

Araştırma makalesi**Research article****The Use of Nursing Theory and Model in Mental Health and Psychiatric Nursing Doctoral Theses: Türkiye Sample****Emel ÖZTÜRK TURGUT¹****ABSTRACT**

Aim: The aim of this study is to identify nursing models used in doctoral theses in psychiatric and mental health nursing.

Material and Methods: In this descriptive-type retrospective document analysis study, theses in mental health and psychiatric nursing departments of health sciences institutes were reviewed at the National Thesis Center of the Council of Higher Education on from September to October 2023. The study was completed with 14 doctoral theses. Word and Excel programs were used to record and analyze data.

Results: The Roy Adaptation Model and then the Neuman Systems Model were mostly used in doctoral theses. It was determined that four theses were randomized controlled, and six theses were done within the scope of community mental health nursing when the sample group was examined.

Conclusions: The Roy Adaptation Model has positive effects on issues such as emotional expression, self-esteem, and treatment areas. As a sample group, there was a tendency towards preventive mental health services. Experimental designs with control groups were used in doctoral theses, and four theses were determined to be randomized controlled.

Keywords: Document analysis, models, nursing

ÖZ

Ruh Sağlığı ve Psikiyatri Hemşireliği Doktora Tezlerinde Hemşirelik Kuram ve Model Kullanımı: Türkiye Örnekleme

Amaç: Bu çalışmanın amacı psikiyatri ve ruh sağlığı hemşireliği doktora tezlerinde kullanılan hemşirelik modellerini belirlemektir.

Gereç ve Yöntem: Tanımlayıcı tipteki geriye dönük doküman analizi yapılan bu çalışmada, Yükseköğretim Kurulu Ulusal Tez Merkezi'nde yer alan sağlık bilimleri enstitülerinin psikiyatri hemşireliği anabilim dallarında yapılan tezler, Eylül- Ekim 2023 tarihinde incelenmiştir. Çalışma 14 doktora tezi ile tamamlanmıştır. Verilerin kaydedilmesi ve analiz edilmesinde word ve excel programları kullanılmıştır.

Bulgular: Doktora tezlerinde en çok Roy Adaptasyon Modeli ve ardından Neuman Sistemler Modeli'nin kullanıldığı belirlenmiştir. Örnekleme grubu incelendiğinde dört tezin randomize kontrollü olduğu ve altı tezin toplum ruh sağlığı hemşireliği kapsamında yapıldığı saptanmıştır.

Sonuç: Roy Adaptasyon Modeli duygusal ifade, benlik saygısı ve tedavi alanı gibi konularda olumlu etkilere sahiptir. Örnekleme grubu olarak koruyucu ruh sağlığı hizmetlerine yönelme söz konusudur. Doktora tezlerinde kontrol gruplu deneysel desenler kullanılmış, dört tezin randomize kontrollü olduğu belirlenmiştir.

Anahtar kelimeler: Doküman analizi, hemşirelik, modeller

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INTRODUCTION

Nursing is a profession that combines science and art, relying on skills such as observation, research, and analysis. Numerous models and theories have been developed to ensure the scientific validity, sustainability, and standardization of services and methods used in the professionalization process, ultimately improving the quality of care. While nursing models and theories serve as a guide for nurses, they also provide the foundation for future research, evidence-based practices, and new models and theories. Therefore, it is critical to have a thorough understanding of nursing models and theories and to apply them effectively in practice to achieve professionalization. However, it is stated that model and theory-based interventions cannot be adequately transferred to clinical practices¹. At this stage, doctoral education becomes prominent as it internalizes the philosophy specific to one's field of specialization while also providing research competence.

