



Review

Research Status of Positive Psychological Intervention in Nursing Professional Field

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Abstract

By consulting the application of positive psychological intervention in clinical nursing at home and abroad, this paper combs the positive psychology, positive psychological intervention, positive psychological intervention methods and the research and application in clinical nursing, to improve the reference for future research.

Key words: Positive Psychology; Positive Psychological Intervention; Mindfulness Therapy; Positive Emotion; Psychological Nursing.

Introduction

In recent years, various interventions have been carried out in the field of positive psychology to create positive results in terms of emotion, behavior and positive cognition. These interventions are a series of voluntary activities aimed at emotion, cognition and behavior. The aim is to improve well-being (1). And positive psychology is an independent discipline, just like the pros and cons of a coin, which is not only closely related but also essentially different from traditional psychology. The positive psychological intervention based on the basic principles of positive psychology is not a new bottle of old wine, it is a series of new psychological intervention

strategies based on the knowledge of empirical test from the perspective of reflection and empirical testing. it is a new flower in the dialectical development of psychology (2). With the continuous development of modern biomedical model and the continuous comprehensive and improvement of people's demand for health, relevant studies have shown that clinical nursing is no longer limited to removing patients' physical pain. began to emphasize the key role of psychological nursing in the development and outcome of the disease and pay more attention to the patient-centered unified concept of physical and mental health (3). Positive psychological intervention can be used to cultivate optimism and other positive emotions. it was

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initially applied to healthy individuals, and gradually applied to clinical practice with the development of positive psychology. Foreign studies on positive psychological intervention began early from an empirical point of view, which can not only improve the mental health of patients, but also promote physical health. In China, it is used in health, sub-health and tumor patients, although good research results have been achieved, but intervention studies are still rare. This paper combs the application of positive psychological intervention in clinical field, to provide thinking and reference for clinical nurses in our country to implement positive psychological intervention.

1. Related theories of positive psychology

1.1 Positive Psychology

Positive psychology originated in the 1990s, which is different from traditional psychology, which focuses on morbid and negative mental state. the point of view put forward by its founder, Seligman, is that positive psychology pays attention to the positive aspects. it is to achieve the best function and beautiful state by excavating and developing the inner virtue and strength of the individual (4). It has been reported that if you open the "good box", you can improve your mood (5). However, this does not mean that the study of positive psychology completely excludes the influence of negative aspects. Moss and Wilson believe that holding both emotions at the same time or continuously can better promote personal development than simply experiencing positive or negative emotions, such as mastering complex skills, learning to set reasonable goals, and achieving strong interpersonal communication (6). This may indicate that there is a complex emotional dynamic in human beings, and the research focus of positive psychotherapy is to maintain a proper balance between positive and negative emotions, which is essential for achieving happiness. Positive emotions can lead to the expansion of the treasure trove of personal thoughts and actions, and

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gradually, many personal resources (physical, social, mental and psychological resources) are created in the individual, which can be made available to him or her under difficult conditions. and those who experience more positive emotions are better able to cope with difficult and adverse conditions in life.

1.2 Positive psychological intervention

Positive psychological intervention ((PPI)) is defined as a treatment or intentional activity that enhances a person's positive emotion, cognition and behavior. In these methods and activities, people usually need to complete a systematic exercise, such as recording three good things, practicing gratitude, giving a positive response or exerting personal strength, etc. (7). Mindfulness therapy, hope therapy, happiness therapy and meaning therapy all belong to positive psychological intervention therapy, and these therapies are not to change the development process of the disease, but to make people pay attention to positive thoughts and emotions. and then produce positive behavior. It is a nursing intervention model based on positive psychology, which can help patients understand and enhance their positive emotional experience and enhance their confidence in life, so as to improve their mental health and life well-being (8). In a new study, Chakhssi et al. conducted research on positive psychological intervention, showing that positive psychological intervention can help reduce individual stress and physical and mental problems, while increasing their well-being (9).

1.3 Positive psychological intervention methods

1.3.1 Mindfulness therapy

Mindfulness therapy refers to psychotherapy with mindfulness practice as the main intervention. Mindfulness is usually defined as "concentration in a specific way: purposeful, immediate and non-judgmental." Dialectical behavioral therapy, mindfulness-based decompression, acceptance and commitment therapy, and mindfulness-based cognitive therapy are all examples of specific

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evidence-based psychotherapy with mindfulness as the core principle. however, there are differences in the application of technology and the way these principles are transmitted (10).

