



## 53<sup>rd</sup> International Conference on **Nursing and Health Science**

### **A WeChat-based narrative videos can improve the psychological resilience and self-efficacy in postoperative non-small cell lung cancer (NSCLC) patients: a randomized controlled trial**

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**Statement of the Problem:** The results of previous studies have shown that the psychological resilience of NSCLC patients was at a low level. Narrative communication is a way of effective communication and exchange of cancer-related information, and can change a person's beliefs and behaviors. Despite multiple studies that have used narrative intervention to promote well-being and happiness in various healthy and distressed individuals, there was limited specific information about the function of narrative videos on the psychological resilience and self-efficacy. This study aimed to explore the effects of narrative videos psychotherapy on psychological resilience and self-efficacy of postoperative NSCLC patients. **Methodology & Theoretical Orientation:** This randomized controlled trial study was conducted on 91 postoperative NSCLC patients. Samples were selected by convenient sampling methods and randomly divided into intervention group and control group. In the intervention group, patients received narrative video psychotherapy through the WeChat platform twice a week for one month in addition to receiving routine care, while patients in the control group received only routine care. Primary outcomes of psychological resilience and self-efficacy were assessed at baseline (T0), post intervention (T1), one month (T2), and 3 months (T3). **Findings:** The main intervention effects, the main time effects and interactions between time and intervention on resilience and self-efficacy were significant (each  $P < 0.01$ ). The post-intervention scores for resilience and self-efficacy between the two groups were statistically different (each  $P < 0.01$ ). The scores for resilience and self-efficacy of the intervention group were statistically different before and after the intervention (each  $P < 0.01$ ). **Conclusion & Significance:** The narrative videos psychotherapy can effectively improve postoperative NSCLC patients' psychological resilience and self-efficacy. In the future, further randomized clinical trials with larger sample sizes and greater efficacy are needed to confirm the findings.

#### **Biography**

Yeman has expertise in inpatient resilience assessment and a passion for improving health and well-being. Based on the Kumpfer resilience model, she created a new way to improve the resilience of patients. From the perspective of the internal resilience of patients after lung cancer surgery, she extracted four thematic video intervention themes. Then, through thematic video intervention, the self-disease management experience and knowledge of those long-term survivors of lung cancer surgery during the disease process were transferred to postoperative patients. Studies have found that this intervention can enhance postoperative patients' confidence and decision-making ability to cope with the disease, improve their level of resilience, and achieve personal growth.

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