job that may lead to caregiver stress and inability to provide proper care.

OBJECTIVES

- To assess the level of knowledge regarding ECT complications among caregivers.
- To evaluate the effectiveness of video assisted teaching programme regarding ECT complications among caregivers.
- To find out association between pre-test level of knowledge regarding ECT complications among caregivers with their selected demographic variables.

HYPOTHESIS

- H0: There will be no significant difference between pre-test and post-test level of knowledge regarding ECT complications among caregivers of patients received ECT in selected Mental hospitals of North Gujarat.
- H1: There will be a significant difference between pre-test and post-test level of knowledge regarding ECT complications among caregivers of patients received ECT in selected Mental hospitals of North Gujarat

RESEARCH METHODOLOGY

RESEARCH DESIGN

a pre-experimental one group pre-test post-test design was adopted.

SETTING OF THE STUDY

The study was conducted in selected mental hospitals of North Gujarat, where ECT is administered regularly and caregivers are available for interaction and education.

SAMPLE AND SAMPLING TECHNIQUE

In this study, the sample included caregivers of patients received ECT in selected mental hospitals of North Gujarat. The sample size was determined based on feasibility and statistical power (e.g., $n = 60$). The sampling technique was Purposive sampling technique, participants were selected based on inclusion criteria and were available during the study period.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

A structured knowledge questionnaire was developed to assess the knowledge of the caregivers regarding ECT complications.

The tool included the following sections: Section A: Demographic variables (age of the care givers, gender, relationship to patient, level of education, occupation, areas of residence, duration of stay with the patient and previous source of information). Section B: Knowledge questionnaire on ECT complications (30 multiple-choice questions).

The video assisted teaching programme was showed by light emitting diode (LED). Video made in Gujarati language after assessing their background. Language for video was kept as simple as possible.

INTERVENTION

The video module includes the following information about ECT complications.

- Introduction of Electroconvulsive therapy (ECT).
- Indications of Electroconvulsive therapy (ECT).
- Procedure of Electroconvulsive therapy (ECT).
- Short term and long term complications of Electroconvulsive therapy (ECT).
- Post-ECT care of patient received ECT.

DATA ANALYSIS

Data were analyzed using Descriptive statistics: Mean, standard deviation, frequency, and percentage to describe demographic variables and knowledge scores. Inferential statistics: Paired t-test was used to compare pre-test and post-test scores to assess the effectiveness of the intervention. Chi-square test was used to determine the association between demographic variables and knowledge scores.

RESULT

- The pre-test mean score on Knowledge is 8.46 ± 2.60 and post-test mean score is 18.18 ± 3.98 respectively. The 't' value is 24.05 which is greater than the table value 2.000. Hence the research hypothesis H1 is accepted at $p \leq 0.05$ levels. Thus, it becomes evident that video assisted teaching is

effective in improving the knowledge regarding ECT complications among caregivers of patients received ECT.

- Based on the third objectives used to Chi-square test use to associate the level of knowledge and selected demographic variables. The Chi-square value shows that there is a significance association between the knowledge and demographic variables such as Relationship to the patient, Area of Residence

DISCUSSION

This study was conducted to assess the effectiveness of a video-assisted teaching programme on knowledge regarding ECT complications among caregivers of patients received ECT. The aim of the study was to assess how effective a video-assisted teaching programme is in improving the knowledge of caregivers about the potential complications related to Electroconvulsive Therapy (ECT). Caregivers play a critical role in supporting patients undergoing ECT, yet they often lack adequate information regarding possible side effects and complications, which can lead to fear, misconceptions, and poor compliance with treatment. By implementing a structured video-based educational intervention, this study seeks to enhance awareness among caregivers about ECT procedures and post-treatment complications, helping them better understand the treatment and recovery process, Improve caregiver involvement in patient care through informed support, leading to better treatment outcomes.

The study was conducted by using pre experimental one group pre-test post-test research design. The tool used for the study is self structured questionnaire to assess the knowledge of the caregivers regarding ECT complications. The responses were analyzed through descriptive statistics (Mean, Frequency, Percentage distribution, Standard deviation) and inferential statistics ('t' test and Chi-square).

CONCLUSION

The video-assisted teaching programme significantly improved knowledge among caregivers. Despite caregiver's different backgrounds and educational levels, the intervention was effective across the board. Relationship to patient and residence area impacted knowledge levels, indicating the need for targeted educational interventions. Video-based education is a powerful, low-cost, scalable tool for improving mental health literacy among caregivers.

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