

# Effectiveness of a State Level Mental Health Nursing Conference on Knowledge Regarding Mental Well-Being Across the Lifespan Among the Conference Participants

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## ABSTRACT

**Background:** Attending conferences is a vital part of professional and career advancement. Conference aids health-care professionals to keep up-to-date with important research, learn directly from experiences, share best practices, and develop new skills and techniques.

**Aims and Objectives:** To assess the effectiveness of the conference on knowledge regarding mental well-being across lifespan.

**Methodology:** A quantitative approach and pre experimental research was used. All the participants who have attended the conference were selected as study subjects which constituted 200 subjects. A structured questionnaire containing 20 items was prepared, validated and used for the study.

**Results:** majority of the participants (80%) were between the age group of 20-25 years. Major portion of the participants (77%) were UG students. It was found that in pre-test only very few participants (5.5%) had adequate knowledge, which was increased to 63% in post-test.

**Conclusion:** The study revealed that the conference was effective in terms of improving the knowledge regarding mental well-being across lifespan.

**Keywords:** State level mental health nursing conference, mental well-being, lifespan, conference participants.

## INTRODUCTION

The field of nursing is in a constant state of flux, driven by technological advancements, evolving healthcare needs, and changing patient demographics. This dynamic environment necessitates a commitment to continuous learning and adaptability among nursing professionals.

Continuous learning is critical in ensuring that nurses remain competent, up-to-date with the latest practices, and capable of providing the highest quality of care. It enables them to respond effectively to new challenges and innovations in the healthcare sector.

The demand for mental healthcare is on the rise in India which eventually led to the need for specialized training for primary care doctors, nurses, psychologists, social workers and community health workers on mental health issues to improve early detection and intervention.

Mental health professionals must continually update their skills and knowledge to access better opportunities and remain relevant in their field. Ongoing education ensures

that therapists can provide the best care for their clients, using the latest tools and techniques.

Nursing conferences facilitate the exchange and dissemination of the latest research, evidence-based practices, and innovative ideas within the nursing community. Through keynote speeches, presentations, workshops, and poster sessions, nurses from diverse backgrounds can benefit from one another's insights, experiences, and discoveries.

By attending expert-led sessions, nurses gain access to cutting-edge information, emerging trends, and best practices. Conferences often offer continuing education credits, enabling nurses to meet their mandatory educational requirements. The diverse range of topics covered in conferences empowers nurses to expand their expertise, gain new perspectives, and stay abreast of advancements in patient care, technology, leadership, and research.

These gatherings provide an opportunity for nurses to connect with like-minded individuals, build professional relationships and expand their networks. By sharing their experiences and insights, nurses can initiate productive collaborations, forge mentorship relationships, and explore opportunities for research collaborations or career advancements

Though many conferences are conducted, effectiveness of these conferences on the enhancement of knowledge is not assessed.

Thus the study aimed at investigating the impact of the conference on the level of knowledge of participants regarding mental well-being across the lifespan.

### **Statement of the Problem**

A study to assess the effectiveness of a state level mental health nursing conference on knowledge regarding mental well-being across the lifespan among the conference participants.

### **Objectives**

1. To assess the effectiveness of state level conference on knowledge regarding

mental well-being across the lifespan among the conference participants

2. To find out the association between pretest knowledge score and selected demographic variables

### **Hypothesis**

H<sub>1</sub> – There will be a significant difference between mean pretest and post-test knowledge score regarding mental well-being across the lifespan among the conference participants

H<sub>2</sub> – There will be a statistically significant association between the pre-test knowledge score of conference participants and selected demographic variables

### **Operational definition**

Conference – A series of 7 lecture sessions on the theme “Promoting Mental well-being across the lifespan” handled by experts in the field of Psychiatry, Mental Health Nursing, and Psychology. Conference included various topics pertaining to mental well-being of children, adolescents, Menopausal women, adults elderly and vulnerable population.

Knowledge - Awareness of health professionals regarding different aspects of mental well - being from childhood to elderly obtained from the response on the structured questionnaire.

Conference participants – The delegates from different districts of Tamilnadu who have attended the conference which included UG, PG students in Nursing, Teaching faculty in nursing in various cadre including Lecturers, Assistant Professor, Associate Professor, Professors and Vice Principal.

