

Care of adolescents with schizophrenia disorder : A systematic review

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Abstract

Adolescent Schizophrenia is a condition that causes a severe, impaired psychiatric disorders which leads to withdrawal of a person reality state of mind, a unrealistically thinking, possible delusions, hallucinations, emotional, behavioral, or intellectual disturbance (early onset psychosis.) The aim of this thesis is to is to gain deeper knowledge and understanding for nurses when caring for admitted adolescence patient with schizophrenia disorder to help achieve improved future awareness finally answering what is the role of nurses caring for adolescent's patient admitted with schizophrenia. The theoretical framework I use are two; philosophy and science of caring and dynamic nurse-patient relationship scientifically.

The research was conducted by the used of systematic literature review as the study method which 8 articles was used as the content analysis which resulted in grouping of main themes and sub-themes. The main results theme was nurse's attitudes towards care of adolescent's patient with schizophrenia and Attitude of schizophrenia adolescent patient towards nursing care. The sub-themes are challenges and outcomes for the nurses in psychiatric wards, nurses plan, intervention and goals towards patients care, nurse's awareness and support towards adolescent patient, nurses-patient relationship care, therapeutic-care relationship and the quality of care. The conclusion is that it is better that nurses should get more awareness and knowledge on caring for adolescent patients with schizophrenia so that they can provide better care and improve efficiently on nursing care.

Language: English Key words: Adolescents care, Schizophrenia, Nursing attitude, Challenges of care, Psychosis, Interventions, treatment and adolescent attitude

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1 Introduction

Worldwide, schizophrenia is a serious form of mental illness that strikes people in adolescence or early adulthood and is listed as the eighth leading cause of disability-adjusted life years in people between age 15–44 years. It is estimated in the statistics the economic cost of treating schizophrenia has approximately 93.9 billion Euro used across Europe in 2010 Interventions which reduce the morbidity and mortality burden associated with schizophrenia which conclude to have received critical attention. According to WHO, Schizophrenia has ended up affecting approximately 1.1% of the population above age 18, which is estimated to be 51 million people worldwide (WHO, 2022)

Over time, mental health has become a big concern in the world since it affects both children, teens, adults and most elderly people. The everyday talk has been how is your mental health which can be quite hard to explain, especially when it is so hard to spot it from a person, it needs a lot of attention and more time to discover the signs and symptoms from a person, especially schizophrenia in teens. In this mental health condition, there's always a cause therefore it gives a reason to why a lot of discussion should be held. (Dyaa, Lynda, & Maria, 2015)

Childhood and adolescent schizophrenia are uncommon but a concerning severe mental disorder in which children and teenagers interpret reality abnormally. Schizophrenia involves a range of problems with thinking (cognitive), behavior or emotions. It may inhabit symptoms such as combination of hallucinations, delusions, and extremely disordered thinking and behavior that tends to impair your child's ability to function. Adolescents' schizophrenia is essentially the same as schizophrenia in adults, but it starts early in life generally in the teenage years and has a profound impact on a child's behavior and development. With adolescents' schizophrenia, the early age of onset will present special challenges for when conducting diagnosis, treatment, education, emotional and social development. Schizophrenia is a chronic condition as stated which requires lifelong treatment. Identifying and starting treatment for childhood schizophrenia as early as possible will lead to significantly improving a child's long-term mental health outcome. (Nillinghouse & Robert, 2009)

Adolescent is defined as a stage where a young person aged 13-18 years undergoing puberty but has not reached full maturity is experiencing different changes for his/ her body and mental growth. A person's ego identity develops throughout their entire life during eight specific stages which are very important to a person. When one skips a stage therefore a defunction starts, and basically this research tries to explore more on where schizophrenia has manifested. (Olso, Gaffey, Lee, & Pamela, 2008)

I felt this topic is very important because over time there's no specific cause for one mental disorder and shedding light about it would be good especially for nurses since our major work compares taking care of a patient. Over time the most affected or the start of mental breakdown is in adolescent stage, especially when it come to the knowledge of schizophrenia disorder in teen admitted because the disorder tends to be a severe, chronic psychiatric illness that a person will experience delusions hallucinations, negative symptoms, and that frequently leads to a lifetime of impairment and disability. Nurses have different views concerning schizophrenia disorder and the ways on how to care for adolescent patients especially by considering ways of not triggering schizophrenia episodes of patient. These reasons led to the aim of the study which is to gain deeper knowledge and understanding for nurses when caring for admitted adolescent patients with schizophrenia disorder to help achieve improve future awareness.

2 Background

In this chapter , the study will discuss on meaning of schizophrenia disorder, early signs and symptoms , diagnosis of schizophrenia disorder with young teens , Risk factors for suicide in patients with schizophrenia can be social isolation, family history of suicide, past or present history of depression, drug abuse, being very upset and impulsive, suicidal thoughts, lot of prescriptions for schizophrenia medications and antidepressants, nursing care and complication of schizophrenia disorder to teens. (Shari, Drive, Nitin, & Rapoport, 2020)

2.1 Definition of schizophrenia

Schizophrenia has many meanings but taking the scientific and commonly used explanation to the condition is that it refers to collective group of severe, disabling psychiatric disorders

distinctive by a person facing withdrawal from reality, illogical thinking, possible delusions and hallucinations, emotional, behavioral or intellectual disturbance that affects both children, adolescents and adults. (Terence, Eileen, Susan, & Isabel, 2005)

2.2 Type of schizophrenia disorder

Paranoid schizophrenia is a common type of schizophrenia disorder where a person experiences hallucination or delusions, speech and emotions start to be affected. Simple schizophrenia is uncommon to experience but when someone has it, they have negative symptoms such as hallucination, delusions, lack of concentration, poor hygiene, poor memory, and slow movement. (David & Peter, 2015)

Hebephrenic schizophrenia is a type of schizophrenia disorder that progresses within the age gap of 15-25 years whereby hallucination, short-lasting delusion, a disorganized behaviors inclusive thought which appear with no emotion in their facial expression, and sometimes there are inappropriate emotional responses. (David & Peter, 2015)