Doctorate is an education program that provides people with current and advanced equipment, provides/increases innovation and creativity, enables them to conduct independent research, and supports them to contribute to the field they are interested in by using their knowledge and skills in an original way^{2,3}. Mental health and psychiatric nursing is a specialty of nursing and trains specialists at the doctoral level. Specialist nurses are expected to conduct research and incorporate research results into clinical practice⁴. Thesis work is an important stage in achieving the expected goals, and innovation in theses is important^{3,5}. Nurses benefit from models and theories in their theses⁶⁻⁸. When the literature has been examined, it is stated that theories and models are used especially in nursing doctoral theses, and the prominent theories and models are Roy Adaptation, Pender Health Promotion, and Health Belief Models. Additionally, public health nursing stands out in the use of theory and models⁶⁻⁸. There are studies examining postgraduate theses in mental health and psychiatric nursing^{9,10}. No studies examining the use of theory and models have been found.

Aim

The importance of using theories and models in the professionalization and dissemination of nursing initiatives has been noted^{1,11}. This research aims to determine the nursing models and theories used in the thesis studies of doctoral students who apply evidence-based current knowledge in an innovative way by adopting the philosophy of mental health and psychiatric nursing as expected from doctoral education. Doctoral education is the highest level of education attainable in a discipline. Therefore, the doctoral theses examined will provide data on the use of nursing models and theories among the most highly educated individuals in the field, who hold roles and responsibilities related to the profession's development.

Study Questions

The answers to the following questions were examined:

- Which nursing models or theories have been used in mental health and psychiatric nursing doctoral theses?
- What is the research type in the doctoral theses using nursing models?
- In which sample group have been nursing models studied?

MATERIAL and METHODS

Study Design

This is a descriptive-type, retrospective document analysis study.

Study Sample

Doctoral theses registered in the departments of "Mental Health and Disease Nursing, Mental Health and Psychiatric Nursing, Psychiatric Nursing" at the National Thesis Center of the Council of Higher Education were examined (N=181). The thesis review was carried out between 08.10.2023 and 08.11.2023. Approved, authorized, and completed theses were examined without any year limitation.

Inclusion and Exclusion Criteria

The inclusion criteria were to use a nursing model or a theory, to have permission to publish in the National Thesis Center of the Council of Higher Education, and to have been approved. As an exclusion criteria, master theses were not included in the research.

Data Collection Tools

"Data collection form" was created to make it easier for the researcher to classify data in accordance with the study objectives and to enable regular data record-keeping. The form that had two stages was created by consulting studies from the literature that examined the use of theories and models in nursing research⁶⁻¹⁰. In the first stage, the criteria below were evaluated as appropriate, partially appropriate, and not appropriate:

"The research title includes the name of the nursing model or theory."

"The research abstract makes clear that a nursing model or theory has been applied."

In the following step of the study, the theses deemed "not appropriate" were removed, and the theses deemed "appropriate and partially appropriate" were examined. In the second stage, the theses are examined by classifying them according to the nursing model or theory used, research type, sample group, and mental health and psychiatric nursing specialty.

Data Collection

The process of thesis selection is given below:

1. Theses were evaluated primarily according to their titles. Theses with direct model or theory names in their titles and expressions, such as psychoeducation/psychotherapeutic approach, were selected to evaluate the abstracts. The first list was created based on the choices that were made in accordance with the theses's titles.
2. The research has one author. To prevent bias, one month later, the author reviewed the theses again and re-evaluated the thesis titles, created the second list, and

compared it with the first list. No different record was found among the lists.

3. The abstracts of the selected theses were read. Theses that did not use a model, did not have a nursing model or theory, did not mention any model or theory in the abstract, and whose abstract was not accessible were excluded from the scope of the research in line with the inclusion criteria.

4. Twenty-three theses were included in the full-text evaluation. The study was completed with 14 doctoral theses which were confirmed to use a nursing model or a theory (Figure 1).

5. Theses were classified according to the nursing model or theory used, research type, sample group, and mental health and psychiatric nursing specialty.