### **METHODS**

**Research design** – Pre experimental research design

**Sampling technique** – Purposive sampling technique

**Sample size** – 200 Conference delegates

**Sampling criteria**

**Inclusion criteria**

The Conference delegates

- Who have attended the 7 lecture series completely
- Who are willing to participate

**Tool**

A structured questionnaire was used for the data collection.

The tool has two parts

**Part 1**

Demographic variables such as age, Qualification

**Part 2**

Knowledge questionnaire consisted of 20 multiple choice questions with four alternatives each. The participants were asked to choose the correct answer and mark against the box for each question. Each item had one correct response and was given the score of one.

The maximum score was 20.

**Scoring procedure**

- <6 – Inadequate knowledge
- 7-13 – Moderately adequate knowledge
- >13 – Adequate knowledge

**Data Collection procedure**

On the day of the conference, Pre-test questionnaire was distributed to the participants and they were asked to fill-up the structured questionnaire on knowledge regarding mental well-being across the life span. Filled up questionnaire was collected before the commencement of the conference sessions.

At the end of the conference the post-test questionnaire was distributed and the participants were asked to fill-up the same. Filled up questionnaire were collected from the participants before leaving the conference hall

**Plan for data analysis**

Analysis and interpretation of data was based on the objectives of the study by using descriptive and inferential statistics

**Ethical consideration**

Formal permission was obtained from the Institutional Ethical Committee

The nature and purpose of the study was explained to the participants and consent was obtained.

**RESULTS**

**Table 1: Distribution of subjects based on the demographic variables n = 200**

S. No	Demographic variable	Frequency	Percentage
1	Age in years		
	20-25	160	80%
	26-30	6	3%
	31-35	11	5.5%
	>35	23	11.5%
2	Qualification		
	UG students	154	77%
	PG students	29	14.5%
	Under graduates	7	3.5%
	Post graduates	10	5%

Table 1 shows that majority of the participants (80%) were between the age group of 20-25 years. Major portion of the participants (77%) were UG students.

**Table 2 Comparison of subjects based on the level of knowledge regarding mental well-being across the lifespan among conference participants in pre-test and post test n = 200**

S. No	Level of knowledge	Pre-test	Post-test
1	Inadequate	20.5%	1%
2	Moderately adequate	74%	36%
3	Adequate	5.5%	63%

Table 2 reveals that in pre-test only very few participants (5.5%) had adequate knowledge, which was increased to 63% in post-test. Nearly 1/5<sup>th</sup> of the study

participants had inadequate knowledge in pre-test, which was decreased to 1% in post-test.

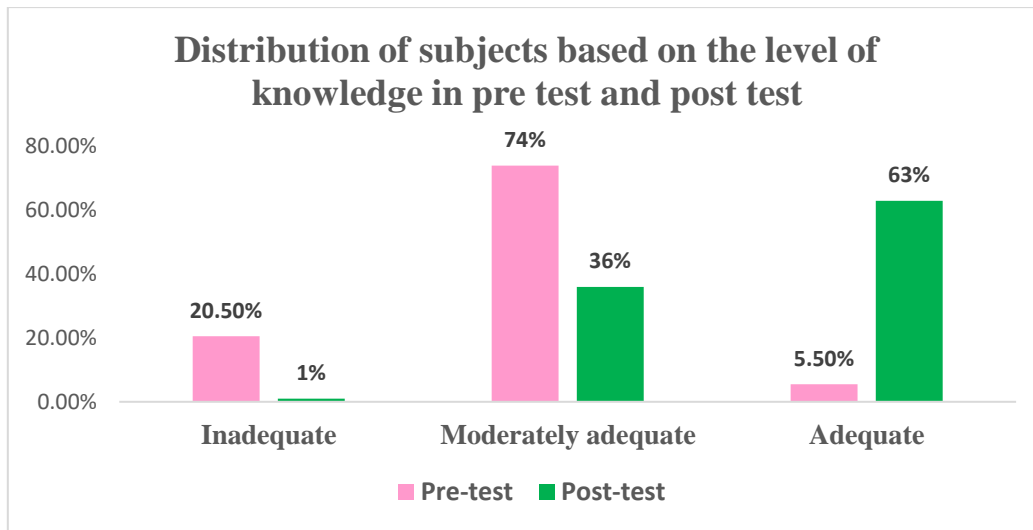


Fig-1: Distribution of subjects based on the level of knowledge in pre-test and post test

