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EFFECTIVENESS OF A PSYCHOEDUCATIONAL INTERVENTION IN UNDERGRADUATE NURSING STUDENTS.

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Abstrac

Depression, anxiety and behavioural disorders are among the leading causes of illness and disability in young people and adolescents worldwide (World Health Organisation, 2024). In Spain, only 30.8% of young people aged 18-34 years believe they have good mental health (Spanish Confederation of Mental Health, 2023); and women aged 18-24 years are more vulnerable to developing these problems (FAD Barometer, 2023). Nursing students are in this vulnerable group, and the development of mental health problems such as stress, anxiety and depression arise very frequently during academic life, especially during clinical placements (Alwawi & Alsaqqa, 2023; Helenpuii & Choudhy, 2024).

The aims of this study are to analyse the effectiveness of a psychoeducational programme carried out during clinical practice and to understand their lived experience.

The methodology used was mixed, quantitative and qualitative. In the former, psychological questionnaires and an ad hoc questionnaire of socio-demographic variables were used. In the qualitative approach, semi-structured interviews were conducted with twelve of the participants until data saturation.

At the descriptive level, in quantitative analysis, in relation to the ZUNG questionnaire analysing depression, surprisingly a mean value was obtained that was very close to the first level of depression. In the qualitative part, three main themes were obtained: increased confidence and security; increased motivation in their practical learning; and personal and professional growth.

It is concluded that the programme has allowed the acquisition of Competencies in Emotional Management, Communication and Self-knowledge, favouring self-esteem and confidence and strengthening the mental health of our nursing students.

Keywords

"Promotion health", "Mental health", "nursing students", "nursing future".

Biograph

Professor, manager and researcher. Coordinator of clinical practices for the Bachelor's Degree in Nursing, expert in clinical and professional learning and educational management. Principal investigator of the research group on Innovation and Education in Nursing at the School of Doctoral Studies and Research at the European University of Madrid.

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