



Effectiveness of Neurolinguistic programming (NLP) on Secondary traumatic stress (STS) among nurses

Rajeswari.H

Professor, Narayana College of Nursing, Chinthareddypalem, Nellore, Andhrapradesh

Dr.B.Sreelekha

Reader, Sri Ramachandra College of Nursing, Sri Ramachandra University, Porur, Chennai

ABSTRACT

Secondary traumatic stress (STS) is when an individual suffers from emotional distress that results directly by hearing the first hand trauma experiences of another. STS imitate the symptoms of post-traumatic stress disorder (PTSD). Neurolinguistic Programming, or NLP, provides a practical way in which one can change the way of thinking, their view on past events, and approach to the life. Objectives:1.To identify the level of secondary traumatic stress among nurses.2.To determine the effectiveness of). Neurolinguistic programming on secondary traumatic stress among nurses.3.To associate effectiveness of). Neurolinguistic programming on secondary traumatic stress among nurses with their socio demographic variables. Methodology: A quasi experimental research design was adopted for the study. The study was conducted among 60 nurses in a selected tertiary care hospital, Nellore. Non probability convenience sampling technique was adopted to select the samples. Pretest was conducted by using secondary traumatic stress scale and NLP wheel of life. For 21 days Neurolinguistic programming-visual kinesthetic technique was given and after one week posttest was conducted by using the same tool. The data was analyzed by Descriptive and inferential statistics by using SPSS -15. Results: The study revealed that among 60 nurses, in determining the effectiveness of NLP- visual kinesthetic technique in experimental group, in relation to the level of STS, in pretest 2(6.7%) had mild STS, 16(53.3%) had moderate STS, 12(40%) had severe STS where as in posttest 14(46.7%) had mild STS, 10(33.3%) had moderate STS, 6(20%) had severe STS. In control group in relation to the STS, in pretest 4(13.4%) had mild STS, 10(33.3%) had moderate STS, 16(53.3%) had severe STS where as in posttest 5(16.7%) had mild STS, 9(30%) had moderate STS, 16(53.3%) had severe STS. In the NLP wheel of life scale there was significant difference on the pretest and post test mean score. Conclusion: Majority of the nurses had high level of secondary traumatic stress. NLP- visual kinesthetic technique was effective in reducing the level of secondary traumatic stress.

KEYWORDS : Secondary traumatic stress, nurses, Neurolinguistic programming, Secondary traumatic stress scale, NLP wheel of life scale.

INTRODUCTION

Secondary traumatic stress (STS) is when an individual suffers from emotional distress that results directly by hearing the first hand trauma experiences of another. STS imitate the symptoms of post-traumatic stress disorder (PTSD). Re experiencing personal trauma, increase in arousal and avoidance symptoms may be found among individuals affected with secondary traumatic stress. Alteration in memory, perception, change in sense of self efficacy, condensed personal resources, unevenness in perception of safety, trust and independence are experienced by individual with STS.

Figley defined Secondary traumatic stress STS as normal resulting behaviors and emotions ensuing from acquaintance regarding a traumatizing incident experienced by a important others. It is the stress resulting from knowledge about a traumatizing to help a traumatized or suffering person Among all the health care professionals, nurses assume a vital role in providing care for patients who are suffering and for their family members also. The profession requires the nurses to be committed in dealing with illness, injury and suffering. This predisposes nurses to suffer with trauma. Nurses experience physical and emotional distress while caring for patients who are suffering, traumatized, seriously ill, and/or dying Neurolinguistic Programming or NLP , provides a practical way in which one can change the way of thinking, their view on past events, and approach to the life.NLP is a technique of influencing brain to develop a behavior by means of language, communication by recoding the response of stimuli by brain for a obviously new and enhanced behavior. The effects of the traumatic memory can be abolished by visual kinesthetic dissociation technique. This technique reprograms the brain's response to the original experience which is the reason for traumatic of fearful memories. The trigger is controlled by sorting out the mental pictures (V) and the linked feelings (K).It also installs the safe and relaxed state, changing the dissociated ideas and making the individual to recycle the traumatic memory so that they are able to develop meaning in the unconscious mind ad able to equate to the

occurrence in the present time.

