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RESEARCH WISDOM

Faculty of Nursing | Chiang Mai University

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Message from the Dean

On behalf of the NurseCMU community, I would like to wish all of our Research Wisdom readers, wherever you are around the world, a happy holiday season and a happy New Year. As the Faculty of Nursing prepares to embark on yet another year of exciting research and innovation, I invite you to explore our most recent international and national publications.

In this issue, the focus turns to the use of smartphones and devices. Globally, research continues to be done on humans' use of these types of technology and the related health concerns. These two studies contribute to the body of knowledge, and the results can be used to support nurses in their efforts to provide the best possible care to mitigate the negative effects of social media and device screens, both emotional and physical. These two works also help shine a light on the depth of the NurseCMU faculty and include papers led by one of our own lecturers and an FON PhD candidate.

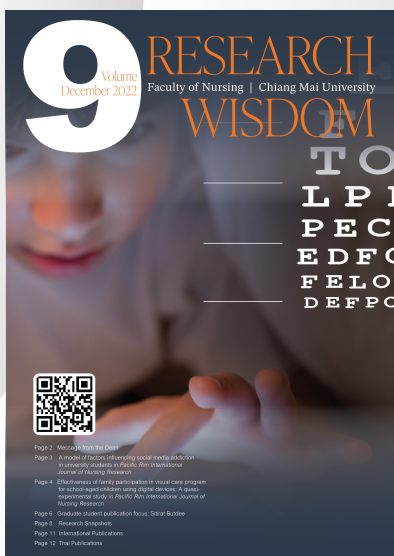
To close out this year's edition of Research Wisdom, we are also using our features section to highlight an international publication from a recent graduate of our master's program. Led by our experienced and dedicated senior faculty as advisors, our graduate students also contribute to boosting NurseCMU's research profile by disseminating their research internationally. Research Wisdom staff was delighted to take this opportunity to ask him some questions and provide a platform for his inspirational story.

On behalf of NurseCMU, I wish you all an enjoyable and safe holiday season, and we look forward to welcoming you back in 2023. Thank you for your continued support for the Faculty of Nursing and our research community.

Sincerely,



Thanee Kaewthummanukul, PhD, RN
Assistant Professor and Dean, Faculty of Nursing
Chiang Mai University, THAILAND



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A model of factors influencing social media addiction in university students

(published in Pacific Rim International Journal of Nursing Research)



It is well-known that social media provides users with entertainment and access to information across an array of different platforms. However, less understood are the negative effects of the overuse or addictive behavior related to social media usage, which are increasingly visible in users of all age groups and backgrounds. As primary caregivers, nurses are centrally placed to develop care and prevention programs for these affected groups.

NurseCMU doctoral candidate Phayam Kandee led this study which investigated a highly topical issue, with the aim to create a model which would underpin an understanding of factors predicting and influencing social media addiction among university students, thereby enabling nursing professionals and university administrators to work towards care or interventions which could result in healthier and more sustainable levels of social media use.

In addition to the literature review, Bandura's Social Cognitive Theory (SCT) was used to underpin the creation and evaluation of this model, as SCT allows for the consideration of both personal and environmental factors in determining the factors which influence or affect a phenomenon. The causal model was created, in part, by selecting dimensions related to social media addiction in which nurses could effect some helpful change. These included internet self-efficacy, internet use expectancies, depression, self-regulation, neurotic personality, extraverted personality, perceived social support, and subjective norm.

Almost 550 students participated in this study, and they reported using mobile phones most often to access social media for entertainment (about 65%), with YouTube being the most utilized platform. Although initial model testing was rejected, the modified model was found to fit with the available empirical data with 86% of total variance in social media addiction explained by six of the factors. Among the strongest predictors were depression and subjective norm, both with a positive direct effect on social media addiction.

The findings of this study can be very useful for nurses, to the extent that they are well-positioned to design and implement programs for Thai university students with an emphasis on fighting depression and modifying subjective norms which influence social behavior, possibly resulting in increased addictive behavior. University leaders can also benefit from these findings, as they help build awareness in students about the negative effects of social media use.