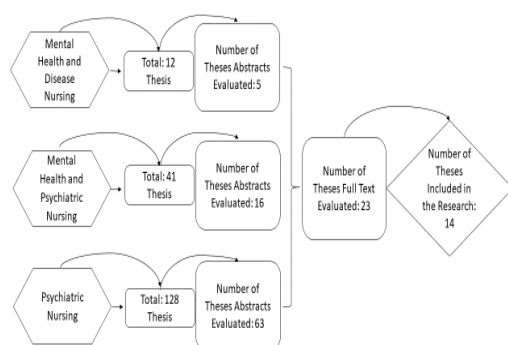


Figure 1. Thesis Selection Process

Data Analysis

The data were examined within the scope of the model used, research type, and sample. Word and Excel programs were used to record and evaluate the data.

Ethical Considerations or Ethical Approval

Conducting the research does not require approval from the ethics committee. The list of references includes the theses that were examined in the research.

Limitations

The study only examined doctoral theses completed on the day it was conducted and whose complete text was accessible.

RESULTS

It was determined that the theses included in the research were conducted between 2008 and 2022. The distribution of the doctoral theses in mental health and psychiatric nursing based on the model was presented in Figure 2. It was determined that the Roy Adaptation Model and then the Neuman Systems Model were mostly used in doctoral theses (Figure 2).

Caregivers in families, nurses, adolescents, individuals with mental diseases/ problems, individuals with physical diseases, and women who experienced challenging life events were sample groups of the doctoral theses (Table 1).

Doktora Tezlerinde Kuram ve Model Kullanımı The Use of Nursing Theory and Model in Doctoral Theses

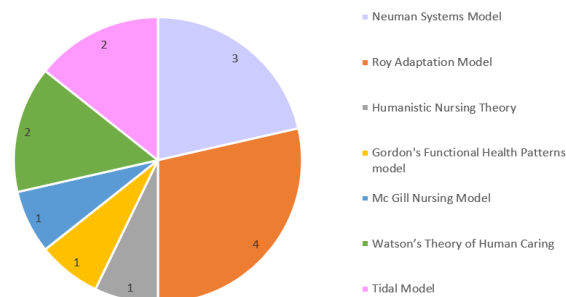


Figure 2. Number of Nursing Models Used in Doctoral Thesis

It was determined that four studies were randomized controlled in research type. Considering the sample group, five studies were conducted within the scope of secondary health services with people diagnosed with or had a history of physical diseases, and six studies were conducted within the scope of community mental health services (Table 1).

DISCUSSION

It was determined that the Roy Adaptation Model was used most frequently in mental health and psychiatric nursing doctoral theses. The model enhances emotional expression and regulation - especially anger - illness adjustment, and self-esteem; and it has been determined that it has a positive effect on the healing process and quality of life¹²⁻¹⁵. It can be said that the results are parallel to all fit areas of the model¹¹. The literature has stated that the adaptation model is widely used in other nursing specialties, both in theses and original research^{6-8,16,17}. It has been also reported in the international literature that the Roy Adaptation Model is widely used and has positive and evidence-based effects on patients' health¹⁸. The Neuman Systems Model, the second most frequently used model identified in the study, has been determined to have positive effects on self-perception and life perception, coping skills, emotional expression and regulation, and disease adaptation¹⁹⁻²¹. Neuman Systems Model deals with coping and emphasizes the importance of interaction with one's environment. The results obtained are compatible with the model in this respect¹¹. It seems that Neuman's model is among the frequently used ones in nursing theses and research^{8,16,17}. Moreover, it appears that mental health and psychiatric nurses are also compatible with the general trend in the literature. Harmony between the group, concept, and model to be studied is important in model selection. These two models can be used in studies with mental health and psychiatric nursing interventions to improve self-concept, emotional expression, and treatment adherence.

