

Julia Edrington

Psychiatric Clinical Makeup Assignment

*The Experience of Men Whose Partners Have Postpartum Depression by Janet. A Ierardi, Heidi Collins Fantasia, Barabara Mawn, and Jeanne Watson Driscoll*

Throughout the article, the authors explain the need for more information into postpartum depression in men. While there are several studies conducted on postpartum depression in women, little is truly known about what the man goes through during this time. The study conducted found that “Paternal depression during a female partner’s postpartum time period is characterized by feelings of fear, confusion, frustration, anger, helplessness, and lack of support” (Schumacher, Zubaran & White, 2008). It was found that there was no direct cause between maternal depression and paternal depression, but potential causes are still being looked into. Along with the United States, several other countries including Australia, Portugal, China, Japan, and United Kingdom are also conducting research into paternal postpartum depression. Researchers also found that there was a correlation between paternal depression and the effect on their children. Some of these effects included “lack of infant bonding, emotional issues, conduct disorders, and hyperactivity” (Paulson & Bazemore, 2010; Ramchandani, O’Connor, Heron, Murray, & Evans, 2008). The research was collected using a face-to-face interview style. This allowed for researchers to gather the information in the participants own words on their experiences with a partner with postpartum depression. The interview started off with the question “The criteria for participants were for the individual to be over the age of eighteen, be able to read and write, speak English, and live with a partner who had experienced postpartum depression within the past three years”. Then men who participated in the study were between the ages of thirty-five and forty-five and all except one was married to their partner. The partner

who was not married admitted that they were engaged. All of the participants partners had given birth within eighteen months of the study. Recruitment for the study occurred over a seven-month period. Flyers were sent out asking for participation and ten men elected to participate in the study. The participants' identities as well as their partners identities remained confidential throughout the study, and they were rewarded with a ten-dollar gift card to a coffee shop. Data analysis from the interviews was conducted by the Colaizzi's seven step method, allowing for the data to be clustered into themes. Five themes were then established from the data analysis. It was found that almost half of the participants had previously struggled with anxiety with one participant revealing he struggled with bipolar disorder and post-traumatic stress disorder as well. For the majority of the men in the study, their partner was still struggling with postpartum depression at the time of the interview, with only two confirming that their partner's symptoms had resolved at the time of the interview. The first theme established was named "Keeping the Top Spinning" as it described the efforts the men put forth to try and provide support to their partners. The participants admitted to feeling as though they needed to provide emotional support to their partner as well as providing "instrumental support" by helping around the house with activities like cooking, cleaning, etc. The men explained their struggle with trying to juggle home life while still trying to work and provide for their family. The second theme was "Maintaining Stability: Walking on Eggshells". This theme explained the struggles the men experienced while trying to conduct home life without making things worse for their partner. Theme three "Mutuality: Mirroring Each Other's Symptoms" expresses the feelings and struggles of the participants with their own emotions and depression. Theme four "Isolation: Shivering in a Corner" explains the struggles the men felt and how they felt as if they were isolated and on their own with this struggle. The last theme "Insights: Pearls of Wisdom for Others" explains the

importance that the participants felt with doing the study to help bring awareness to paternal postpartum depression to show other men that they are not alone. In conclusion, more research is needed on paternal postpartum depression, but this study brings to light that it is far more common than initially known.

*The Impact of Workplace Violence Toward Psychiatric Mental Health Nurses: Identifying the Facilitators and Barriers to Supportive Resources*

This article discusses the repercussions of workplace violence for psychiatric mental health nurses. It explains that while the workers suffer emotionally and physically, the violence also has lasting impacts on the patients as well as the hospitals. These effects include quality of care decreasing, long term financial costs, and health care staff retention. Due to the lack of knowledge surrounding workplace violence and the lasting effects it has on health care workers there is not much known about the long-term complications it has on those effected. It was also found that nurses are three times more likely to experience workplace violence compared to other health care professionals. This violence includes physical, emotional, and verbal. Unfortunately, workplace violence is so common that it is rarer to meet a nurse who has not experience a form of workplace violence as opposed to a nurse who has experienced it. While it is not surprising that psychiatric nurses are more susceptible to workplace violence, that does not excuse the fact that nurses deserve to feel safe in their place of work. It was reported that when nurses continually experience workplace violence without proper interventions and support the nurse can develop fear, anger, shock, depression, anxiety, irritability, guilt, loss of self-esteem, helplessness, indifference/apathy, substance misuse, and post-traumatic stress disorder. It also was shown that compassion fatigue, quality of care for their patients, and burnout also increased