Table 3 – Comparison of subjects based on the knowledge score mental well-being across the lifespan among conference participants in pre-test and post test n = 200

S. No	Level of Knowledge	Pre-test	Post-test	't' value	p-value
1	Pre-test	8.05	3.04365	22.285	0.000*
2	Post-test	13.69	2.98774		

Table 3 compares the mean difference in the knowledge score before and after the intervention. The mean knowledge score after the intervention (13.69) was higher than the mean knowledge score before the

intervention (8.05). Paired 't' test was used to find out the effectiveness and the difference in the mean knowledge score was found to be statistically significant at p<0.001 level.

Table 4 – Association of knowledge regarding mental well-being across the lifespan among conference participants and selected demographic variables n =200

S. No	Demographic variable	Pre-test knowledge			X <sup>2</sup> value	p-value
		Inadequate	Moderately adequate	Adequate		
1	Age in years				33.853	0.000
	20-25	39	118	3		
	26-30	2	4	0		
	31-35	0	9	2		
	>35	0	17	6		
2	Qualification				40.043	0.000
	UG students	39	113	2		
	PG students	1	20	8		
	Undergraduates	1	6	0		
	Postgraduates	0	9	1		

Table 4 shows that pre-test knowledge score was significantly associated with age (33.853) and qualification (40.043).

## DISCUSSION

The current study found that the conference was effective in terms of improving the knowledge regarding mental well-being across life span among the conference participants.

Dilara K et al., 2021 evaluated the effectiveness of a workshop on teaching skills among medical postgraduates in Sri Ramachandra Institute of Higher Education and Research, Chennai, Tamil Nadu. 178 postgraduate students participated in the workshop and answered the pre and post-test questionnaire used for evaluating their learning outcomes. Overall cumulative pre and post test scores of the postgraduate students on different aspects of medical education, before and after the workshop, were  $4.19 \pm 1.66$  and  $8.03 \pm 0.83$ , respectively. There was a significant ( $P = 0.02$ ) difference between the overall pre and post test scores, suggesting a positive learning outcome and the workshop was found to be effective in improving the level of knowledge of students.

A study conducted by Vihay Bhandari, Dayabati Soyam (2021), to evaluate the Effectiveness of a Training Program on knowledge regarding basic Life Support among the 100 high-school students who have attended the training. A quantitative approach with Pre-experimental pretest-post test design was adopted for the study. The mean percentage difference between pre-test and post-test knowledge score of the study subjects showed 3% of enhancement with the t value 15.99 at  $p=0.00$ . Training program was found to be effective in improving the knowledge of high school students.

There was also a research study which contradicts the findings of the current study. Dhanvijay AKD et. Al., 2023 examined the effect of a one-day workshop on the Quality of Framing Multiple Choice Questions among the faculty. A full-day workshop was conducted in March 2022 for faculty members of All India Institute of Medical Sciences, Jharkhand, India. The workshop was designed to train faculty members to

construct high-quality MCQ for medical subjects. Along with the modification of the MCQs structure, theoretical underpinnings were explored in the workshop. From the departmental registry, 100 MCQs set by teachers before and after the workshop were randomly selected. Pre-workshop and post-workshop quality of the MCQ remained equal in terms of Difficulty index, Discrimination index and distractor effectiveness.

The findings reveals that the one day workshop on framing MCQs as a part of a FDP did not have a significant impact on the quality of the MCQs as measured by the three indices of item quality.

Many conferences are being organized on various themes and areas in nursing. Very few attempts to find the effectiveness of the conference in terms of bringing out the desirable outcome. Evaluating the effectiveness of a conference aids in planning future conferences effectively.

## CONCLUSION

Nursing conferences play a pivotal role in advancing professional excellence, improving patient care, and shaping the future of nursing. By fostering knowledge exchange, supporting education, encouraging collaboration, amplifying advocacy efforts, and recognizing nursing contributions, conferences empower nurses to excel in their practice and make a positive impact on healthcare outcomes. Attending and actively participating in nursing conferences allows nurses to stay at the forefront of the profession, explore opportunities, and contribute to the ongoing development of nursing as an integral component of the healthcare ecosystem.

### *Declaration by Authors*

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