Table 1. Mental Health And Psychiatric Nursing Doctoral Theses Using Nursing Model (N=14)

Thesis title	Date	Research type	Sample	Research field	Intervention	Results
Tatar Yuksel (2008) ¹⁹ Evaluation of Life Experiences of Parents of Disabled Children with Betty Neuman's Systems Model	2008	Action research	Parents of children with disability	CMHN	After the participants were determined, pre-tests were implemented, and interviews were performed to create an action plan. Following the preparation of the subject guideline, a group session was held once a week for eight weeks.	Neuman individual interview evaluation form was identified as a tool that could be used to define problematic areas of the parents having disabled children. It has been determined that it is effective in helping parents with disabled children develop a style of coping with stress, increasing the perception of family support, and reducing the level of trait anxiety.
Partlak Gunusen (2009) ²⁰ The Effect of The Coping and The Social Support Groups on The Burnout Level of Nurses	2009	Randomized controlled-interventional and qualitative	Nurses experiencing burnout	CMHN	Group intervention was implemented five days a week. Follow-ups were carried out immediately after the intervention and at the third and sixth months. Interviews were held with nurses participating in the groups to evaluate the program.	Emotional burnout was found to be lower in the group that was given coping education compared to the control group. It was determined that the social support received from a special person increased over time following the intervention. Over time, it was observed that there was a decrease in the self-confident approach in the third month, and an increase in the optimistic approach after the intervention. It was also determined that the optimistic approach scores of the coping group were higher than those of the social support group in the sixth month. In addition, it was found that the social support-seeking approach enhanced following the intervention.
Bozkurt (2010) ¹² The Effect of Roy Adaptation Theory Based Nursing Approach on Working Adolescents Anger Management	2010	Semi-structured, quasi-experimental design, pre-test, post-test assessment and control group	Working adolescents	CMHN	9-12 individual interviews were carried out about anger at one-week intervals.	Trait anger, anger in, anger out, thoughts about anger, thoughts of anger towards others, thoughts of anger towards oneself, introverted reactions, passive-aggressive, revenge reactions, aggressive, negative self, somatization, hostility, and anxiety subscale scores were found to be significantly low in the experimental group. Anger management and calmness scores were found to be statistically significantly higher in the experimental group.
Bozdogan (2014) ²² Determination of Cancer Patients' Nursing Presence Evaluation within the context of Humanistic Nursing Theory	2014	Methodological, qualitative and quantitative, descriptive	Oncology patients	CLPN	The humanistic nursing model was used to determine the way patients perceived the nurse's presence. The model was used to categorize the data obtained qualitatively.	Patient satisfaction with the care received was determined to be the highest predictor of the perception of the nurse's presence. It has been determined that patients feel trust, interest, and satisfaction when they perceive the nurse's presence at a high level.
Inan (2014) ²¹ Effects of Home-Based Post-Treatment Psychoeducation on Breast Cancer Patients' Distress, Anxiety, Depression and Quality of Life	2014	1. Descriptive Qualitative 2. Pretest-posttest design quasi-experimental, in a single group	Breast cancer patients	CLPN	The data were obtained using the in-depth interview technique. Deductive content analysis was applied. The theoretical framework was created according to the model. The	The psychoeducation program created positive changes in people's perception of self and life, awareness, self-confidence, emotional expression, coping with the fear of relapse, taking responsibility, and personal development.