BACKGROUND OF THE STUDY

49% of trauma nurses has shown symptoms of STS as per the study conducted by Von Rueden KT et.al (2010). The rate of experiencing secondary trauma among Japanese nurses was 90.3%.(Komachi MH, Kamibepu 2012).Dominguez-Gomez E, Rutledge DN (2013) stated the rate of the arousal 54%, avoidance 52% and intrusion symptoms 49% in emergency nurses and one symptom in the previous week was reported by 85% of the nurses.

Healmy PTSD (2014) estimated 1 out of 10 women develops STS; women are about twice as likely as men. National Center for PTSD (2017) reported that 3.5% was the estimated prevalence of PTSD.3.6% in men and 9.7% in women are estimated to have PTSD. One year prevalence of PTSD in men is 1.8% and in women is 5.2%.

Lisa Wake, Margaret Leighton, (2014) analyzed the effect of Neurolinguistic programming (NLP) tools in reducing the symptoms of posttraumatic stress disorder (PTSD) among veterans from armed forces. Overall improvement was identified for Depression, Anxiety and Stress which was significant at $p < 0.001$.

Ottawa (ON): Canadian Agency for Drugs and Technologies in Health (2014) stated that though art therapy, cognitive behavioral analysis system of psychotherapy (CBASP), cognitive analytic therapy, eye movement desensitization and reprocessing or Neurolinguistic programming is recommended for treating the PTSD, much review studies have not focused on this technique

STATEMENT OF THE PROBLEM

A study to identify the effectiveness of Neurolinguistic programming on Secondary traumatic stress among nurses in a selected hospital, Nellore

OBJECTIVES

1. To identify the level of secondary traumatic stress among nurses.
2. To determine the effectiveness of Neurolinguistic programming on secondary traumatic stress among nurses
3. To associate effectiveness of Neurolinguistic programming on secondary traumatic stress among nurses with their socio demographic variables.

MATERIALS AND METHODS

The research design adopted for the study was quasi experimental in nature. The study was conducted among 60 nurses in a selected tertiary care hospital, Nellore. Samples were selected by non probability convenience sampling technique. Staff nurses who are willing to participate in this study were included and nurses who had attended any training program related stress and who are practicing any relaxation techniques like yoga were excluded from the study.

The data was collected focusing on the Socio demographic variables, Secondary traumatic stress scale which has 17 items and NLP wheel of life scale representing eight aspects of life (Money, Health, Career, friends and family, significant others, personal growth, fun and recreation, physical environment) which are ranked from 1 to 10 on the scale.

After obtaining permission from IEC, Medical superintendent, Nursing dean data collection was started. Data collection was done in the month of January and February 2016. Informed consent was obtained from the samples and it took 15 minutes to collect the data. 1st day pretest was conducted. NLP was given for 21 days for experimental group and routine activities for control group. 28th day post test was conducted. The data was analyzed by Descriptive and inferential statistics by using SPSS -15

RESULTS

Fig No:1 Percentage distribution of Level of Secondary Traumatic Stress

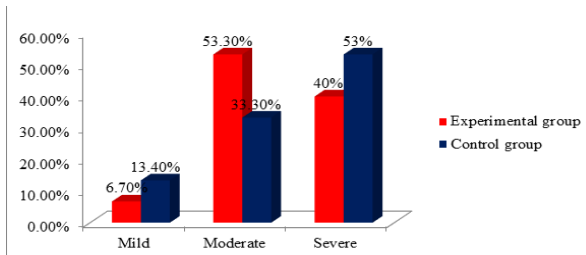


Fig No:2 Mean Score on NLP wheel of life

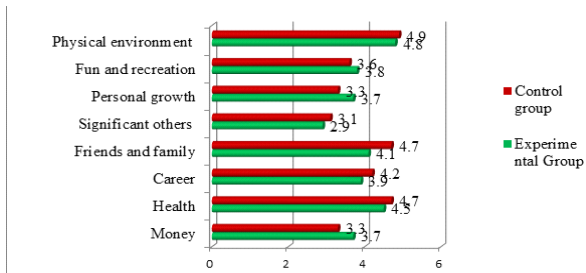


Fig No: 3 Percentage Distribution of Effectiveness of Neurolinguistic programming on Secondary traumatic stress

