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Stavovi psihijatrijskih zdravstvenih djelatnika prema osobama s poremećajima ličnosti

/ Attitudes of Psychiatric Health Care Professionals Toward People With Personality Disorders

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Rad s osobama s poremećajima ličnosti može biti zahtjevan zbog dinamičnih odnosa, intenzivnih emocija i propitkivanja jasnih granica. Cilj nam je bio ispitati stavove psihijatrijskih djelatnika prema osobama s poremećajima ličnosti. Uključili smo 172 psihijatrijska djelatnika. Primijenjen je *Upitnik stavova prema poremećajima ličnosti* (ADPQ). Sastoji se od 35 tvrdnji na koje se izjašnjava Likertovom ljestvicom od 6 točaka, od „nikad" do „uvijek". Viši rezultat upućuje na pozitivnije stavove. Provedena je opisna statistika i ANOVA. Žene čine 75 % ispitanika, a prosječna je dob 42 godine. Medicinske sestre

Working with individuals with personality disorders can be demanding due to dynamic relationships, intense emotions, and constant testing of clear boundaries. Our aim was to examine the attitudes of psychiatric staff toward people with personality disorders. We included 172 psychiatric professionals. The Attitudes to Personality Disorder Questionnaire (APDQ) was used. It consists of 35 statements rated on a 6-point Likert scale from "never" to "always." Higher scores indicate more positive attitudes. Descriptive statistics and ANOVA were conducted. Women make up 75% of respondents, and the average age is

čine 39 % ispitanika, 26,2 % su specijalisti psihijatrije, a specijalizanata i psihologa je 17,4 %. 67,4 % ispitanika ima visoku stručnu spremu ili višu razinu obrazovanja, 17,4 % višu stručnu spremu, a 15,1 % ispitanika ima srednju stručnu spremu. Njih 43 % radi u psihijatrijskoj bolnici, 27,9 % u kliničkim bolničkim centrima, 10,5 % u ostalim ustanovama, 9,9 % u kliničkim bolnicama, 7,6 % u općim bolnicama i 1,2 % u domovima zdravlja. Osobe sa SSS-om imaju značajno manji rezultat na ADPQ-u u odnosu na osobe s VŠS-om i VSS-om ili višom razinom obrazovanja ($p < 0,05$). Medicinske sestre/tehničari imaju značajno manji rezultat na ADPQ-u u odnosu na psihologe, specijalizante psihijatrije i specijaliste psihijatrije ($p < 0,05$). Značajno niže rezultate imaju djelatnici psihijatrijskih bolnica u odnosu na djelatnike općih bolnica ($p < 0,05$). Može se zaključiti da značajno negativnije stavove prema osobama s poremećajima ličnosti imaju medicinske sestre u odnosu na druge psihijatrijske djelatnike, i to osobito one koje su srednje stručne spreme i rade u psihijatrijskim bolnicama. Pretpostavlja se da je razlog tomu manje cjelovit pristup poremećajima osobnosti tijekom edukacijskog procesa, ali i veća interakcija s tim pacijentima. Zna se da odnos s osobama s poremećajima osobnosti može biti izazovan, odnosno transfer intenzivan. Medicinske sestre sa srednjom stručnom spremom najčešće imaju interakciju s pacijentima u svakodnevnom funkcioniranju odjela, a manje u ambulantnom ili terapijskom *settingu*, u užem smislu, kada su uvjeti donekle kontrolirani, kao što je to sa sestrama višom stručnom spremom, psiholozima ili liječnicima. Dodatna edukacija ili rad u Balintovim grupama mogli bi pomoći promijeniti takve stavove i olakšati svakodnevni rad. Potrebna su opsežnija istraživanja na većem uzorku.

42 years. Nurses account for 39% of the sample, 26.2% are psychiatry specialists, and 17.4% are residents in psychiatry and psychologists. A total of 67.4% of respondents have a university degree or higher, 17.4% have a higher professional degree, and 15.1% have completed secondary education. Of the respondents, 43% work in psychiatric hospitals, 27.9% in clinical hospital centers, 10.5% in other institutions, 9.9% in clinical hospitals, 7.6% in general hospitals, and 1.2% in primary health care centers. Participants with secondary education have significantly lower APDQ scores compared to those with higher professional or university-level education or more ($p < 0.05$). Nurses have significantly lower APDQ scores compared to psychologists, psychiatry residents, and psychiatry specialists ($p < 0.05$). Staff in psychiatric hospitals have significantly lower scores than staff in general hospitals ($p < 0.05$). It can be concluded that nurses have significantly more negative attitudes toward people with personality disorders compared to other psychiatric professionals, particularly those with secondary education working in psychiatric hospitals. It is assumed that this is due to a less comprehensive approach to personality disorders during their training, as well as greater interaction with these patients. It is known that relationships with people with personality disorders can be challenging, with intense transference. Nurses with secondary education most often interact with patients in the context of the ward's everyday functioning and less in outpatient or therapeutic settings in the narrower sense, where conditions are somewhat more controlled, as is the case for nurses with higher professional degrees, psychologists, or physicians. Additional training or participation in Balint groups could help change such attitudes and facilitate everyday work. More extensive research on a larger sample is needed.