Research Paper

"A Study To Assess The Level Of Knowledge Regarding Antidepressant (SSRI) For Body Focused Repetitive Behavior Disorder Among Staff Nurses At Selected Hospital, Puducherry".

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ABSTRACT
Body focused repetitive behavior are the Problematic, nonfunctional behavior directed at the body with a loss of control and resulting in negative consequences. To assess thelevel of knowledge regarding antidepressant (SSRI) for body focused repetitive behavior disorder among staff nurses. The research approach used for this study was quantitative research approach. A quasi-experimental research design was used to assess the knowledge. By using purposive sampling technique, 30 samples was selected for the present study. The tool consists of demographic data, standard questionnaire tool. The findings of the study revealed that Out of 30 samples, 9 (30%) had moderateknowledge, 18 (60%) had adequate level of knowledge and 3 (10%) has inadequate knowledge.

I. INTRODUCTION
"Do not let what you cannot do interfere with what you can do"

- John wooden

Body focused repetitive behavior are the Problematic, nonfunctional behavior directed at the body with a loss of control and resulting in negative consequences. Body focused repetitive behavior (BFRB) are intense urges like biting, picking and Pulling that can cause damage, as many as 1 in 20 people have a BFRB, but they can be dismissed as bad habits. Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low-self-worth, disturbed sleep or appetite and poor concentration. Antidepressants are the medications that treat depression - major depressive disorder & some chronic pain conditions. Classification of antidepressant drugs are SSRI. TCA, MAOIS and atypical and agents BFRBS are all categorized as obsessive-compulsive and related disorders. This is meant to be a broad category. OCD is related to but distinct from BFRBS. Body-focused repetitive behaviors are also different from intentional self-harm behaviors. BFRBs involve seeking pleasure or relief by acting on their compulsion. The physical damage done to body parts is not intended. The Standardized questionnaire tool is used to assess the level of knowledge regarding antidepressants(SSRI) among staff nurses.

II. REVIEW OF LITERATURE :
Dieter Naber, Monika Bullinger 2018,Minor depression is associated with functional impairment, reduced quality of life, and the risk of developing into major depression. Therefore, it should be treated. Watchful waiting should be an option only for patients who, despite adequate information, are not interested in any kind of treatment. Psychotherapy has been found to be effective, but due to methodological problems (control group, blinding), efficacy derived from randomized trials might be over-estimated. Studies on the efficacy of antidepressants in the treatment of minor depression have found clinically relevant benefits over placebo, particularly the newer, better-controlled trials. One major advantage of antidepressants over psychotherapy is their immediate availability and the short period required to evaluate efficacy. Aside from the severity of depression, the patient's attitude towards psychotherapy or antidepressant treatment is of major relevance and

should be explored. In a shared decision-making process, the patient should receive appropriate information on treatment options, state her or his preferences, and then receive the treatment of choice.

STATEMENTOFPROBLEM :
"A study to assess the level of knowledge regarding antidepressant (SSRI) for body focused repetitive behavior disorder among staff nurses at selected hospital, Puducherry"

OBJECTIVESOFSTUDY :
• To assess the level of knowledge regarding antidepressant (SSRI) for body focused repetitive behavior disorder among staff nurses
•   To associate the level of knowledge regarding antidepressant (SSRI) for body focused repetitive behavior disorder among staff nurses with their selected demographic variables

ASSUMPTION :
It is assumed that staff nurses may need some updation regarding antidepressant (SSRI)

III.   MATERIALS AND METHODS :

This chapter describes the research methodology followed to assess the level of knowledge regarding antidepressant(SSRI) for body focused repetitive behavior disorder staff nurses at selected hospital, Puducherry.

Section A: Description of the demographic variables amongstaff nurses.

Section B: Assessment of thelevel of knowledge regarding antidepressant (SSRI) for body focused repetitive behavior disorder among staff nurses.

Section C: Association between the level of knowledge regarding antidepressant (SSRI) for BFRBs among staff nurses with their selected demographic variables.

SCORING INTEPRETATION:

KNOWLEDGE	SCORING INTEPRETATION
1 – 7	Inadequate knowledge
8 – 14	Moderate adequate knowledge
15 – 20	Adequate knowledge

RESEARCH APPROACH:
A quantitative research approach.

RESEARCH DESIGN:
A descriptive research design was adapted for this study

POPULATION:
The population is referred to as a group of all the elements like individuals or objects that are available in the same geographical area. The target population for this study comprises of staff nurses. The population is refers to all body focused repetitive behavior disorders.

SETTING OF THE STUDY:
The study was conducted at kalitheerthalkuppam, Pondicherry.

SAMPLE:
Sample is a selected proportion of the defined population. It is a subset of a population the sample for the study comprises the staff nurses at selected hospital, kalitheerthalkuppam, Pondicherry. Who fulfill the inclusion criteria?

SAMPLE SIZE:
30 staff nurses.

