

Topic: Impact of structured, weekly psychiatric sessions on the nurses diagnosed with major depressive disorder

Depression in medical personnel is a widely studied topic today due to its increased incidence. Researchers have reported that doctors, nurses and allied healthcare professionals are more at risk of depression due to increased workload, lack of appreciation, prolonged work timings, the attitude of the healthcare management etc. Such stressors significantly contribute to depression and consequently accelerate severity. Such stressors can directly affect the provision of healthcare services and may result in reduced enthusiasm and devotion towards patient care (Magnavita et al., 2021). Uneventful circumstances, such as in the case of a pandemic when a large number of deaths may occur in a single day, are prominent causes of developing depression. A study, for example, has reported that nurses and healthcare professionals had an increased incidence of developing depression during the Covid-19 pandemic as compared to the pre-covid era due to fear of contracting the virus, increased mortalities, and shortage of medical supplies (Pappa et al., 2020).

Nurses have to work in a wide variety of healthcare surroundings. They have to cope with the changing shifts. Those nurses working in emergency department hospitals are more prone to developing anxiety and depression due to accelerated patient load and increased mortality rate in emergencies. The risks of depression further escalate if there is a shortage of working staff and medical equipment required to ensure the sustenance of the patients.

Psychiatric sessions and behavioural therapy are the optimal choice of treatment for depression. Cognitive Behavioural therapy (CBT) is one of the most widely used and exceptionally useful approaches used to treat patients suffering from depression (OUD et al., 2019). Researchers have reported that psychiatrists find CBT useful and effective as it infuses a new sense of liveliness and vigour and helps the victims of depression learn the skills necessary to live a balanced, healthy life. It helps depressed patients adjust to negative life

patterns, reorient their thinking quadrants, and open a new door to survival strategies, e.g. meditation (Sigurvinsdóttir et al., 2020).

This research is focused on evaluating the impact of structured, weekly cognitive behavioural therapy sessions on nurses diagnosed with major depressive disorder.

This is a cross-sectional study targeted at the nurses working in five hospitals in the United Kingdom. To evaluate the effectiveness of CBT, limited psychiatric sessions will be arranged for U.K. nurses diagnosed with major depressive disorder. PHQ-9 depression scale will be used to assess the severity of depression pre and post-therapy. It is a scale marked with 9 items instituted on the diagnostic criteria set for depression in DSM-IV. It is mainly employed for screening and is used for assessing the severity of depression in a patient. Depressed nurses will be asked to complete the PHQ-9 questionnaire before taking the sessions. Scores will be assigned to them based on the results of the questionnaire. After attending CBT sessions, the same nurses will again handle the PHQ-9 questionnaire, and scores will again be extracted. Differences in the score pre and post-therapy will be used to assess the impact of CBT in treating a major depressive disorder in the nurses.

References

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