with nurses experiencing workplace violence. This study was conducted with Shelley Taylor's theory of cognitive adaptation model. The model focuses on cognitive adaptations in response to life threatening situations. The three themes for this conceptual model include: Finding meaning as to why the assault happened, acquiring mastery over the traumatic event and its adverse effects, and achieving overall self-enhancement. The primary purpose of the article and study was to be able to better understand the impact of workplace violence on psychiatric mental health nurses. This study also allowed participants to be able to confidentially discuss what they experienced and give them a platform to share their stories without repercussions. Two surveys were conducted and used to gather data over the subject matter. One asked participants about their experience with workplace violence while the other encouraged patients to journal their experiences. As a result, six themes were discovered. Theme one discussed the attempt to understand workplace violence and why it occurs according to the nurses involved. Theme two explains the barriers to accessing supportive means for the nurses. Theme three discusses the frequent exposure to workplace violence. Theme four discusses an increase in administration support. Theme five discusses the need for supportive means. Lastly, theme six discusses that workplace violence has detrimental impact on various aspects of life. It discussed the various long-lasting impact such as anxiety and depression experienced by the nurses. In conclusion, workplace violence is very common for nurses and can cause several issues. It is important for administration to provide the nurses with adequate support and resources to help them cope and avoid workplace violence. While it may not ever completely go away, there is much to be done to reduce the burden it causes on psychiatric nurses.

*Substance Use and Exposure to Adverse Childhood Experiences in Undergraduate and Graduate Nursing Students*

This article discusses the misuse of substances and alcohol and the lasting effects it has on the community. Substance use is defined as “Using drugs or drinking alcohol in consumption levels that put individuals at risk for the development of substance use disorders or other substance-related sequelae, including acute injury or trauma, infectious diseases, chronic inflammatory diseases, and hepatic dysfunction” (Kameg, Lindsey, Lee, & Mitchell 2020). It is explained that substance use is very common among teenagers and young adults and it is this age group that typically have more severe consequences. Whether it is getting in trouble with the law or health issues, substance use has been known to correlate with many diseases and health complications. It has also been found that “Exposure to adverse childhood experiences (ACES) has been identified as a risk factor for the development of substance misuse and potential substance use disorders in adolescence and adulthood” (Forster et al., 2018; Shin et al., 2018). Unfortunately, it was found that substance use in nurses was “thought to mirror that of the general population” (Kunyk, 2015). It was found that nursing students had an increased risk for substance use due to the increase amount of stress and anxiety over doing well academically, and lack of proper education over addiction and alcohol consumption within the schools. It is recommended that those already studying with substance misuse need evidence-based practices and nonpunitive policies that are implemented within nursing schools. Unfortunately, there is not much data on substance use among nursing students, so it is hard to know much about this topic. A study conducted in 2016, revealed that “While the rates of high-risk alcohol use did not vary significantly between nursing and nonnursing majors, nonnursing students were more likely to abstain completely from alcohol when compared to nursing students” (Hensel et al., 2016). It was also noted that “Students who endorsed high levels of stress exhibited higher rates of substance use, and high levels of perceived faculty support were associated with lower rates of

substance use, specifically for nonprescribed stimulants” (Boulton & O’Connell, 2017). It was discovered that those experiencing ACE’s of four or more were more likely to experience substance abuse, alcohol abuse, or tobacco use. The AUDIT tool was used to evaluate the misuse of alcohol among the participants. The DAST-10 was used to evaluate the misuse of substances among the participants and is similar in style to the AUDIT. A statement published by The Emergency Nurses Association and The International Nurses Society on Addictions, stated “Specific risk factors faced by nursing students toward the development of substance use. These risk factors included a lack of education about substance use, inconsistent policies and procedures, and insufficient available interventions” (Strobbe & Crowley, 2017). These organizations restated the need for nursing schools to develop appropriate interventions and to broaden their education on substance use to help prevent further alcohol and drug abuse in among their students. In conclusion, this article focuses on the importance of early education and active involvement of faculty in the lives of nursing students to help prevent the risk of substance use and alcohol abuse among students, particularly those students who struggle with multiple ACE’S.

