

**Exploring Perceptions and Experiences of Nurses and Psychiatric Patients on Seclusion use
as an Aggression Control Measure**

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Introduction

Aggression in clinical settings has become a global concern among health institutions, which has adverse effects on health staff members such as nurses and patients. Aggression refers to reactive behavior that is linked with causing harm to another individual and can ultimately lead to aggression or harm (Valimaki et al., 2022). Aggression seen in patients within health institutions can arise in several manners, including abuses, verbal threats, disruptive behaviors, and physical violence. Such aggressive behavior is linked to massive harm to patients and healthcare professionals (Lee et al., 2021). The occurrence of aggression among patients in mental health institutions is linked with issues including substance use and mental health conditions that trigger behaviors of aggression among patients (Valimaki et al., 2022). In addition, environmental factors which are associated with the occurrence of aggression in patients include limited privacy and overcrowding in hospitals, which leads patients to resort to the use of force or aggression to address their needs or grievances. According to Chong et al. (2023), healthcare professionals use seclusion as one of the control measures for aggression. Seclusion refers to setting up a patient diagnosed with mental conditions in a solitary confinement area that is comprised of minimal communication with the outside world.

Notably, there are several ethical concerns associated with the seclusion use in mental health institutions that include psychological harm, dignity and autonomy for patients during their care. Seclusion is also subjected to legal regulations and implications associated with both stakeholders which include patients and nurses and their rights within a clinical health setting. According to Newton-Howes (2013), seclusion is viewed as a coercive measure which reduces the

autonomy of patients in terms of their physical freedom and an increase in forced medication. Furthermore, patients who are involved in seclusion lack the ability to make their own decisions and are informed about the care practices or medicines that they are required to use (Lee et al., 2021). Due to the ethical issues associated with seclusion, it is only implemented in clinical settings as a last resort to manage a patient's condition in the shortest possible time and never as a punishment to patients (Lantta et al., 2020). Despite the extensive research conducted on the seclusion use in psychiatry settings, the factors and effects on patients and nurses, there is limited knowledge and research relating to the experiences and perceptions of nurses and patients within psychiatry settings to the use of seclusion as an aggression control measure. It is essential to address aggression in clinical settings in order to improve the quality of care provided to patients and promote patient safety.

Research Methods

The use of seclusion as an aggression control measure can have adverse effects on both patients and medical personnel such as nurses (Chieze et al., 2019). Nurses are mainly involved in determining whether a patient requires the use of physical restraint and seclusion because they spend the majority of time with the patients, assessing and recording their medical information. Three research methods, namely interviews, structured surveys and focus groups, will be assessed in order to determine the research study results. The quantitative research method used is structured surveys, while the qualitative research methods include focus groups and interviews. For each research method, the research question will be investigated using the PICOT format and how it will be addressed in order to gain results for the research question. In addition, data collection for the research methods will also be analyzed, described and included. Furthermore, the advantages

and disadvantages of research methods will also be discussed in detail. Consequently, the ethical issues and implications will also be discussed and considered.

Quantitative Research Method – Structured Surveys

Structured surveys are a widely used research method that is implemented in clinical research and social sciences in order to gain quantitative data from consumers. Such surveys involve the use of a standardized question set that is formulated for a specific population. Close-ended questions are developed and used for the structured surveys in order to acquire the results for the research question, which involves determining the perceptions and experiences of psychiatric patients and nurses on seclusion used as a measure to control aggression (Aithal & Aithal, 2020). The PICOT format will be used to address and describe the research question with P, which signifies that the population is linked to nurses and psychiatric patients who have experienced the seclusion use as a control measure to aggression in mental health settings. [REDACTED]

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The format of the structured surveys used to determine the results of the research question is close-ended questions, which refer to the questions with limited sets of responses. Such close-ended questions could either be yes or no questions, multiple choice questions or the use of scales such as the semantic differential scale and Likert scale. A Likert scale is used to measure the social

attitudes among participants, while the semantic differential scale is used to measure the psychological entity of a material or object to a person (Roopa & Rani, 2012). The questions incorporated in the structured survey must be clear and precise, requiring only one accurate and truthful answer, which reduces social desirability. [REDACTED]

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The structured survey research method utilizes the use of paper-based surveys and online surveys. Such collection methods will be effective in increasing the reliability and validity of the research findings. The online surveys will be used to increase convenience for all the participants involved in the research study. On the other hand, paper –based surveys will be used for the participants that are within the setting the research process is conducted in After the data collection process, various statistical methods such as comparative analysis and descriptive analysis will be used in order to analyze the quantitative data in order to develop key patterns and themes to address the research question. In addition, structured surveys allow the collection of data from large sample population sizes in a time-efficient manner for both researchers and participants. [REDACTED]

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Qualitative Research Method – Interviews

To address the research question based on this research method, the PICOT format is utilized where by population (P) represents the nurses and psychiatry patients within a mental health setting. Intervention (I) means using seclusion as an aggression control mechanism, and Comparison (c) is the use of non-seclusion measures for controlling aggression. Outcome (O) refers to the experience and perceptions among psychiatric patients and nurses based on seclusion use. Time (T) for the research to be effectively conducted in three months to gain effective results. Interviews will be conducted in order to determine the participants and their experiences and perceptions on seclusion use in mental health institutions. The format and type of interview method that will be used is semi-structured. According to Elhami & Khoshnevisan (2022), interviews are referred to as natural conversations as they utilize open-ended questions in order to promote the discussion of a particular topic and encourage interviewees to respond in responses that emulate emotions and personal feelings. For this research question, open-ended questions will be formulated based on the use of seclusion among the chosen participants in a mental health setting,

as it will allow them to express themselves freely. This will allow participants to respond in a free and natural manner, thus leading to a significant collection of information relating to the research question.