Residual Schizophrenia is a disorder where a person has a history of psychosis, they tend to experience poor memory, lack of concentration, poor hygiene and slow movement. Catatonic schizophrenia had been linked to a person experiencing unexpected movement that is imperfect with less talk but more inhibiting mimicking people's speech and movements. (David & Peter, 2015)

Undifferentiated schizophrenia a person is diagnosed to be having both a combination of catatonic and paranoid schizophrenia which involves an unclear diagnosis of hallucinations or delusions symptoms, mimicking people's speech and movement. (David & Peter, 2015)

2.3 Clinical signs and symptoms of schizophrenia in adolescents

The signs and symptoms that indicated that one is suffering from schizophrenia disorder are, being confused and change in thoughts, suspiciousness, imagination of getting harmed, hallucinations, delusions, severe anxiety, disorganized, aggressiveness, confusion, weight changes, energy loss, insomnia. (Zhou, et al., 2021)

This symptom occurs when one starts to inhabit onset schizophrenia disorder which is also known as adolescent schizophrenia when they are transiting between adolescent stage to maturity stage. When assessing the situation of the patient such signs and symptoms, which are important to take note in adolescent patient because this disorder tends to have a very huge impact especially in a negative way as they grow and transition into adulthood or maturity aging state and creates a health threat in the society generation especially causing death mortality rate. (Shives, 1998)

2.4 Risk factors

There are risk factors that cause schizophrenia in adolescent patients. All the symptoms associated with schizophrenia disorder in teens relate a lot to some teens having suicidal thoughts. Between 15 to 26% of patients with schizophrenia have made one suicide attempt by their first admission to the hospital and 2% to 11% make attempt during their treatment. (Falcone, Mishra, & Franco, 2010)

Stressful situations may trigger schizophrenia in people whose genes make them more likely to get the disorder. Schizophrenia more often surfaces when the body is having hormonal and physical changes, like those that happen during the teen (Bhandari, 2021) so that when there has been someone in the family that has tried committing suicide, especially someone who is close to the teen, then it becomes a trigger. (Falcone, Mishra, & Franco, 2010)

One important factor is a history of mental disorders among direct family members themselves, especially depression and substance abuse. It is in these disorders and behaviors that it directly influences the suicidal behavior of the child, or rather do so indirectly, through mental disorders evoked in the child as a result of this family context. (Bhandari, 2021)

In the past diagnosis that was done, it was noted that when one is triggered it creates a mentality of an adolescent having suicidal thoughts. Depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how a teenager thinks, feels and behaves which causes emotional, functional and physical problems. Although depression can occur at any time in life, symptoms may be

different between teens and adults. Issues such as peer pressure, academic expectations and changing bodies can bring a lot of ups and downs for teens. (Bhandari, 2021)

When an adolescent is having change of mood involving majorly with being upset about something can stress out them and leading to impulsive decisions that impact the negatively therefore it leads to bad thought, or the regret triggers the suicidal thoughts (Falcone, Mishra, & Franco, 2010). Depression has created an adolescent to have suicidal thoughts which strongly related to both suicidal ideation and attempt. (Bhandari, 2021).

When people are isolated from the social world this leads to loneliness therefore creating an environmental treatment for a person who already has schizophrenia disorder therefore causing both emotional, physical and cognitive deterioration. (Falcone, Mishra, & Franco, 2010)

The medication and antidepressants become a lot that the patient is taking, it leads to sometimes a lot of side effects Antipsychotics can act stimulatingly upon predictors of suicidal behavior. Substance use disorders, mostly alcohol, are the most prevalent diagnoses among suicide victims. Especially by using amusing substances such as marijuana, methamphetamines or LSD can sometimes cause suicidal thoughts mostly when one has already had the disorder present which creates delusions and hallucinations in a person. (Falcone, Mishra, & Franco, 2010)

2.4 Diagnosis and treatment of schizophrenia.

Diagnosis of schizophrenia involves ruling out other mental health disorders and determining that symptoms are not due to substance abuse, medication or a medical condition. To determine a diagnosis of schizophrenia which follows a step to determine if someone has schizophrenia disorder, this may include testing and screening, psychiatric evaluation and physical examination, diagnostic criteria for schizophrenia. (Bhandari, 2021)

When it comes to tests and screening diagnosis is done by taking imaging by use of an MRI and CT scans which helps rule out conditions with similar symptoms as stated in ((DSM-5-TR), 2021). A doctor or mental health professional will do the diagnosis with the help of a psychiatric nurse that checks mental status by observing appearance, attitude, asking about thoughts, moods, delusions, hallucinations, substance use, and possibilities for

violence or suicide. This also includes additional discussion with the family and the adolescent personal history. This will be overseen by ruling out other problems that could be causing symptoms and to check for any related complications (Bhandari, 2021)

A mental health professional uses the criteria in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which was written by American Psychiatric Association, (DSM-5-TR, 2021), that state the methods of assessments and treatment of children and adolescents with schizophrenia. Early-onset schizophrenia is diagnosed using the same criteria as that of adult schizophrenia disorder which appears to be continuous with the adult form of the disorder. The clinical standards suggest that effective treatment basically includes an antipsychotic medication combined with psychoeducational, psychotherapeutic, and educational interventions. (McClellan & Sandra, 2013)

Treatment of onset of schizophrenia disorder is the use of five treatment methods which are ; psychotherapy that will be use depending on the present symptom the patient will be having and an evaluation on whether the patient will positively recover in either an individual approach or group approach , secondly the use of Milieu therapy which consist of the use of environmental approach where there is minimal access to environment and physical stress functionality of the patient until they are able to be comfortable to inhabit being responsible of themselves especially in patient with suicidal attempts , thirdly hemotherapy treatment is the use of medication that involves neuroleptic medication (first and second generation antipsychotics) such as antipsychotic drugs e.g. Navane and Clozaril prescription depending on the symptoms the patient has with the help of also anti-Parkinson agents prescribed (Shives, 1998), Integrated illness management and recovery (I-IMR) is the treatment use by both medical and psychiatric illness that helps the patient to prevent any occurrence of schizophrenia episodes to avoid hospitalization (Daniel, Sara, & Michael, 2018)

