

**Independent Study Title** Patient Distress from Electroconvulsive Therapy at Suan Prung Psychiatric Hospital

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#### **ABSTRACT**

Electroconvulsive therapy (ECT) is one of the most affective treatment plans for those with serious mental symptoms. Although ECT can be used for saving life and improving distress, side effects or complications often occur. This descriptive research study aimed to investigate the level of patient distress after receiving electroconvulsive therapy at Suan Prung Psychiatric Hospital, Chiang Mai Province. Purposive sampling was used to obtain 25 patients who were received unmodified electroconvulsive therapy from July to August, 2005. Research instrument comprised of two parts: 1) Demographic Data, and 2) Symptoms Distress Interview of Patient After Receiving ECT Scale, which was modified by the researcher. Content validity index of the instrument was 0.90 and the Cronbach's alpha coefficient was 0.83. Data analysis was performed using descriptive statistics.

Results of this study revealed that the level of patient's distress from receiving ECT was mild. Range of mean scores were 7.43 (S.D.= 2.37) and 14.71 (S.D.=11.91), respectively. The two highest levels of distress symptoms were distress from confusion and amnesia. The two highest range of mean scores was 2.00, (S.D = 0.82).

Findings of this study could be applicable as preliminary data to help nurses become aware of their patient electroconvulsive therapy needs, particularly when experiencing distress symptoms.



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