### *Historical Trauma, Ethnic Experience, and Mental Health in a Sample of Urban American Indians*

This article discusses the connection between historical trauma American Indians face that contributes to psychiatric disorders. According to the study “AIs (American Indians) are almost twice as likely to have substance/dependence when compared with whites” (Substance Abuse and Mental Health Services Administration, 2014). It was also found that “Higher rates of interpersonal violence, poverty, and other life stressors have been found to account for some of

the elevated rates of mental illness among AIs” (Kong, Roh, Easton, Lee, & Lawler, 2016). However, not much is known about why this is the case, and some researchers even consider that historical trauma may be a cause in psychiatric morbidity among American Indians. While not much research has been established over historical trauma in American Indians, it is known that this group of people have a higher chance of suffering from psychiatric illness as opposed to other races or ethnic groups. Historical trauma was first introduced in the nineteen sixties and is used to describe the transgenerational psychological effects of a number of historical events including the Great Depression, the Holocaust, and famines (Mohatt, Thompson, Thai, and Tebes, 2014). It was found that American Indians who suffered from multiple traumatic experiences such as drug abuse or violence, suffered more from historical trauma than those who suffered less. This study also stands alone compared to other studies as it evaluates mental health symptoms beyond substance use. It was found that while historical trauma can affect anyone, it was based in the community experiences and thus causes the necessary interventions to be community focused as well. The design of this study was described as “This mixed methods study used a concurrent triangulation design to describe historical trauma, historical loss associated thoughts, ethnic experience, and psychological symptoms among a population of urban AIs” (See Table 1; Creswell & Plano Clark, 2007). After the study was conducted it was found that participants thought most frequently about the loss of culture, respect by children of traditional ways, and language. The most common reported feelings of these losses were sadness and depression. Feelings of anger and the historical trauma reoccurring also were mentioned. It was also noted that “The current sample rated social affiliation higher than Caucasian Americans and Mexican Americans but was not significantly different from African Americans and Filipino Americans (Malcarne et al., 2006). The questions regarding the mainstream comfort concluded

that “AIs in this sample reported that they were more comfortable in the mainstream society than African, Filipino, and Mexican Americans but showed no difference from Caucasian Americans (Malcarne et al., 2006). Lastly, it was determined that American Indians reported this in regard to perceived discrimination “AI participants reported significantly greater perceived discrimination than Caucasian and Filipino Americans but significantly less perceived discrimination than African and Mexican Americans (Malcarne et al., 2006). It was also found that there was not much discrepancy between males and females or differences in age of the participant. The participants in this study also differed in the regard that “Half of the participants reported spending less than half of their lives on a reservation and over a third reported they had never lived on a reservation which likely had an impact on HT (Wiechelt et al., 2012). This study was the first of hopefully many studies to come to further our understanding of the lasting effects of historical trauma on American Indians.

## References

- Dean, L., Butler, A., & Cuddigan, J. (2021). The impact of workplace violence toward psychiatric mental health nurses: Identifying the facilitators and barriers to supportive resources. *Journal of the American Psychiatric Nurses Association*, 27(3), 189–202. <https://doi.org/10.1177/10783903211010945>
- Guenzel, N., & Struwe, L. (2019). Historical trauma, ethnic experience, and mental health in a sample of urban American Indians. *Journal of the American Psychiatric Nurses Association*, 26(2), 145–156. <https://doi.org/10.1177/1078390319888266>
- Ierardi, J. A., Fantasia, H. C., Mawn, B., & Watson Driscoll, J. (2019). The experience of men whose partners have postpartum depression. *Journal of the American Psychiatric Nurses Association*, 25(6), 434–444. <https://doi.org/10.1177/1078390319849102>
- Kameg, B. N., Lindsay, D., Lee, H., & Mitchell, A. (2020). Substance use and exposure to adverse childhood experiences in undergraduate and graduate nursing students. *Journal of the American Psychiatric Nurses Association*, 26(4), 354–363. <https://doi.org/10.1177/1078390320905669>