The treatment of schizophrenia disorder, it is considered that its best treated when there is a combination of medicine with psychotherapy (like Individual therapy, cognitive behavior, cognitive enhancement therapy, psycho-social support, social skill training and family psychotherapy), changes of lifestyle and family with social support. As time as gone by there has been sufficient treatment at the start of the treatment with anti-psychotic medication that both nurses-patient and doctor follow up accordingly, in every delay to

approach any mental health services for the treatment of the early psychosis and schizophrenia are alluding to the time of an uncured psychosis which relates to the quiet and incomplete recovery, which also caused the possibility of the high rate of it recurring. (Nillinghouse & Robert, 2009)

2.5 Nursing care and its Complication

The therapeutic nurse-client relationship has become the crucial and foundation of the practice today. Nurses are expected to adhere to organizational strategies for identifying harms and risks through assessing the patient, planning for care, monitoring, surveillance activities, double-checking, helping, and communicating with other healthcare providers (Sun, R, Jennifer, Tsao, & Long, 2006). At least 5-13% of schizophrenic patients have dies by suicide indicated in research done on adolescent.

Older and more experienced nurses had wider understanding and attitudes towards patients with mental disorders since they have gotten experience over time compared to younger and less experienced nurses in the health section, which creates a complication in the care. Nurses who had attended in-service education on DSH had more positive attitudes than non-attendees. Overall, the findings research that has been done over the years has tried to create an implication of improved educational preparation of A&E nurses, improved awareness and adoption of practice guidelines, mentoring nurses, and improving attitudes towards patients who self-harm vice visa. (Terence, Eileen, Susan, & Isabel, 2005)

There was a concern towards the nurses when it comes to the schizophrenia disordered patient because it was noted that there was a tendency occurrence that a continuous habit of people avoiding in covering a topic on mental health among people, society and the mistrust of who to talked to about mental disorder. (Sun, R, Jennifer, Tsao, & Long, 2006) discovered that patients express the need of the nurses to try being present, offer care to a person having mental health such as schizophrenia and trying to create a habit of listening to them(Moreno-Poyato & Rodríguez-Nogueira, 2021)

Nursing skills is very important for a nurse since it helps to creates methods on how to approach a patient with schizophrenia disorder which leads to nurses providing supports and encouraging the patients to become stronger, confident, getting control over their lives. This enables adolescent patient to recover quicker from their difficulties which is a

big step for nurses in understanding and caring for the patient in an ethical way as found in (Benner & Patricia, 2017)

There might be some limitation to nurse-patient relationship for nurses mainly towards patients with schizophrenia disorder when there is a present set of goals and objective they are suppose achieve towards their patient health from the first stage of communicating to the patient to the final step of positive impact to the patient especially since they are young .Finnish nurses' association has a come up with some of the steps a nurse can use by considering safety of the patient. (Finnish, 2016)

3 Research aim and questions

The aim of this study is to gain deeper knowledge and understanding for nurses when caring for admitted adolescent patients with schizophrenia disorder to help achieve improved future awareness.

The research question is what is the role of nurses caring for adolescent patients admitted with schizophrenia?

4 Theoretical framework

In this chapter, two theories are used to elaborate more on the topic since it relates more with the conceptual structure utilized for this study. I selected these two theories because they provide a clear understanding with simple deeper knowledge for a nurse when it comes to caring for a patient with psychosis disorders like schizophrenia disorder. The theories are Watson (2020) the philosophy and science of caring and Orlando (1961) dynamic nurse-patient relationship. The two theories help in emphasizing and giving meaning to this research question and the purpose for this research study.

4.1 Dynamic nurse-patient relationship

The Dynamic Nurse-Patient Relationship theory by (Orlando, 1961) emphasizes the Function, Process and principles of Professional nursing practice on nursing process elements which involves nurses having a commitment attitude and mutual understanding regarding the patient and it covers a patient's attitude towards the care offered to them

and their relationship with the nurses. This is very important when it comes to a patient's participation during the nursing process.

Since this research is more on caring and plan for the patient by the nurse, this theory is suitable and relevant to answer on of the question which is on more knowledge to caring for patient who has psychosis disorder such as schizophrenia disorder especially adolescent patient who need and require all the help.

4.2 The philosophy and science of caring

The Philosophy and Science of Caring has four major concepts: human beings, health, environment/society, and nursing. (Jean, 2020)The concept that (Jean, 2020) theory tried to answer is that of seven assumptions:

Seven conceptions assumptions
Caring for it can be effectively demonstrated and practiced only interpersonally.
Caring consists of characteristic factors that result in the satisfaction of certain human needs.
Effectiveness of care promotes health and individual or family growth.
Caring creates a response accepting the patient as he or she is now, as well as what he or she may become a convert.
A caring environment means one that offers the development of potential with the results of allowing the patient to choose the best action for him or herself at a given point in time.
The science of caring has a complementary to the science of leading to curing patient state of health.
The practice of caring is the main central to nursing process.
(Jean, 2020)

Table 1: Seven conceptions and assumptions (Jean, 2020)

This theory by (Jean, 2020) gives a clear meaning to the importance of offering effective caring to the patient in the psychiatric ward to managed and even restore their mental health especially when conducting care in assessment, plan, intervention and evaluation of the adolescent with schizophrenia disorder.

5 Method

This chapter is about the method used of research which is a systematic literature review that investigates literature review that fall under qualitative literature review, in inductive way with the use of data collection and method of data analysis and the Prisma chart. After the data collection, material has been analyzed with the help of qualitative content analysis by considering the research question. Qualitative research can be defined as to mean the method of viewing events, states, values etc. from the perspective of the people who have been interviewed. (Kader, 2006)

5.1 Data Collection.

A systematic literature review is used for data collection in this study mainly by reviewing and forming a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research. The research will be carried out by grouping inductively into units of information-categories that have formed a smaller sub-category that shows and outline statements that correspond into similar meaning or common explanations. The inductive process consists of three parts are; preparing, organizing and analyzing. The preparation consists of choosing the material for analysis (Polit & Beck, 2010)

The purpose of a systematic review is to provide as complete a list as possible of all the published and unpublished studies relating to a particular subject area. Systematic reviews are used to answer well focused questions about clinical practice. (Kader, 2006)

Qualitative research has been used in most of the article, books and journal that covered some of the key words used in this topic and its used more especially in nursing which will be reviewed as it gives explains on the knowledge and understanding needed considering all the studies that have been made from the past till up to date with a full clear description on method used. This will directly try to answer the research question by also considering

all the research aspects when conducting content analysis. Most of the literature reviews used are qualitative, quantitative and mixed reviews. (Polit & Beck, 2010).