Assoc. Prof. Dr. Petsunee
Thungjaroenkul



Assoc. Prof. Dr. Sombat
Skulphan



<https://cmu.to/BxlrDv>



Effectiveness of family participation in a visual care program for school-aged children using digital devices: A quasi-experimental study

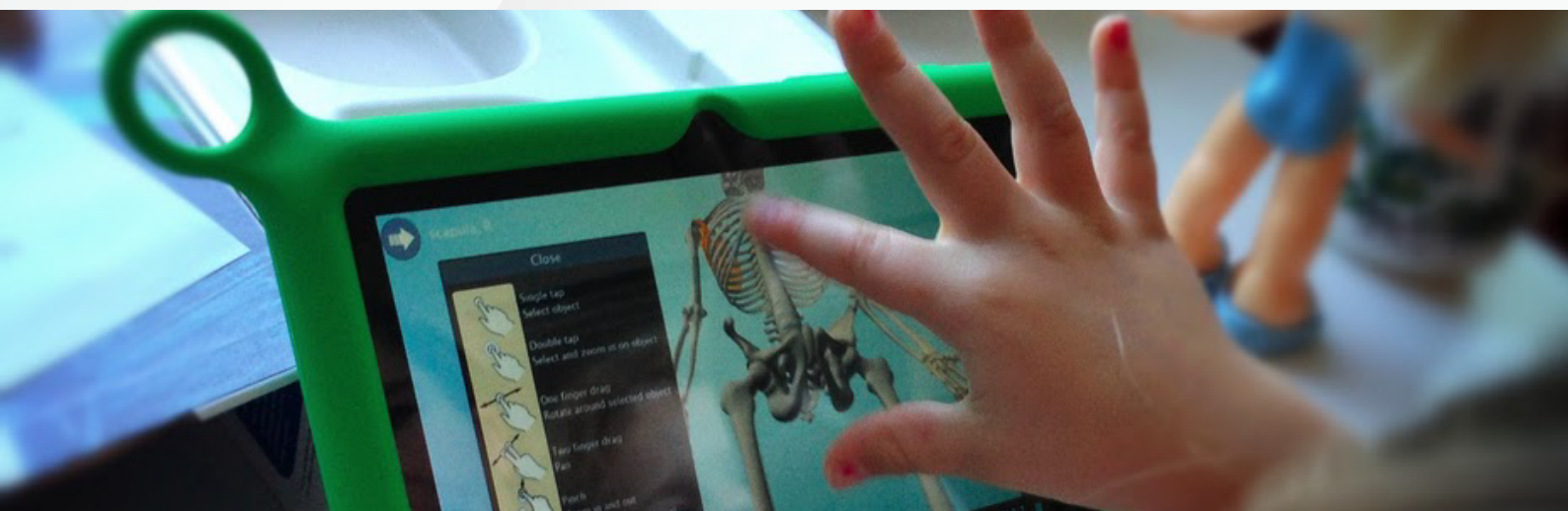
(published in Pacific Rim International Journal of Nursing Research)

Using digital devices has become a part of life in recent years for people of all ages. While older users might be better trusted to limit screen time and avoid possible health complications, younger children are still learning and developing, requiring more help from those around them.

Led by NurseCMU lecturer Sukritta Jaichomcheun, the research team, which included Associate Professor Wilawan Tuanrat and Associate Professor Dr. Sivaporn Aungwattana, noted the trend of school-aged children increasingly using devices and aimed to explore how nurses could assist families through promoting better visual health for their children. The current study, therefore, aimed to find out how effectively family participation could be integrated into a visual care program (the Family Participation in Visual Care Program, or FP-VCP, developed by the principal investigator based on Community Participation Theory) for children who are using devices regularly.

The research team felt that quasi-experimental research would be a more convenient and practical method, suitable for the situation in which variables could not be manipulated or controlled, making it appropriate for assessing the effectiveness of the FP-VCP. It was hypothesized that by the week 9 posttest, family practice in their children's visual care would be significantly higher for the experimental group, and subsequently, that their children would have less problems with eye strain, compared with the control group.

As expected, while the two groups were not significantly different at baseline, in either the family care practice aspect or in the incidence of digital eyestrain in the children, by week 9, the experimental group showed significantly improved family practice, while the children of this group had improved regarding symptoms of eye strain (neck pain, watery eyes, eye pain, slow focusing). Regarding the results, this program can be useful to nurses, and can inform the development of practical materials using online platforms. However, it should also be tested on children of different ages and over longer periods of time.



Assoc. Prof. Wilawan
Tuanrat



Lec. Sukritta
Jaichomcheun



Assoc. Prof. Dr. Sivaporn
Aungwattana

Ajarn Sukritta believes there is plenty of opportunity for further research from this study, including her own plans to develop an application as well as a digital eyestrain prevention toolkit, both of which can contribute to the promotion of eye care for digital device users of all ages. In addition, she feels that qualitative investigations could help to explore more deeply the insights of the participants, namely school children and their parents.