1.3.2 Meaning therapy

"Meaning Therapy" was founded by Victor Frankel, a famous Austrian psychiatrist in the 1930s, to find the meaning of life for those who have lost their goals and meaning, to understand why they live, and to establish their optimistic attitude towards life. thus, calmly face all kinds of difficulties and experience true happiness (11).

1.3.3 Hope therapy

One of the concepts in the field of positive psychology is hope, which has a positive impact on individual health (12). Hope therapy originates from Snyder theory and is based on cognitive behavior, solutions and narrative therapy. This therapy is one of the most effective methods in psychology, focusing on changes in cognitive levels and solution-centric thinking. Hope therapy has been used to reduce depression and anxiety and has successfully promoted the treatment of mental health and mental disorders (13).

1.3.4 Happiness therapy

Happiness therapy is to identify individual happiness moments, find out the factors that affect happiness, sort out the aspects and causes of the decrease in happiness, and then take a series of intervention measures to promote the emergence and maintenance of personal well-being (14). The Theory of True Happiness has had a profound influence in the field of positive psychology since it was proposed by Seligman in 2002 (15). It is divided into three parts: happy life (pleasant life), fulfilling life (engaged life) and meaningful life (meaningful life). Seligman believes that the most effective way to increase individual happiness is a "gratitude visit", and the way to have a lasting effect is to "record three good things a day" (15).

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2 Application of positive psychological intervention in clinical nursing

2.1 Positive psychological intervention in patients with type 2 diabetes mellitu

The researcher developed a positive psychological intervention for patients with type 2 diabetes and conducted a pre-experiment (16). the main purpose of this preliminary trial is to evaluate the feasibility of the experiment (measured by the completion rate of positive psychological exercise) and acceptability (measured by participants' ratings of ease and effectiveness of exercise). Finally, the effects of intervention were discussed by examining the changes of positive psychological structure, depression, anxiety, diabetes-related pain, diabetes self-care and self-reported health behavior compliance before and after intervention. The intervention included seven separate positive psychology exercises: gratitude for positive events, personal strengths, thank-you notes, enjoyable and meaningful activities, past successes, acts of goodwill, and repetition. Assigned by the interventionist, recorded by the participants in the treatment manual, reviewed together in a weekly or biweekly phone call. As a result, a substantial proportion of the participants completed most of the exercises, which was much higher than the feasibility threshold in the pre-experiment. At the same time, the participants pointed out that the intervention exercises were simple and helpful, and their well-being was significantly improved after completion of the exercises. Another advantage of positive psychological intervention is that it can counteract the psychological distress and lack of motivation common in patients with type 2 diabetes, who impair their ability to take care of themselves (17,18). It is not limited to a small number of patients of type 2 diabetes and clinical depression.

2.2 Positive psychological intervention for patients with advanced tumor

In the study, Li Xinning first arranged for clinical doctors and nurses with psychological

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background to explain the psychological decompression of patients with advanced tumors and informed of the important impact of a good state of mind on the disease (19). Then instruct the patients to relax in a quiet environment, feel the subtle reactions within the body in the process, and guide the patients to accept themselves. At the same time, patients are also encouraged to find the beauty of life by keeping a diary and team communication, to maintain a positive and good mood and state of mind. The results showed that the quality of life score of advanced cancer patients after intervention (scored by SE- 36 scale) and the satisfaction rate of nursing staff were higher than those in the control group. The results show that the application of positive psychological intervention to patients with advanced tumor is of high value, which can improve patients' satisfaction with nurses and improve their quality of life.

2.3 Positive psychological intervention in patients with psoriasis

In the study of Chen Caixia et al. a series of positive psychological intervention measures were adopted in the experimental group, including nurses keeping a smile to explain disease-related knowledge to patients with psoriasis, so that they can have a correct understanding of the disease; Improve and keep the hospital clean and create a good environment for medical treatment; Maintain a harmonious atmosphere among patients and between patients and their families, and promote communication; Psychological counseling for patients, and according to the cultural level and personality characteristics of patients to encourage patients to participate in appropriate entertainment activities, enhance social enthusiasm and so on (20). It found that positive psychological intervention to patients with psoriasis can effectively reduce the sense of shame, alleviate patients' anxiety and depression, improve the compliance of treatment and satisfaction with nurses' work, and improve the quality of life of patients.