Data search has been done with help of CINAHL databases, PubMed, Sci-Fi, Psychiatry books online, Web of Science, CDC, E-books and NCBI. The peer reviewed articles we're discovered by using relevant keywords search from reviewed articles, theories, journal articles, journal from peer reviewed books, this we're nursing approach, mental health, adolescent care, symptoms and causes of schizophrenia, medication and treatment, psychosis, mental theory, diagnosis and treatment and challenges in nursing care. (EBSCO, 2022)

The Search criteria for articles chosen are from both 10 years newer and older which have Full text available because they are considered relevant for today and giving enhanced background.

5.2 Inclusion and Exclusion Criteria of the literature review

This comes from after data had been searched and relevance of the studies was assessed by reviewing the articles under inclusion and exclusion criteria. Furthermore, articles published within 2006-2022, Articles that fell under the inclusion criteria were considered relevant to the study and these included articles with full text access and peer-reviewed articles that will give an answer to the research questions. Articles that were not relevant to the study fell under the exclusion criteria and were excluded from the study as illustrated in the appendices 1 of Prisma chart.

INCLUSION CRITERIA	EXCLUSION CRITERIA
Scientific articles or journals with care toward adolescents with schizophrenia disorder	Non-scientific articles and journals with subjects irrelevant to the study question
Full-textaccess	Non full text access articles
Peer-Reviewed	Non-Peer-Reviewed

Articles written in english	Other language
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Figure 2 : Inclusion and Exclusion criteria

5.3 Data analysis

Data analysis is where articles are extracted and categorized into coded groups that one has information on the topic being discussed to draw a conclusion on the results discovered from articles chosen how you do it. (Kader, 2006)

Data analysis summary was done by using 8 peer-reviewed articles that had been studied by questionnaire, Delphi based consensus study, multi study method of research and comparative study. These coded categorized groups that the study has discovered are guided by the aim and research question for the research.

When reading the articles carefully and crossing the themes and subthemes that will help to draw the conclusion to be discussed. As much it was so hard to get articles related to adolescents with schizophrenia disorder since it is a rare case, but it is there. The 8 articles were concluded since it related to the topic, aim and question of this research. The articles we're peer reviewed and almost up to date of 10 years.

The nurse's approach has been investigated towards patients with schizophrenia and 8 articles were analyzed that contained a description of patients and nurses concerning mental care. The main themes that were discovered in these 8 analyzed data articles were; Nurse's attitudes towards care of adolescent's patient with schizophrenia and Attitudes of Schizophrenia adolescent patients towards the nursing care. The subthemes that were drawn from the main themes were 6 represented in table in appendices 4

5.4 Ethical considerations

Ethical considerations are a very important part of any research a person decides to use, especially in any kind of literature review that one decides to do. This is mainly because as much as one use fact in every point they make it is very highly sensitive to consider that it is their own form of words without taking credit on another author's work as stated in (T.E.N.K, 2021) . Since there is theory covering the ethical way when conducting research,

that helped in writing this research study that offered guidelines on how to go about the writing and interpreting the results concluded after the findings.

This study is mainly done by following the ways and rules purposely stated on the ethical principle and protocol which was approved by the Ethics Committee of the National Institute for Health and Welfare in Finland by acting in a truthful and accordance to the principle of research ethics to avoid plagiarism and counterfeiting. (T.H.L, 2022)

6 Results

This chapter is going to be on the results that came from after analyzing the 8 articles being used. This led to the construction of the main themes and subthemes of this research by aiming in answering this research question.

The care of admitted adolescents' patients with schizophrenia by nurses is discovered in this study of 8 articles and is mentioned in the table shown as main themes and sub themes in the appendice 4. An inductive approach is used in the present study, beginning with careful reading through of the articles included. The focus was placed on the articles result and discussion sections, and important sentences answering the aim were highlighted with different colors for different themes. (Kader, 2006)

6.1 Nurse's attitude towards care of adolescent's patient with schizophrenia

When it comes to caring toward adolescent's patients with schizophrenia disorder according to the 8 article the nurse's attitudes towards care of adolescent patients was talked about a lot as they conducted the care to the patient which created the need for the care to be effective it is important that the nurses have a positive attitude towards the patients for a good outcome to be achieved for the patient. When it comes to mental care it requires a lot of aspects. The sub-themes that was able to discover are challenges and outcomes for nurses in psychiatric wards, nursing plan, intervention and goals towards patient's care and lastly nurse's awareness and support towards adolescent patient.

6.1.1 Challenges and outcomes for the nurses in psychiatric wards

According to (Nkereuwem, 2009) study it stated that barrier of communication and gender can affect the care of the patient since the nurses feels that they tend to feel unsafe with adolescent patient admitted with schizophrenia disorder especially the male gender since they feel they tend to be strong when they have the episode when the nurses try's to help or give medication or when they have triggers and when it comes with communication it can be difficult especially with the nurses who are new to the work at the psychiatric hospital .This influence a lot on the care that will be given to the adolescent patient.

There has been time pressure on the care that the nurse will give to the patient, communication problems especially differentiation when the right or wrong time is to approach the patients that will not cause any trigger since they are vulnerable patient considering their age. (Nkereuwem, 2009)

6.1.2 Nursing plan, intervention and goals towards patient's care

Nurses should learn more regarding diagnostic clues, comprehensive, integrated management, treatment decision-making process (care). Nursing approach comprises of plan, assesses and interventions, which is very important for a nurse so that they have an objective on the work they must do and care for the patient .It can be hard to care for a teen patient with schizophrenia disorder because most nurses have not received no educational preparation to care for adolescent patients with self-harm and patient with schizophrenia disorder who get admitted especially as a teen in adolescent they are undergoing a lot of changes in their body mental and physical. (Gina & Barbara, 2021)

According to (Gabriel & Francesca, 2011) and (Vivien, 2017)After diagnosis the next thing is the treatment plan intervention. Creating a patient centered care is so important in the mental health institutes, involving the patient, family and those close to them in this treatment care plan is so important for their recovery and a healthier environment. Nurses play an important role in this intervention care plan to achieve the goal for the patient to be back to their normal routine without feeling pressured or triggered.