[REDACTED]

In the event that the participant does not wish to be recorded, the researcher will have to resort to the use of pen and paper in order to write down the information and responses provided by the participant. After completing the interviews, the recordings will have to undergo the transcription process in order to determine the patterns and themes associated with the perceptions and experiences of the participants toward the use of seclusion as a control measure for aggression in mental health institutions. The transcribed data will then undergo thematic analysis and be coded in order to identify the appropriate themes that will be used to address the research question. The

interview research method will be effective in providing a large and rich data collection set, which will be analyzed in order to identify and gain a comparative understanding of the perceptions relating to psychiatric patients and nurses regarding seclusion use as a control measure for aggression.

The interview research method consists of several advantages, which include increased flexibility among the researchers as they can implement a decisive approach that will help them gain valuable and rich data that will be interpreted in order to acquire results relating to the research question. The use of open-ended questions will lead participants to openly share their thoughts, perceptions and feelings easily with the interview relating to their experiences and perceptions on the use of seclusion. [REDACTED]

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Furthermore, another disadvantage associated with the interview research method is developing a relationship between the researcher and participants that is built on confidence and trust that making the data collection procedures difficult. Despite the benefits of the interview research method, the ethical implications that are linked with its use include the need to maintain and safeguard the personal information of

all participants. In addition, the research method also requires informed consent from all of the participants before their views and perceptions are recorded during the interviews.

Qualitative Research Method – Focus Groups

The PICOT format will be effective in analyzing and determining the results to the research question. P which stands for population signifies the psychiatric patients and nurses who are comprised within a mental health institution and are classified as participants for the research study. I which stands for intervention refer to seclusion use as a control mechanism to aggression. C is the use of non-seclusion measures for controlling aggression. [REDACTED]

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[REDACTED] The format of the focus group will involve diving participants into groups with the minimum number in each group being five while the maximum number of participants in the group is 12 (Gundumogula, 2020). Such focus groups should be carried out in a location that is convenient and accessible to all participants in order to ensure a smooth integration and running of the entire research process.

The participants chosen for the focus group will not be chosen randomly but rather through detailed selection in order to implement a representative sample within the research. Demographic factors such as age, gender and experience will be considered in order to develop focus groups that are not discriminative or undermine other population groups, thus affecting the reliability and validity of the research's results (Gundumogula, 2020). Each participant must have adequate experience in seclusion use in mental health settings. A moderator will be in charge of conducting

and facilitating the interactions among the focus groups (Akyildiz & Ahmed, 2021). Each focus group will comprise different moderators who will be in charge of asking the developed and formulated open-ended questions in order to promote interactions among the participants. Focus groups will take a duration of at least half an hour to two hours, whereby participants will have ample time to share their experiences, perceptions and responses to the open-ended questions asked by the moderators in the discussions. [REDACTED]

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Focus group qualitative research is linked with several advantages that include quick delivery and analysis of data in order to determine the findings and results of the research question. In addition, a rich collection of data can be easily and efficiently collected from the participants included in the (Akyildiz and Ahmed, 2021). When participants are placed in focus groups, they can easily communicate with each other and share their perceptions and experiences relating to the research study and question. On the other hand, the disadvantages associated with the use of the focus group qualitative research method include bias and discrimination during the selection process of the participants, thus affecting the validity of the research study. Furthermore, the focus

group research method can also be affected through inexperienced and unfair moderators that cannot effectively manage and control the focus groups thus decreasing the validity of the research results caused by inconsistencies (Akyildiz & Ahmed, 2021). [REDACTED]

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Conclusion

Based on the detailed analysis conducted involving three research methods that will be used to address the research question, The most viable research method that will be effective and deliver valid results is the interview qualitative method. The interview qualitative research method will be effective in determining and developing vital themes that will be able to address the research question. Since this question involves determining the perceptions and experiences of seclusion use as an aggression control mechanisms, it is important to use interviews as a way to generate accurate responses from the participants that will seek to address this question. [REDACTED]

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On the other hand, focus group is not a desirable research method to use to address this research question due to the increased variations that can arise from its use. Some of these variations can arise from use of biased moderators who will negatively influence the participation of all the individuals in the research study. Moderators that lack experience have the ability to produce inconsistencies in the results as they lack the ability to carefully organize and conduct the focus group sessions thus reducing the validity of the research results. Similarly, participants involved in this research method might be less reluctant to share their experiences and perceptions among other participants thus leading to inconsistent results. [REDACTED]

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[REDACTED]

[REDACTED]

[REDACTED] Due to such issues in both the structured survey research method and focus group research method, the interview research method is the most effective research method that will generate valid and reliable results used to address the research question.

References

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