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Effectiveness of educational program on moral distress among Jordanian psychiatric nurses

Introduction & Aim: Moral distress has received much attention in nursing literature. This study aimed to conduct and evaluate the effectiveness of a workshop on moral distress level among psychiatric nurses in Jordan.

Methods: The study was conducted in the two largest public psychiatric hospitals. All nurses in the selected hospitals were invited to participate in the study. The final sample consisted of 105 nurses who were assigned randomly to either interventional or control group. A pre-test and post-test control group design was employed. All participants in both groups completed Moral Distress Scale for Psychiatric nurses (MDS-P) before the workshop and 3 months after the workshop. The intervention group received the workshop while the control group did not. The workshop consisted of case studies and discussions of distressing situations in psychiatric hospitals; discussions of signs, symptoms and causes of moral distress and formulation of strategies to deal with moral distress.

Results: Results showed significant differences in moral distress levels between pretest and posttest measures for the interventional group ($t=5.05$, $p<0.000$) indicating that the workshop significantly reduced the level of moral distress among psychiatric nurses.

Conclusions: Further workshops to other psychiatric nurses in other settings as well as for control group nurses are required to be conducted.

Biography

Shaher H Hamaideh has completed his PhD from University of Cincinnati, Ohio, USA. He is an Associate Dean at Faculty of Nursing at the Hashemite University, Jordan. He has published more than 25 papers in reputed journals and has been serving as an Editorial Board Member in *International Nursing Journal* of repute.

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