There is importance of focusing on the symptoms and medications of the adolescent admitted patient according to the study research done in Europe so as to improve the quality of life, to also avoid any episodes from occurring and management of schizophrenia.

This helps in avoidance of any future damage with the effect of the medication reducing based on the article (Sandeep & Ajit, 2019). As the article (Christoph, o.a., 2022) states, treatment has different stages and effects as time goes by for the adolescent patient admitted at the psychiatric hospital.

6.1.3 Nurse's awareness and support towards adolescent patient

As noted in the research study done by (Antonio, et al., 2022) There is an importance of more education and training including improving both formal and informal education on the care of adolescent- teens with schizophrenia disorder since mental education is a very wide topic that a lot of educators don't cover.

Mutual support groups for the nurses are also important for their mental health to since they are human and they should be in a good state also to be able to care for the adolescent patient. It is important as stated in the article that there should be activities carried out by also the family to the patient and community too to help in the care of the patient to reduce the pressure that nurses get to experience that take a toll in their psychological mind. Besides taking care of the patient, information support and mutual support groups organized by the community helped to alleviate psychological pressure of the caregivers. Increase in education or training would not explain the association between comfort found here as the latter does not require specific formal training especially the theory- based psychiatric nursing training and skill. (Nkereuwem, 2009)

6.2 Attitude of schizophrenia adolescent patients towards nursing care

For this care to be effective, it requires the patient to accept or be willing to get the care. This will depend on the patient's attitude towards the care plan, assessment and intervention to recovery that will be executed by the nurse. In at least 4 articles, the results discovered from the acquired from the questionnaires was based on patients especially about adolescent patients admitted with schizophrenia disorder, which leads to creating subthemes of; nurse-patient relationship on care, therapeutic care relationship and quality of life.

6.2.1 Nurses-patient relationship on care

In the article (Gina & Barbara, 2021) the nurse–patient relationship was seen that the patient care, treatment has no balance since it is done as professional-patient relationship rather than partnership relationship between the nurses and patient. The nurse- patient relationship when it comes to caring toward the adolescent with schizophrenia, it should be more of partnership which emphasizes the equal relationship that will involve the patient since sometimes the patient admitted in the hospital with mental disorder are not involved in the decision making and the quality of the care they are going to receive since they view them as mentally challenged.

Patient are entitled to have a say in the health service they are going to receive according to (Gina & Barbara, 2021) , (Antonio, et al., 2022) and (Jackie, Mary, & Mona, 2022) Providing and creating a care that has a friendly interaction toward the adolescents with schizophrenia will create a very stable state and relationship for the patient and nurse relationship therefore resulting to a recovery for the adolescent patient or even a progress to recovery. It was discovered that the nurses play a huge role in creating close professional contact with patients admitted in the psychiatric wards therefore it helps in maintaining a therapeutic relationship between nurses- patient.

6.2.2 Therapeutic- care relationship

When it come to a therapeutic relationship as stated in the article (Gina & Barbara, 2021) , it is better prepared and develop therapeutic relationships with the schizophrenia population, Interestingly, despite the elements of the therapeutic relationship and the nurse–patient relationship as noted in the themes above, not all participants answered the item to identify the difference between nurse–patient relationship and therapeutic relationship.

Therapeutic relationship was noted to involve elements of collaboration, respect, and trust as according to the study research by (Gina & Barbara, 2021). The adolescent’s patient with schizophrenia disorder wanted to feel that there is a therapeutic relationship between them and the nurses as they get the care, this characteristic that they wanted presents are trust built during the assessment, relationship with attending and assessment behaviors and reciprocity, and knowledge and skills towards the care given to them.

6.2.3 Quality of care

Adolescent patients are the age group that are vulnerable since they are having a transitional stage. It is hoped to contribute to standardized and improved quality of care for patients with early-phase psychosis and schizophrenia. (W, et al., 2020)

According to (Christoph, et al., 2022) and (Antonio, et al., 2022) there has been complains of treatment service fee for the patient to be expensive therefore having free medications could be provided for a better quality of care of life for the adolescent patient with schizophrenia especially since mental damages is irreversible, having a non-discrimination environment for the patient so as to be able to open up as soon as they start experiencing the episode considering this mental on adolescent people being quite unknown to most people until it's too late and the next thing is suicidal cases reported. Having rehabilitation institutions with trained dedicated nurses who can care for schizophrenia patients should be affordable. (Antonio, et al., 2022)

There is a burden felt in taking care of the adolescent patient with schizophrenia disorder according to article (Yu-yu, et al., 2017) since the care involves the family, patient and the nurses when doing the caregiving. This is contributed especially on the family financial since a lot of people say they feel a lot of dependence comes when taking of the patient a lot causing the care givers to feel a lot of burden to take care of them, also patient with schizophrenia get less care in hospital compared to patient with other different mental disorder, leading to the patient being taking cared a lot at home and just going to hospital for the treatment for fewer days.

7 Discussion.

In this chapter it will be a discussion on the results that was discovered, the method that was chosen to do the research and it is very important to get a better understand as a nurse on how to assist and perform nursing approach on patient with this condition since it can help prevent further chronic situation on the teens and helping in any way. Nurses in various health-care settings do play a central role in the care of people with schizophrenia disorder.

The aim of this research study is to gain deeper knowledge and understanding for nurses when caring for admitted adolescence patient with schizophrenia disorder to help achieve

improve future awareness, leading to the research question of what the role of nurses is caring for adolescent's patient admitted with schizophrenia disorder.