Having published this research paper in an international journal, the author added that she believes publishing in international journals is relatively straightforward while requiring a lot of effort to develop quality research. However, passing the rigorous quality control system of international journals means that the research will be accepted by researchers in the field which leads to an increased body of knowledge and more benefits for the recipient of services.



<https://cmu.to/jS11nv>

Graduate student publication focus: Sitirat Butdee

NurseCMU faculty publish a large amount of research, elevating our research profile and setting a strong example for the next generation of nursing researchers. Yet as NurseCMU becomes more prolific in international nursing publication, we increasingly see younger faculty members and graduate students developing innovative research studies in collaboration with their advisors and senior faculty members.

Graduate student Sittirat Butdee and his advisory team, which included faculty members Assistant Professor Dr. Phanida Juntasopeepun and Assistant Professor Dr. Rojanee Chintanawat, recently published his MA thesis research topic as an article in Nursing & Health Sciences. Their insights provide an inspirational story for young researchers and the NurseCMU community.

RW: Khun Sittirat, how did you first come up with your master's thesis topic?

Sittirat: The thesis topic was derived from my own work in the emergency room where I encountered various problems related to elderly patients' treatment. After identifying that delay in coming to the hospital was still a significant problem for elderly patients with acute ischemic stroke, I read journals and research, and communicated with other people to get a clear view of the problem. I concluded that an important problem had been chosen and that this research could help improve the service system.

RW: What were your feelings when your paper was accepted by a Q2 nursing journal?

Sittirat: After the article was accepted, the feeling was happiness and relief because this was the first time for publication, and it is always a great challenge to produce an academic article for publication in a journal, especially in English.



Sittirat Butdee



Asst. Prof. Dr. Phanida Juntasopeepun

RW: Can you explain some of the key aspects of your approach that resulted in your manuscript's acceptance by Nursing & Health Sciences?

Sittirat: The manuscript needed to be clear, useful, and exciting, showing a logical structure to the research paper. It also needed to address gaps identified by the reviewers and editors. Very important was my team of knowledgeable advisors whose leadership helped to make the research publishable.

RW: How did your advisor team help you most while you were doing your research?

Sittirat: My advisors were very helpful at the start by helping determine the research topic and allowing me to see the research problem and process, together. Moreover, they provided consultation at every step of the research process and supported me with relevant academic information, encouraging me in my research on a regular basis.

RW: What are your current research interests?

Sittirat: Research issues in emergency medical services for the elderly. The numbers of elderly people are increasing rapidly. They are stuck at home, in bed, and living alone more, with decreased access to primary care, affecting awareness of their own health. All of these factors may increase their use of emergency medical services.



RW: What are your next plans, having finished your master's degree?

Sittirat: For the present, applying the knowledge gained from my study to my workplace to develop a patient service system. I am also interested in becoming a teacher at Boromarajonani College of Nursing in Lampang. In the future, I may continue my studies at the doctoral level.

RW: What advice can you give to other FON MA students about completing their thesis and seeking publication in an international journal?

Sittirat: Completing a thesis depends on many factors. The main factor is the students themselves. This requires effort in doing their homework, reviewing the literature, and following their advisor's advice, continuously and consistently. Regarding international publication, you must study the aims and scope of the different journals, and then choose a journal according to the aims and scope of our own research.

RW: Dr. Phanida, from your perspective, how did you and the advisor team most help Sittirat?

Dr. Phanida: Dr. Rojanee Chintanawat and I had the primary responsibility to guide and inspire Sittirat in every step of his journey to reach his scholarly potential. At first, we worked closely with him to design a meaningful thesis project. As an RN at the ER, he was working with older people who delayed seeking treatment after the onset of stroke. During his research journey, we provided consistent support and constructive feedback to ensure a scientific and ethical approach in conducting the research. We then encouraged and facilitated timely publication of his research in a peer-reviewed international journal.

RW: What are the most valuable characteristics for a good research advisee?

Dr. Phanida: A good research advisee is hard-working and practices self-advocacy. A hard-working student in graduate school should be willing to work hard with integrity in all aspects of their graduate training, putting in his or her maximum effort to reach their goal. Being a self-advocating student