		3. Descriptive Qualitative			psychoeducation program was implemented. Afterwards, the effectiveness of the program was evaluated.	
Temel (2015) ²⁴ The Efficacy of Marjory Gordon's Functional Health Patterns Model in Coping with Depression	2015	Pre-test, post-test control group, repeated measures, quasi-experimental study	Individuals with mental disease (depressive disorder)	PN	Interventions were implemented for nursing diagnoses determined according to the areas of the model. Interventions were implemented by going to the clinic every day in line with the needs of the individuals. A test was administered at discharge, a follow-up study was conducted three months later.	When comparing the experimental and control groups in terms of depression and hopelessness scores, significant differences were determined in the post-test and follow-up test.
Boyacioglu (2015) ³¹ Effectiveness of Nursing Care Based on Mc Gill Model For Decrease of Burden Care of Elderly Caregivers	2015	Pre-test, post-test control group, repeated measures experimental study design	People who care for their elder family members	CMHN	The sample group was created by randomization. Seven sessions of interviews were held with the experimental group. There were three and six-month follow-up tests. Nursing care was provided in accordance with the model.	Differences were found between groups in terms of care burden at post-test and in the general self-efficacy at post-test and three months follow-up. In addition, significant differences were found in the positive focus and positive evaluation subscales at post-test and at three- and six-month follow-ups, as well as in the acceptance and plan focus subscales at post-test.
Tektas (2015) ²³ Effects of Nursing Care Based on Watson' Theory of Human Caring on the Mental Health of Women in Pregnancy Subsequent to Pregnancy Loss	2015	Randomized controlled, interventional	Women who experienced pregnancy loss	CLPN	A model-based intervention program was completed in five sessions.	It was determined that anxiety, depression, and hopelessness scores were decreased in the intervention group compared to the control group, and perinatal attachment was increased. It has been determined that the model has a positive effect on the mental health of women with a history of pregnancy loss.
Savasan (2015) ²⁵ The Effect of Psychiatric Nursing Approach Based Tidal Model on Alcohol-Dependent Persons with Nursing Diagnosis of Ineffective Coping and Disturbed Self-Concept	2015	Semi-structured, quasi-experimental design, pre-test, post-test, control group	Alcohol addicts	PN	A model-based intervention program was completed in average ten sessions.	The model was determined to be effective in increasing alcohol addicts' positive reinterpretation and development, active coping, holding back, emotional social support use and planning, self-esteem scores, and decreasing behavioral disengagement scores.

Ozturk Turgut (2018) ³² The Effect of Tidal Model-Based Psychiatric Nursing Approach on the Resilience of Women Survivors of Violence	2018	Experimental and descriptive; control group, pre-post-test design	Women experiencing intimate partner violence	CMHN	The model-based intervention, including seven sessions, was completed after two weeks on alternate days.	The model enhanced the resilience of women survivors of violence, a positive look to the future, and being goal-oriented.
Erdogan (2019) ¹³ The Effect of Psychoeducation Provided to Patients with Behçet's Disease in the Context of the Roy Adaptation Model on Adaptation to the Illness, Dyadic Adjustment, Self-Esteem and Psychiatric Symptoms	2019	Pre-test, post-test, control group, follow-up design, interventional study	Patients with Behçet's disease	CLPN	A 7-session psychoeducation program was implemented as 90-120 minutes once a week.	It was determined that model-based psychoeducation enhanced adaptation to illness and self-esteem among the patients with Behçet's disease and decreased psychiatric diseases.
Ayakdas Dagli (2019) ¹⁴ Individualized Nursing Interventions Based on The Roy Adaptation Model's Effects on Recovery In Alcohol Addicts	2019	Pre-test, post-test, control group and experimental follow-up	Alcohol addicts	PN	Model-based 11-session intervention program was carried out twice a week.	It was determined that the intervention affected recovery process, quality of life, craving and recurrence in a positive way.
Demir Gayretli (2022) ²⁶ The Effect of Human Care Model-Based Nursing Interventions on Psychosocial Adjustment in Patients with Cardioverter Defibrillator	2022	Pre-test post-test control group design, randomized controlled interventional	Patients who were implanted ICD	CLPN	Five interviews were carried out at two-week intervals. The interviews were online.	The psychosocial adaptation of the study group was enhanced following the intervention.
Kaçmaz (2022) ¹⁵ The Effect of Roy Adaptation Model Based Interventions on Emotion Management in University Students with Emotional Eating Behavior	2022	Randomized, control group, pre-test, post-test and follow-up measurement, interventional	University students with emotional eating behavior	CMHN	Seven online interviews were carried out once a week.	The ability of intervention group to show emotions as they are, to control negative physical responses, to cope and to manage anger was enhanced.