7.1 Results discussion

It was easy to categorize the important information so that it can be easy to outline important information in the articles used to answer the study question. These categories consist of 2 main themes and 6 sub-themes. The articles discuss more on Adolescent patients as the stage group that are vulnerable since they are having a transitional stage. The results purpose is to create a deeper knowledge to nurses concerning the caring of adolescent patient with schizophrenia.

The nurse's attitude towards care of adolescent patients with schizophrenia disorder determines how they will care for the patient. As stated in the articles T (Nkereuwem, 2009) , (Gina & Barbara, 2021) , (Vivien, 2017) , (Gabriel & Francesca, 2011) , (Antonio, et al., 2022), (Sandeep & Ajit, 2019) and (Christoph, et al., 2022) nurses having good and positive attitude towards caring for adolescent patients with schizophrenia help them in their recovery. In the results collected there was three aspect that contribute to a positive and negative attitude that the nurses have which depends on the challenges and outcomes for the nurses in psychiatric wards, nurses plan, intervention and goals towards patients care, nurses' awareness and support towards adolescent patient.

There are many challenges and outcomes that the nurses stated in the questionnaires in the articles done by (Nkereuwem, 2009) such that it makes it difficult for them to care for the nurses, and this led to them having a negative attitude when performing care to adolescent patients. The nurses having pressure on how to communicate to the adolescent patient, fear since they feel the adolescent have strength, especially the new nurses who starts working. It is important that the nurses feel safe in their workplace, e.g., psychiatric wards, which make them feel at ease as they take care of the adolescent patient.

When it comes to nursing plans, intervention and goals towards patients care it contribute a lot to nurse's attitude since when nurses have less knowledge concerning schizophrenia disorder it affects the care they give to adolescents with schizophrenia. As stated in (Gina & Barbara, 2021) when nurses have not enough knowledge regarding adolescent patient with schizophrenia it possesses challenges for them to care for adolescent patient with

schizophrenia especially the adolescent patient are going through a lot of changes in both body, physical and mental state.

It is important as according to (Vivien, 2017) and (Gabriel & Francesca, 2011) that nurses do play an important role in this intervention care plan to achieve the goal for the patient to be back to their normal routine without feeling pressured or triggered. When nurses create patient centered care in mental health institutions that involves the patient, family and the health workers offering care to the adolescent patient it helps in the recovery of the patient. The patient centered care is mostly missing in most of the psychiatric hospital which will help in the adolescent patient still having a say in the treatment plan, nurses' intervention, avoidance of any fear and triggers and in the final goal achievement of recovery of the adolescent patient with schizophrenia.

As noted by (Sandeep & Ajit, 2019) and (Christoph, et al., 2022), the treatment stages take time and for it to be effective in the care management it involves the nurses giving the medication after the prescription is given. It is important that the focus when offering this treatment care to be towards the symptoms of adolescent schizophrenia disorder and medications, since sometimes if one skips the medication, it reduces the effect of the medication working.

It is important that nurses get social training skills and enough support for the purpose of having a good caring system for the patient as stated in the questionnaires' results discovered by Antonio, et al., 2022). The nurse's awareness and support towards adolescent patients is important when caring for patients with schizophrenia disorder. According to (Nkereuwem, 2009) It is important that the nurses get formal training as support to enhance their nursing skills and training in the care they will offer to the patient with schizophrenia disorder.

The second major theme noted was on the attitudes of schizophrenia adolescent patients towards nursing care. There were three other subthemes that were discovered in the 8 articles that were used to do this study which are the nurses-patient relationship care, therapeutic-care relationship and the quality of care.

According to (Gina & Barbara, 2021), (Jackie, Mary, & Mona, 2022) and (Antonio, et al., 2022), it is important that nurses have close professional contact with schizophrenia

disorder when offering the care which will help maintain the nurses-patient relationship. When conducting this relationship, it helps to create a friendly interaction when caring, equality in partnership between the nurses and the adolescent schizophrenic patient.

Therapeutic care relationship which involves was based on the article results that was in (Gina & Barbara, 2021) that is between the nurse and the patient. It is important that the nurses, when caring for the schizophrenic adolescent patient, make them feel as involved in the care as possible. The therapeutic care relationship works so well towards the patient since it offers equal partnership collaboration, respect and trust to the patient. since the adolescent patient gets triggered very quickly when they have schizophrenia disorder, therefore by implementing therapeutic relationship when conducting assessment and care.

The quality of care offered to the schizophrenia adolescent patient is important, especially the adolescent patient is very vulnerable age group as stated by the study (Antonio, et al., 2022) , (Yu-yu, et al., 2017) and (Christoph, et al., 2022) showed that the standard and quality of care given to schizophrenic adolescent patients (early -phase onset psychosis). There was complain on family not being able to afford the treatment and medication for schizophrenia which causes a future damage of adolescent when transitioning to adulthood inhabiting schizophrenia disorder still therefore causing to even death. Considering the aim of this study was to nurses gaining deeper knowledge and understanding when caring for adolescent with schizophrenia disorder therefore according to (Antonio, et al., 2022) study results, it shows that by having rehabilitation institution and psychoeducation that offer extra training to nurses on nursing skill on caring towards adolescent schizophrenia patient. This will help in improving the caring skill towards the adolescent patient.

As stated in the background of this study, there is an importance of having nursing care skills such as how to approach a schizophrenia adolescent's patient, understanding the knowledge of encouraging and supporting adolescent patient in an ethical way that involves implementing the nurse-patient relationship. These approaches have been supported by the theories of Orlando (1961) and Watson's (2020) which have tried to explain on the importance of nurses having the attribute of good communication skills towards the mental disordered patient so that they can be able to assess the care towards

adolescent patients with mental health (schizophrenia), to maintain therapeutic relationships and nurse-patient relationship. This led to the results found in this research concerning nurse's care towards adolescent's patients with schizophrenia and schizophrenic adolescent's patient attitude towards nursing care.

7.2 Method discussion

This research study is based on schematic analysis method where collection of data was from database i.e. CINAHL databases, PubMed, Sci-Fi, Psychiatry books online, Web of Science, CDC, E-books, NCBI and excluding Mayo clinic with the use of keywords like Nursing Care, adolescents, schizophrenia disorder, symptoms and causes of schizophrenia, mental illness, psychosis, patient education and challenges when caring for admitted adolescent patient were used.