SAMPLING TECHNIQUE:
Convenient sampling technique is used for the present study.

SETTING OF THE STUDY:
The study was conducted in hospital, kalitheerthalkuppam, Pondicherry.
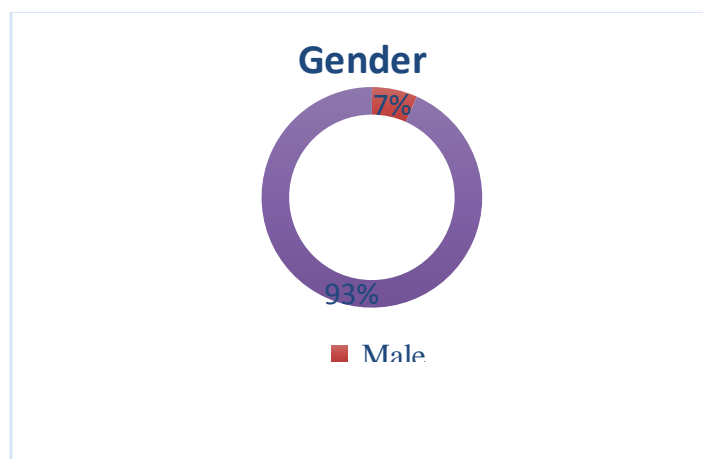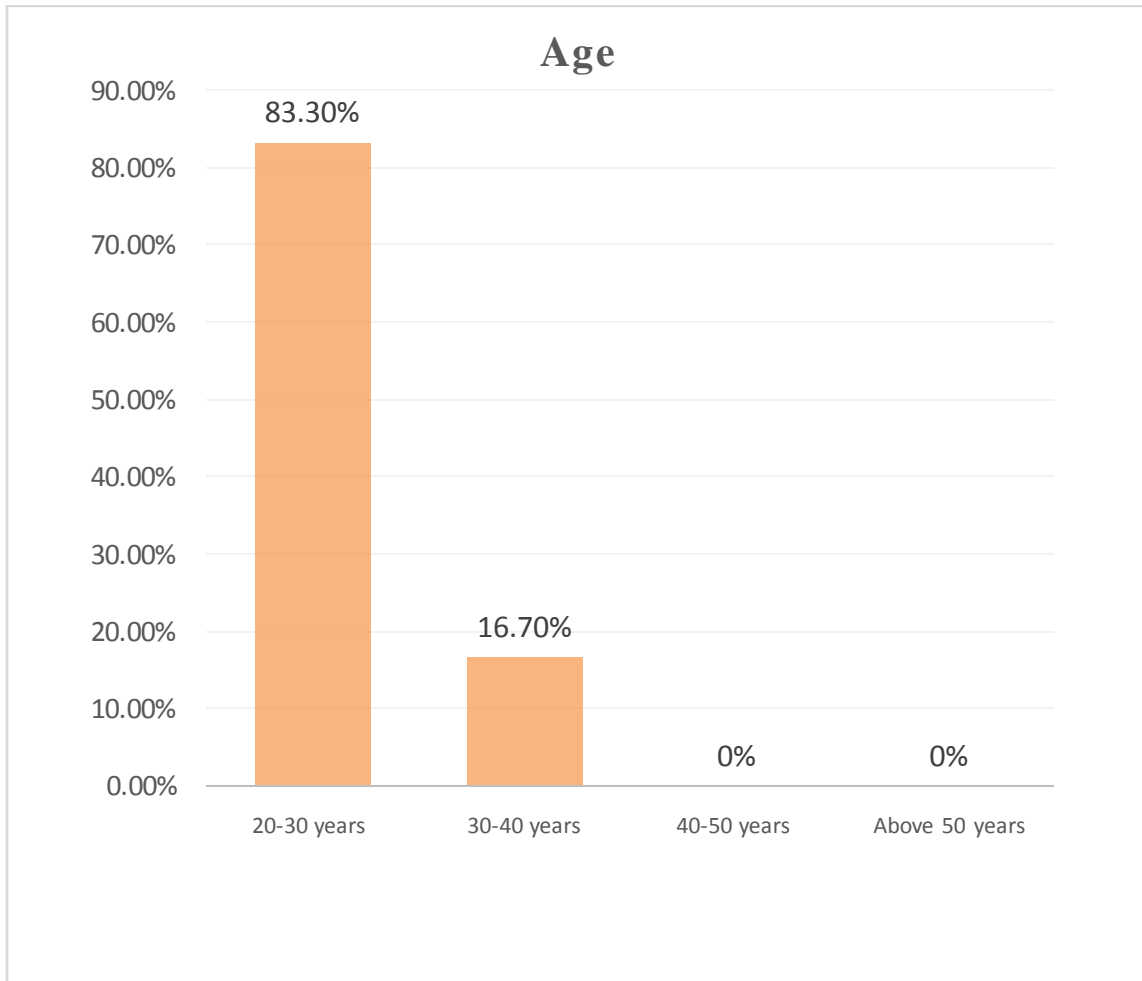
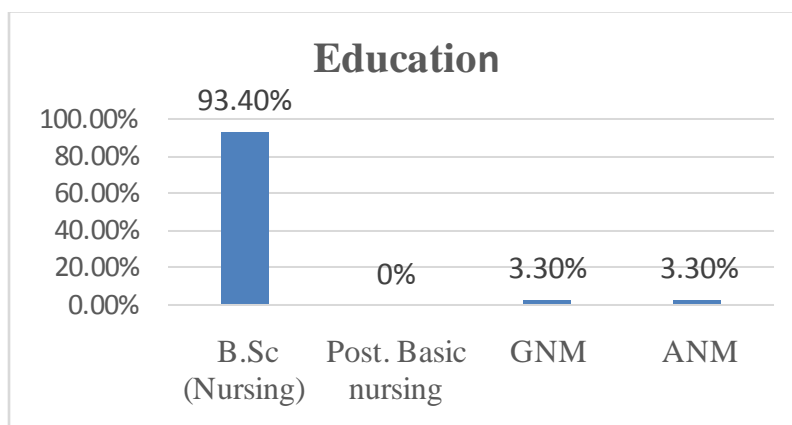**SAMPLE SELECTION CRITERIA:**
Inclusion criteria:
•Staff nurses
•Staff nurses who are present at the time of data collection
•Staff nurses who are willing to participate in the study

