



Lorestan University of  
Medical Sciences  
Faculty of Khorramabad Nursing & Midwifery

A Thesis  
Presented for the  
Degree of Master of Sciences  
In nursing

Title:  
**The impact of family-centered interventions on  
family anxiety and depression and self-efficacy in patients  
with loss of consciousness in intensive care units (ICU)**

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**Abstract:**

## **Background and Aim:**

Patients with reduced consciousness (ICU) are in critical condition and may not be able live independently for a long time. because of the essential role of families of patients with reduced consciousness in supporting these patients, they must be healthy and empowered psychologically.

So, the purpose of this study was to determine the impact of family based – interventions on anxiety, depression and self – efficacy of family patients admitted to ICU.

## **Materials and Methods:**

This study was a randomized, pre – post clinical trial that was performed in the ICU of Ashayer and Shahid Rahimi hospital in 2018 .

70 family members were selected by convenience sampling and randomly were divided into control and intervention groups.

Data were collected using the hospital anxiety and depression scale and a self – efficacy researcher – made questionnaire for both groups before and after the intervention.

The intervention group` family members were trained individually during three one – hour sessions and one day in between.

The control group received routine hospital care.

Data were analyzed using spss19, chi- square independent T-test, Anova and reression.

## **Results:**

Results showed that the two intervention and control groups were homogenous in the terms of age, sex, marital status, education, occupation and cause of hospitalization with no significant difference between them  $p > 0.05$ .

The data were showed that there was a significant difference between the mean score anxiety in the control and intervention groups ( $P= 0.001$ ), so that the intervention educed the men anxiety significantly.

The results also showed that there was a significant difference between the mean score of depression in the two groups of control and intervention ( $P= 0.001$ ), so that the intervention significantly decreased the mean score of depression.

The data also showed that there was a significant difference between the mean score of self – efficacy in the two groups ( $p=0.001$ ), in a way intervention significantly increased the mean score of self – efficacy.

## **Conclusions:**

The participation of family members of patients with reduced consciousness hospitalized in ICU can have an effective role in improving their mental health and promoting their self - efficacy.

Therefore, it is recommended that these programs be incorporated into patient care programs with reduced consciousness in ICU.

**Key words:** self – efficacy, anxiety, depression, family-centered interventions, intensive care units(icu),coma, care, family caregivers.