A systematic literature review is used because it is suitable for this study. This research on care of adolescent patients with schizophrenia disorder tries to create a more understanding and knowledge on the importance of knowledge towards the nursing care that will be provided. The 8 articles were analyzed that contained a description of patients and nurses concerning care without giving an attitude that will hinder the recovery of the patients. In the study, the main idea was to try use all the sources which have significant information that goes with the thesis research.

The study goes along with the aim and the answered the research questions about care towards adolescents admitted patient with schizophrenia disorder, 8 relevant articles were examined and concluding to using the inductive content analysis method that forms categories and subcategories.

One of the limitations of the study is that some articles could not be accessed because of the need for a fee-based subscription. Most of the articles discovered were on schizophrenia disorder in elderly people. It can be stated that all the data presented was theoretically based and had proper reference to its respective authors. The research was done by comparing, obtaining, analyzing on the article research aim, method, background and result by considering and stating all reflective and credible information from other studies.

8 Conclusions

It is important for nurses to provide better care for the adolescents with schizophrenia disorder which includes improving the efficiency of nursing work. Nursing staff use the person-oriented nursing concept to take care of adolescent patients admitted with schizophrenia disorder. The results of the study show that in nursing work, effective communication between nurses and patients results in positive and effective improvement in patient health.

The knowledge of caring towards schizophrenia in adolescent group should get more awareness and educated to nurses since it leads to suicide among the adolescent group. Having a trusted relationship between nurses and adolescents should also be conducted which creates a safe space for the adolescent to get help because in some research questionnaires a lot of adolescents keep it to them self when having mental breakdown.

Nurses should get support whether they are new to the workplace, or they are old nurses working in the institution to create awareness on the knowledge on how to care for the adolescent patient with schizophrenia to avoid poor nursing intervention and care approach because of fear especially when it was noted the female gender felt that way.

A further research and study relating to nursing care on adolescent admitted patient with schizophrenia disorder in both theory and practice should be done especially in interview methods to create more available articles to study on and analyses data.

The two theories created an awareness on how new nurses and old nurses can care for adolescent patients with schizophrenia by using the concept process that the theory offers which revolves around nurses and the patient. This research study offers some guidelines on how to care as a nurse, but further studies can be done by using more data or conducting interviews to get more information on schizophrenia disorder in adolescents.

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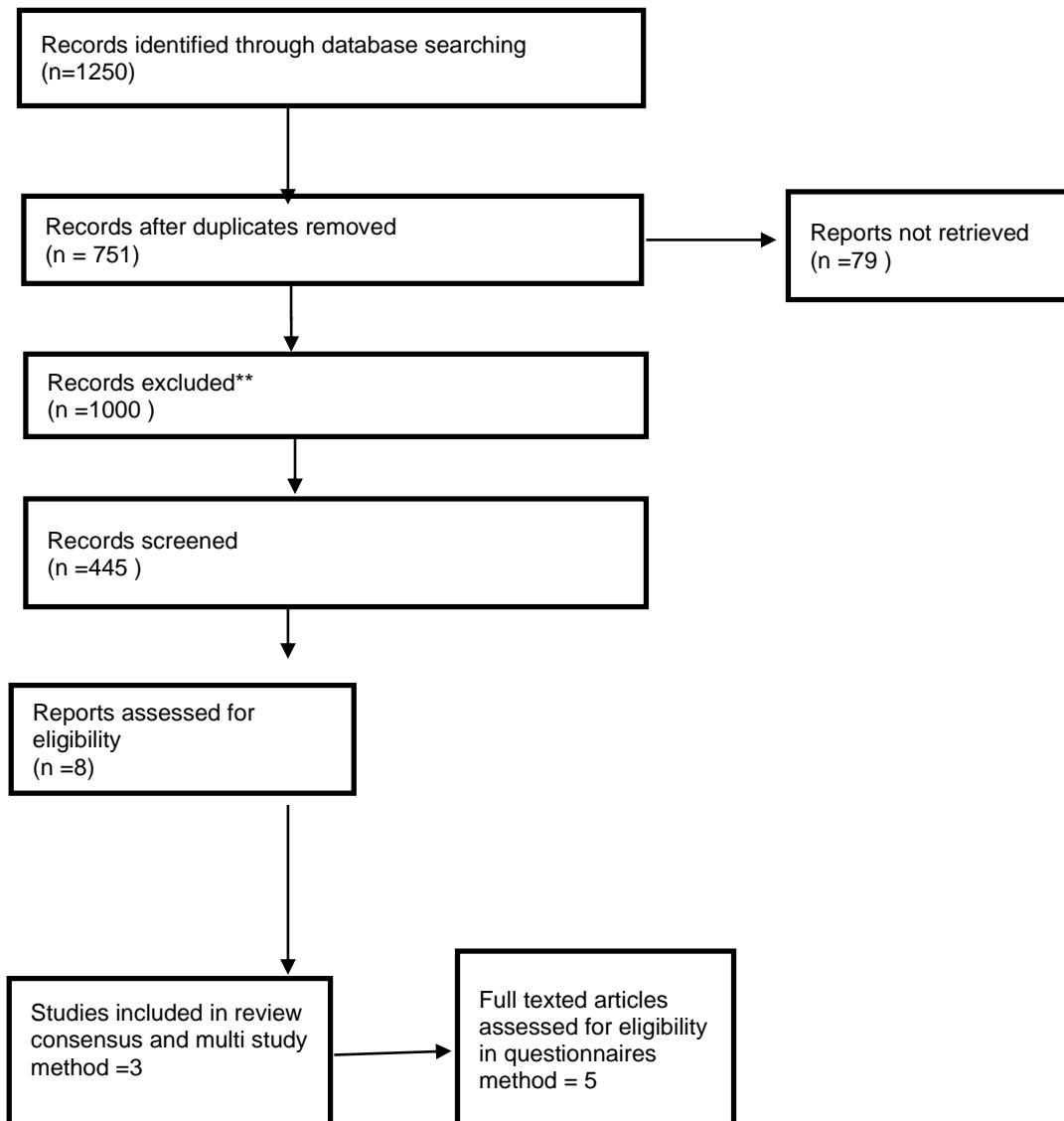
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Appendices 1 : PRISMA chart (PRISMA, 2020)