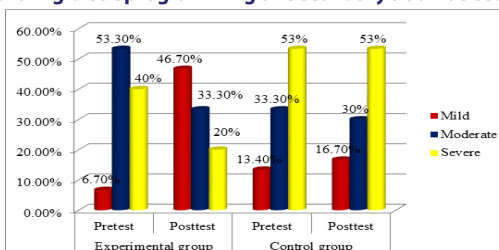


Table No: 1 Mean and Standard deviation of effectiveness of Neurolinguistic programming on Secondary traumatic stress

TEST	Experimental group		Control group		"Z" test
	Mean	S.D	Mean	S.D	
Pretest	12.7	1.3	11.8	1.1	CV=34.2, TV24.6,P<
Posttest	6.3	2.7	11.2	1.1	

Table No: 2 Pretest and posttest comparison of mean score of effectiveness of Neurolinguistic programming on NLP Wheel of life

Wheel of Life	Experimental Group	Control group	
	Pretest	Posttest	Pretest
Money	3.7	6.3	3.3
Health	4.5	8.2	4.7
Career	3.9	7.6	4.2
Friends and family	4.1	8.3	4.7
Significant others	2.9	7.2	3.1
Personal growth	3.7	8.3	3.3
Fun and recreation	3.8	8.7	3.6
Physical environment	4.8	8.6	4.9

DISCUSSION

Findings related to the level of secondary traumatic stress among nurses.

In experimental group, in relation to the level of STS, in pretest 2(6.7%) had mild STS, 16(53.3%) had moderate STS, 12(40%) had severe STS which is similar to the study finding of Rajeswari.H, Dr.B.Sreelekha (2017) who identified that among nurses 22.5% have STS, 34.5% is at risk for STS and 43% didn't have STS. In control group in relation to the STS, in pretest 4(13.4%) had mild STS, 10(33.3%) had moderate STS, 16(53.3%) had severe stress.

Finding related to the effectiveness of Neurolinguistic programming on Secondary traumatic stress among nurses In experimental group, in relation to the level of STS, in pretest 2(6.7%) had mild STS, 16(53.3%) had moderate STS, 12(40%) had severe STS where as in posttest 14(46.7%) had mild STS, 10(33.3%) had moderate STS, 6(20%) had severe STS. In control group in relation to the STS, in pretest 4(13.4%) had mild STS, 10(33.3%) had moderate STS, 16(53.3%) had severe stress where as in posttest 5(16.7%) had mild STS, 9(30%) had moderate STS, 16(53.3%) had severe STS.

In the NLP wheel of life scale there was a significant difference between the pretest and posttest scores on the aspects of life Money(EG: 3.7 -6.3,CG:3.3-3.5), Health(EG: 4.5-8.2,CG:4.7-4.3), Career(EG: 3.9 -7.6,CG:4.2-4.7), friends and family (EG: 4.1 -8.3,CG:4.7-4.6), significant others(EG: 2.9 -7.2,CG:3.1-3.3), personal growth(EG: 3.7 -8.3,CG:3.3-3.4), fun and recreation(EG: 3.8 -8.7,CG:3.6-3.7), physical environment(EG: 4.8 -8.6,CG:4.9-4.8) which is similar to the study findings Chetna Punia who specified that participants had a improvement in the wheel of life scale and expressed that they could feel the change in the emotional state.

Finding related to the association of effectiveness of Neurolinguistic programming on secondary traumatic stress among nurses with their socio demographic variables.

In experimental group, in associating with the socio demographic variables it is revealed that income and experience is significant at the level $p < 0.001$ and area of living is significant at the level $p < 0.02$ and variables such as age, gender, religion, marital status, professional education, designation, area of work, programme attended related to stress, relaxation technique used have no

significant association with the effectiveness of NLP on secondary traumatic stress at the level of $p < 0.05$ level. In control group, there is no significant association between the effectiveness of NLP on secondary traumatic stress with the socio demographic variables at the level of $p < 0.05$ level

CONCLUSION

The study has shown that Neurolinguistic programming is effective in reducing the secondary traumatic stress disorder and also shown an improvement in the eight aspects of wheel of life. Very few studies have been conducted on Neurolinguistic programming. It is highly recommended that using this technique further research studies to be conducted.

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