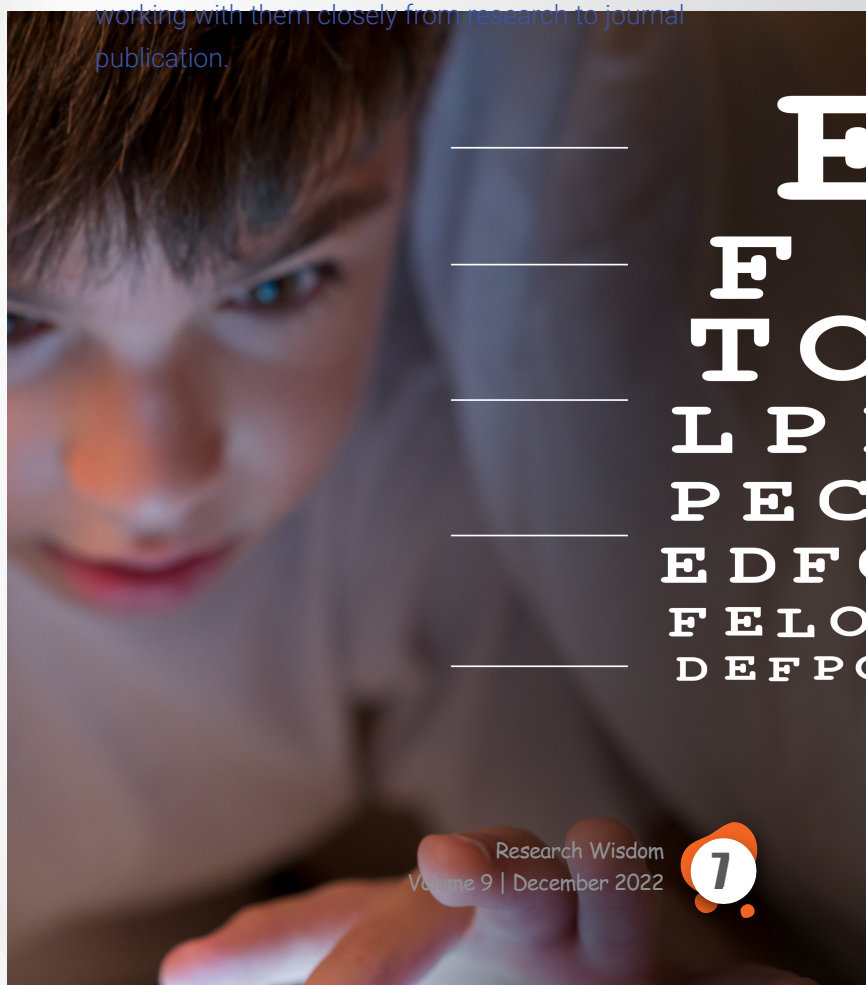
means believing in one's own ability to complete their program, learning how to speak up for themselves, and asking for help from mentors when needed.

RW: Do you feel that most MA students could publish their MA thesis in English?

Dr. Phanida: At NurseCMU, our graduate students are required to publish a paper as a prerequisite for their graduation. For MA students, they can publish in either Thai or English language journals. Our MA students are well-prepared to publish their research project in Thai journals. However, turning a Thai article into an English article for publication can be more challenging.

RW: What advice do you have for MA students and unpublished researchers?

Dr. Phanida: First of all, believe in your work! Remember that you have spent time and effort conducting your scientifically grounded research: it's time to get it published! If you are MA students who want to pursue a career in academia or in a research-rich environment, aim for publication in an accredited international journal. Discuss your publication ideas with your advisor or an experienced researcher, they will thoroughly guide you. Keep working with them closely from research to journal publication.



Prehospital delay after acute ischemic stroke among Thai older adults: A cross-sectional study

Delays in getting older adults to hospitals for treatment can have serious or fatal consequences. Acute ischemic stroke (AIS) sufferers require prompt treatment, for example, the application of intravenous recombinant tissue plasminogen activators. Therefore, this study, by NurseCMU master's student Sitirat Butdee, used Andersen's Behavioral Model to investigate the factors influencing prehospital delay for 120 older participants who had been treated after their first experience of AIS at hospitals in northern Thailand. It was found that most patients experienced delays of over 3 hours in getting treatment. Factors associated with reducing these delays included the perception of a more severe stroke and shorter distances to target hospitals. Understanding these factors can assist healthcare workers in developing interventions to mitigate these logistical delays. *Nursing & Health Sciences*



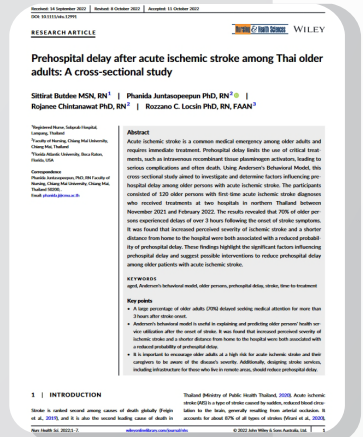
<https://cmu.to/hJZmI>



Asst. Prof. Dr. Phanida Juntasopeepun



Asst. Prof. Dr. Rojane Chintanawat



Enhancing self-management through geragogy-based education in older adults with uncontrolled hypertension: A randomized controlled trial