*PN: Psychiatric Nursing, CMHN: Community Mental Health Nursing, CLPN: Consultation Liaison Psychiatric Nursing

When the samples in the studies were examined, five studies were found to be conducted with people diagnosed with or had a history of physical illness, and three studies were found to be conducted with people having a mental illness^{13,14,21-26}. It was observed that the number of other sample groups was one (Table 1). When the sample groups were classified, it was seen that studies in the fields of community mental health nursing (CMHN) and then consultation liaison psychiatric nursing (CLPN) were predominantly preferred. Considering that a lot of studies have been conducted with nurse samples in the previous years²⁷, it can be seen that the theses using the model were more focused on risk groups and people with physical-mental diseases/problems. Furthermore, it has been stated that doctoral theses in mental health and psychiatric nursing are generally focused on CMHN and then CLPN predominantly⁹. In this study, it was determined that studies on CMHN were mostly within the scope of preventive mental health services. Improving preventive mental health services is among the goals of the National Mental Health Action Plan²⁸. This situation reflects the views of mental health and psychiatric nurses regarding the mental health needs of the country. It can be said that mental health and psychiatric nurses are aware of the need for preventive mental health services. It can also be considered that evidence has been produced to support the use of models or theories in CMHN and CLPN.

When the type of research was examined, it was determined that randomized controlled studies came first followed by experimental and quasi-experimental studies. Due to the high quality of evidence of randomized controlled studies²⁹, it can be thought that randomized controlled studies should be increased in research using models to ensure the validity and sustainability of the intervention applied in the relevant sample group. In studies using models in the literature, it has been indicated that the rates in mental health and psychiatric nursing are quite low compared to other specialties⁷. In their study examining doctoral theses, Tel and Sabancioglu (2014) found that the theses (n=87) were mostly semi-experimental and descriptive²⁷. In addition, Tas et al. (2019) determined that approximately 75% of 97 doctoral theses were experimental, and Seki Oz and Ayhan (2020) determined that approximately 30% of doctoral theses (n = 23) related to schizophrenia were experimental^{9,10}. Although there has been a change in the direction of evidence-based studies over the years, it is stated that the number of evidence-based studies in the field of mental health and psychiatric nursing is not sufficient; and, despite the findings, there are problems in the transfer of research into routine health practices. As a result, it is pointed out that the development of mental health and psychiatric nursing in research and practice has slowed down³⁰. For this reason, it is important that doctoral theses, which are expected to be innovative⁵, should also be evidence-based and can be integrated into healthcare services. Randomized controlled trials are important to establish and maintain standardized care protocols with models in mental health and psychiatric care.

Descriptive studies, often favored by researchers, are important feasibility studies that identify the needs of the group being served. Identifying evidence-based practices for the identified needs may ensure efficient use of academic knowledge, time, and manpower. It is important for researchers to have a good command of the literature. Theses that do not meet the needs of service users and have a low level of evidence will only be shelved as academic documents.

CONCLUSION

In this current study, it was determined that the Roy Adaptation Model was mostly used in mental health and psychiatric nursing theses using nursing theory/model, and CMHN came to the fore as a sample. It has been also determined that randomized controlled experimental studies are the most frequently preferred type of research. It may be recommended to create professional guidelines in doctoral theses, to use nursing models or theories in order to contribute to the nursing profession, and to increase randomized controlled studies so that theses are evidence-based. In addition, taking into account the priorities of the country in the groups studied is important for the widespread use and continuity of the interventions implemented in the theses. It is important for clinician nurses to follow doctoral research in the field. In order to disseminate evidence-based practice, clinician nurses may be encouraged to incorporate model or theory-based practice from doctoral research into their care. In mental health and psychiatric nursing, it is important to ensure that educators and nurse managers work together to inform and support clinical nurses in line with models and theories.

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