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2.4 Positive psychological intervention for patients undergoing obstetrical surgery

Lu Ruomin et al. aimed at the patients undergoing obstetrical surgery, according to the patient's condition, nurses with the qualification of third-level psychological counselor and skilled application of positive psychological intervention techniques were used to treat the patients before, during and after the operation (21). and irregular intervention, a total of 6 times, each time 20-30 minutes. Create a quiet and good hospital environment before operation, avoid talking about all kinds of adverse stimuli such as fetal sex, postoperative body shape recovery, increased economic burden and so on, to relax the mood of patients and maintain emotional stability. During the operation, when disinfecting the skin of the surgical field, we briefly introduced the matters needing attention to the patients and focused on the good application effect of narcotic drugs to enhance the confidence of patients. After operation, they take the initiative to communicate with patients, listen to their feelings and thoughts, and encourage them to actively communicate with their husbands, families, new mothers in the same room and babies, to eliminate postpartum bad mood and mentality. The results showed that the scores of anxiety and depression scale, prognostic indexes such as length of stay and time of getting out of bed, and the incidence of complications in the experimental group were lower than those in the control group, while the scores of life orientation test and nursing satisfaction in the experimental group were higher than those in the control group. it shows that the application of positive psychological intervention in patients undergoing obstetrical surgery can improve their bad psychological state and have a positive effect on the prognosis.

2.5 Positive psychological intervention in patients with osteoarthritis

The study found that through a six-week intervention, focusing on developing positive psychological skills, such as gratitude and kindness,

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significantly reduced the severity of osteoarthritis symptoms and improved happiness indicators (22). This study not only demonstrates the feasibility of using positive psychology to treat knee or hip osteoarthritis pain, but also shows that positive psychological intervention has substantial and lasting benefits on pain-related and psychosocial outcomes. These results are particularly encouraging because they demonstrate the potential of non-drug therapy to improve symptoms in patients with moderate to severe pain.

2.6 Positive psychological intervention of nurses' job burnout

As mentioned earlier, recording three good things is an exercise included in positive psychological intervention. Yuan-hui Luo et al. recruited 87 burnout nurses and asked the nurses in the experimental group to use WeChat, a communication tool, to record three good things for six months (23). Participants took notes every night before going to bed, five times a week. These things can be ordinary, secondary or important. It is also recommended to reflect on why things happen and why things are good. Participants can choose to post three good things on WeChat, or they can send them to the researchers separately through WeChat messages. Researchers send reminders on WeChat groups every day, and anonymously post good examples and positive affirmations on WeChat to record three good things. After intervention, the fatigue score of nurses in the experimental group decreased significantly. It shows that the implementation of six-month positive psychological intervention can help nurses to establish a positive mode of thinking, and then develop positive thinking-action habits to combat job burnout. Other related studies have shown that positive psychological intervention is also effective in improving the psychological well-being of midwives (24).

2.7 Positive psychological intervention of other patients

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The application of positive psychological intervention in clinical nursing is improving day by day. For example, some studies have confirmed that projects based on positive psychology can improve the health behavior of patients with hypertension or heart disease and so on (25-27).

Conclusion

Positive psychology has made great achievements so far, and positive psychological intervention has also involved critically ill patients, obstetrical patients, patients with chronic diseases, and healthy people, but a complete theoretical system has not yet been formed to integrate all forms of positive psychological intervention. Domestic researchers should explore a complete, mature and effective intervention model based on summarizing and drawing lessons from the research already carried out. To make positive psychological intervention better serve the field of nursing in our country.

Declarations

1) Consent to publication

We declare that all authors agreed to publish the manuscript at this journal based on the signed Copyright Transfer Agreement and followed publication ethics.

2) Ethical approval and consent to participants

Not applicable.

3) Disclosure of conflict of interests

We declare that no conflict of interest exists.

4) Funding

None

5) Availability of data and material

We declare that the data supporting the results reports in the article are available in the published article.

6) Acknowledgement

None.

7) Authors 'contribution

Authors contributed to this paper with the design (ML), literature search ML), revision

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(ML and MF), editing (ML and MF) and final approval (ML).

8) *Authors' biography*

None

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