Geragogy posits that older people require alternate educational contexts from other groups of learners, a theory which has implications for older persons' learning about self-management behaviors as it pertains to medical conditions. Uncontrolled hypertension is one such condition that necessitates proper self-management for the control of blood pressure and improvement of quality of life which, in turn, requires both health literacy and self-efficacy. Doctoral candidate Kiattisak Ongkulna led this randomized controlled trial investigating what effect an educational program on self-management would have on participants' behaviors. Data were collected at four points during and after the study with results showing that the experimental participants scored significantly higher for health literacy, self-efficacy, and self-management behaviors at all four points, implying that this program was highly successful while recommending further studies in different contexts. *Pacific Rim International Journal of Nursing Research*



Asst. Prof. Dr. Rojane Chintanawat



Asst. Prof. Dr. Sirirat Panuthai

<https://cmu.to/4wZWb>



Optimizing quality nursing research: A call for action



In this call to action, co-authored by current NurseCMU visiting professor Dr. Sue Turale, three important groups of people are highlighted whose competencies and efforts are necessary to ensure that the wider nursing community is equipped to produce and publish research of the highest quality. These three groups include educators, researchers, and peer reviewers, and they act as research builders, evidence generators, and the gateway for quality assurance, respectively. This article provides recommendations and suggestions for each of these groups arguing that it is they, in particular, who can optimize nursing research. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/HmRiu>



Effectiveness of a home-based coping enhancement program for stroke survivors: A randomized controlled trial

Self-rehabilitation after a stroke can be problematic and demotivating, and result in additional stress on patients. Therefore, it becomes the duty of caregivers to help stroke survivors maintain their psychological well-being while also following through with their rehabilitation programs. Led by doctoral candidate Sunanta Tangnitipong, this study used the Stress Process Model to develop a home-based coping enhancement program for a randomized controlled trial with 62 stroke survivors, with 30 of them undergoing the program in addition to regular routine care. Using the appropriate scales, data were collected and analyzed, resulting in findings which showed that the performance of the experimental group had improved significantly in both areas, psychological well-being and adherence to rehabilitation, demonstrating that this program could achieve its aims, while noting the need for further testing. *Pacific Rim International Journal of Nursing Research*

Assoc. Prof. Dr. Nuttamon Vuttanon



Asst. Prof. Dr. Rojane Chintanawat



<https://cmu.to/LL7kY>



Psychometric properties of the Thai version of the Caregiver Reaction Assessment Tool among caregivers providing care for dependent elderly persons

It is often the case that research instruments need to be translated or modified for use in new research contexts. In this study, led by Dr. Kanjana Thana, the Caregiver Reaction Assessment Tool (CRAT) was successfully translated via cross-cultural translation for use with 354 informal caregivers in Northern Thailand in order to evaluate its psychometric properties. This tool has proven useful for assessing the experiences of caregivers who care for elderly people with chronic illnesses. This Thai version has been shown to be both reliable and valid, and the authors recommend additional testing in other regions of Thailand for the purpose of further validation before the tool can be applied more generally in clinical environments.

Chiang Mai University Journal of Natural Sciences



<https://cmu.to/TDJWR>



Lec. Dr. Kanjana Thana



Asst. Prof. Dr. Rojanae Chintanawat

Status of hospital infection prevention practices in Thailand in the era of COVID-19: Results from a national survey

Professor Dr. Nongyao Kasatpibal collaborated with researchers from the University of Michigan and Thammasart University on this report of infection prevention (IP) practices in Thailand during the recent COVID-19 pandemic. This study was, in effect, a 2021 re-survey of an inquiry done in 2014, done to compare results over the period in between. IP is an important practice for hospitals and the paper highlighted some important findings. Although 48% of IP practices (in several key areas of IP) had significantly increased, the use of many other practices remained "suboptimal", and only 31% of the hospitals surveyed reported "excellent leadership support" for the control of infection. Conclusions included the observation that greater national strategic support is needed for IP practices in Thai hospitals. In addition, considering that less than half of infection preventionists felt safe at work during the pandemic, employee well-being requires attention. *American Journal of Infection Control*



Prof. Dr. Nongyao Kasatpibal

<https://cmu.to/hsno6>





International Publications

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Associate Professor Dr. Apiradee Nantsupawat met recently with Professor Lorraine Frazier, the Dean of the School of Nursing at Columbia University, passing on Dean Thanee Kaewthummanukul's wishes, as well as several souvenirs, as tokens of the goodwill and collaboration between Columbia and NurseCMU

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