Exclusion criteria
•Staff nurses who are not willing to participate in the study

Table 1:-Frequency and percentage wise distribution of demographic variables amongstaff nurses.

Age

Age group	Percentage
20-30 years	83.30%
30-40 years	16.70%
40-50 years	0%
Above 50 years	0%

Gender

Gender	Percentage
Male	7%
(Female)	93%

LEVEL OF KNOWLEDGE	FREQUENCY (n)	PERCENTAGE (%)
Inadequate	0	0
Moderate	12	40
Adequate	18	60
Total	30	100
Mean+Standard deviation	14.13+2.801	

SL. NO	DEMOGRAPHIC VARIABLES	LEVEL OF KNOWLEDGE				Chi-square X^2 and P-Value
		MODERATE		ADEQUATE		
		N	%	N	%	
1	Age					$X^2=1$ Df=1 p =0.317 NS
	a) 20-30 years	11	91.7	14	77.8	
	b) 30-40 years	1	8.3	4	22.2	
	c) 40-50 years	0	0	0	0	
	d) Above 50 years	0	0	0	0	
2	Gender					**$X^2=5.21$ Df=1 p =0.041 *S**
	a) Male	2	16.7	0	0	
	b) Female	10	83.3	18	100	
3	Religion					$X^2=0.69$ Df=1 p =0.406 NS
	a) Hindu	12	100	17	94.4	
	b) Muslim	0	0	0	0	
	c) Christian	0	0	1	5.6	
	d) Others	0	0	0	0	
4	Place of residence					$X^2=1.02$ Df=1 p =0.312 NS
	a) Rural	10	83.3	12	66.7	
	b) Urban	2	16.7	6	33.3	
5	Education					**$X^2=8.17$ Df=2 p =0.037 *S**
	a) B.Sc (Nursing)	11	91.7	17	94.4	
	b) Post. Basic nursing	0	0	0	0	
	c) GNM	0	0	1	5.6	
	d) ANM	1	8.3	0	0	

IV.   CONCLUSION:

A descriptive study to assess the level of knowledge regarding anti-depressant (SSRI) for body focused repetitive behavior disorder among staff nurses at selected hospital, Puducherry. The findings of the study revealed that out of 50 samples, majority of the staff nurses 18(60%) had adequate level of knowledge, and 12(40%) had moderate level of knowledge.

IMPLICATIONS OF NURSING RESEARCH:

The study had implications for nursing practice, nursing education, and nursing administration.

NURSING PRACTICE:

The nurses working in the hospitals, clinical setting and in community should practice health education as an integral part of nursing profession. This module was developed by the investigator can be used by the staff nurses to practice and educate about the level of knowledge regarding anti-depressant (SSRI) for body focused repetitive behavior disorder.

NURSING EDUCATION:

The mental health nursing curriculum needs to strengthen to enable the nursing students and the staff nurses to know about the anti-depressant (SSRI) for body focused repetitive behavior disorder. The nursing students need to organize a workshop, in-service education programme to staff nurses, students and also for the paramedical workers.

NURSING ADMINISTRATION:

The nursing administration should take on active role in organizing and implementing structured teaching programme and also conducting a mass media communication the knowledge regarding anti-depressant (SSRI) for body focused repetitive behavior disorder.

RECOMMENDATIONS:

*   The study can do at the large number of samples.
*   The study can be implemented at the various states of India.
*   A Quasi experimental study can be conducted with control group for the effective comparison

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