Appendices 2 : Familial risks in schizophrenia (MD, 2017)

General population prevalence (12mo)	1% (1 in 100)
Lifetime development risk (%)	0.7(0.3–2)
Family history first -degree relative (%)	9 -18
Family history second – degree relative (%)	3 -6
Family history third – degree relative (%)	2 -3
Non Twin sibling risk (%)	8 (9–18)
Twin risk, Dizygotic (%)	12 (0–28)
Twin risk monozygotic(%)	47 – 48(41–65)
Child with 1 parent with schizophrenia (%)	12 – 14 (2–35)
Child of 2 parents with schizophrenia (%)	40 – 46(40–60)

Appendices 3 : The 8 analyzed articles

Author(s) and year of published	Titles (articles & books)	Background	Aim	Method & results
Jackie Parsonage Harrison, Mary Birken, David Harley, Helen Dawes & Mona Eklund 2022	A scoping review of interventions using occupation to improve mental health or mental wellbeing in adolescent populations	The background of the study is to see if there are occupation-based interventions that will help to address the growing mental health problem that arises in adolescents.	The aims were to identify and describe key characteristics of intervention studies using occupation to improve adolescents' and young people's mental health and wellbeing, exploring the range of interventions.	A scoping review. Results came up to a conclusion of five occupational therapy-based interventions, 69 other occupation-based studies representing a wide breadth of approaches, outcomes and settings
Christoph U. Correll, Paolo Fusar-Poli, Stefan Leucht, Anne Karow, Nadja Maric, Carmen Moreno, Merete Nordentoft & Andrea Raballo 2022	Treatment Approaches for First Episode and Early-Phase Schizophrenia in Adolescents and Young Adults:	The research done was to investigate the management like adult-onset schizophrenia, few antipsychotics are approved for people aged 13–18.	The aim of the study was to explore areas of uncertainty in early onset schizophrenia a disorder management and provide evidence-based recommendations to mental health specialists.	A Delphi Consensus Report from Europe. The results were in case of failure and antipsychotic dosing in younger patients there will be use of diagnostic standards, multimodal approaches and focus on adverse events.

Sandeep Grover & Ajit Avasthi 2019	Clinical Practice Guidelines for the Management of Schizophrenia in Children and Adolescents	The research mainly focused on the peak age for onset of schizophrenia between aged 15–30.	The aim is to obtain accurate guidelines on the prevalence of various psychotic disorders among children and adolescents (5–18)	A Meta-analyzing medication record The results were attained based on guidelines, which are not specifically for any treatment setting, only depending on the needs of the patients in a specific setting.
Vivien Chad ,2017	Schizophrenia and Psychosis: Diagnosis, Current Research Trends, and Model Treatment Approaches with Implications for Transitional Age Youth	The review of current state of diagnosis and treatment of schizophrenia in childhood-onset and early onset schizophrenia.	The aim of the study is to describe the recent proliferation of research in high-risk psychosis spectrum conditions, which are different from childhood-onset and early onset schizophrenia, and findings of psychotic-like experiences in the normal population.	A Multi-study method The results discovered at the end of the study were that practices in the treatment of schizophrenia are consistent with a recovery-oriented model of mental health services for transitional age youth.
Antonio Vita, Stefano Barlati, Antonello Bellomo, Paolo Fuser PoliGabriele Masi, Nobili,	Patterns of care for adolescent with schizophrenia	The background was investigation on the current conceptualization of schizophrenia as neurodevelopmental disorder when	The aim is to explore the degree of collaboration among professionals in early patient diagnosis, psychosocial intervention, pharmacologi	A Delphi based consensus study The results revealed a large agreement among the expert group on all the investigated areas of adolescent schizophrenia patterns of care and management.

Gianluca Serafini, Alessandro Zuddas & Stefano Vicari. 2022		their transition of a person from adolescence to adulthood, to reduce personal, familiar, and social costs and burdens.	cal treatment, health care system organization and transition process from adolescent to adulthood.	
Gina Panozzo & Barbara Harris 2021	Psychiatric nurses' perceptions of therapeutic alliance with individuals with schizophrenia:	Research on nurse-patient relationships with the schizophrenia population is sparse.	The aim of the study was to investigate the therapeutic relationships between nurses and patients with schizophrenia disorder.	A Survey studies A significant association between the level of education and professional certification and comfort working with patients with schizophrenia and clarification on the relationship among education, certification, and comfort.
Ulf Engqvist & Per-Anders Rydelius 2008	The occurrence and nature of early signs of schizophrenia and psychotic mood disorders among former child and adolescent psychiatric patients followed into adulthood	This investigation was designed to characterize psychotic disorders among patients originally treated and outpatients' children and adolescent psychiatric services with followed-up into mid-adulthood.	The aim of the study is to identify differences between patients with early- and later-onset disorder were of particular interest	A Comparative study Behavioral changes and positive symptoms were the most frequent signs associated with Schizophrenia, schizotypal and delusional disorders made during child and adolescent psychiatric care.
Carlos Nordt, Wulf Rössler & Christo	Attitudes of Mental Health Professionals Toward People with Schizophrenia	The research background was the poor knowledge about mental illness in the general	The aim is to review on the attitudes of mental health professionals and	An Interview method The result showed that mental health professionals and their support of individual rights neither entail fewer stereotypes nor

ph Lauber 2006	and Major Depression	population and stigmatizing attitudes toward people with mental illness	members of the public toward mental illness and reaction toward a person with and without psychiatric symptoms.	enhance the willingness to closely interact with mentally ill people.
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Appendices 4 : Main -themes and Sub-themes

Nurse's attitudes towards care of adolescent's patients with schizophrenia	Attitude of Schizophrenia adolescent patients towards nursing care.
Challenges and outcomes for the nurses in psychiatric wards	Nurses-patient relationship on care
Nursing plan, intervention and goals towards patient's care	Therapeutic -care relationship
Nurse's awareness and support towards adolescent's patient	Quality of care