The effect of motivational corporate interviewing on the self-esteem of the elderly patients with cancer

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ABSTRACT

Introduction: cancer is a chronic disease causing pain, limitness, malformation and death in patients and especially in old people with cancer. The self-esteem is a significant source of any person and in patients with cancer may become a stressor. Use of non-pharmacological methods such as motivational interview is effective approach to develop self-care programs that promote patients’ self-esteem and help them cope with cancer. Methods: The aim of this study was to investigate the effect of motivational interview...
on elderly (60) suffering from cancer at the chemotherapy department of Mostafa hospital, Ilam, 2018. This statistical society is randomly divided into two groups of intervention and controls. Data were collected using cooper smith's self-esteem questionnaire. The measured variables include: independent variable (motivational interview), dependent variable (self-esteem) as well as demographic variables. SPSS 20 was used to analyse data using appropriate statistical tests. Results: According to our findings, mean scores in intervention and controls were 31.63±3/1 and 25.13±1/9, respectively. There was a significant statistical difference between the two groups (p=000/0) indicating positive effect of motivational interview on increasing the mean scores of self-estees. Conclusions: The use of motivational interview has a positive effect on the level of self-esteem among old people and raising level of self-esteem.

Keywords: Cancer, Self-esteem, elderly, motivational interview

1. INTRODUCTION

The world population is rapidly aging and, according to the United Nations predictions 60-and-older people occupy 12% of the world which will reach 21% in the mid-21st century (Iranian population, 2017). The elderly is not a disease itself. It is a biological stage of life that is experienced by all people and cannot be stopped. Illnesses and changes are prevalent in old age (Mofidi and Nahvinejad, 2012). Due to these changes, chronic and acute illnesses increase (Hughes et al., 2009). Cancer is one of the chronic illnesses where risk increases with age (Sommers, 2007). In last decades, the number of seniors suffering from cancer has increased in such a way that cancer is one of the main causes of death (Brodie et al., 2008). The physical appearance of most patient’s changes (aggression, violence, youth delinquency and dropping out of school, diminishing of self-appreciation, creating self-defeating attitudes, psychiactrics vulnerability, social problems or risk behaviours. In addition to the side effects of chronic illnesses, unpredictable prognosis and early death are characteristics of cancer that provide a series of stressful factors for patients which are one of the destructive aspects of cancer. The aspect has made cancer a disabling illness both psychologically and physically (Moreira et al., 2010)

Cancer threatens the person’s independence and ability to act efficiently both in the society and family which makes the person feels worthless (Akechi et al., 2001). Self-esteem is an important personal source, which has a strong correlation with psychological performances. Self-esteem can protect the patient against stress (Moreira et al., 2010). Self-esteem refers to an overall individual positive evaluation to the self, also refers to individual’s precaution or subjective appraisal of one’s own self-worth, one’s feelings of self-respect and self-confidence and the extent to individual holds positive or negative view about self. Non-drug methods of improving the self-esteem of seniors and adapting with problems and the reality of the illness can influence the self-care program.

Motivational interview is an approach which was designed by William R Miler and Stephen Rolling to help people change them – based on their goals. Since the first motivational interview in 1983 by Miller, it has been used for curing different problems such as drug abuse, gamble, eating disorder, anxiety disorder, curing and controlling chronic illnesses and behaviors related to health and hygiene (Navidian et al., 2010a). The influence of motivational interview has been recognized in many social and psychological problems, which increases the possibility of doing something positive and breaking and appropriate habit. Regarding the importance of the relationship between nurses/caregivers and help-seekers, using this approach can yield positive results. Motivational interview has been performed on many age categories; however, no best evidence has been identified that explores the impact of motivational interviewing on the self-esteem of seniors suffering from cancer. This is the first time that this approach is directly examined for the self-esteem of seniors. Because seniors are vulnerable groups of the society and cancer can increase this vulnerability, this research, investigate the effects of motivational interview on increasing the self-esteem of seniors suffering from cancer. Increasing the self-esteem of these patients can lead to improve in mental health and reduction of social problems. Consequently, Motivational interviews can improve the performance of seniors in the society and their Quality of Life (QOL).

2. MATERIALS AND METHODS

This quasi-experimental study with pre-test, post-test design and control group was conducted to examine the effects of motivational interview on self-esteem of seniors suffering from cancer in Ilam city in 2016 -2017. The setting of study was the chemotherapy ward of Mostafa Khomeini Hospital which affiliated to IUMS. Using Cochran formula, sixty qualified seniors were chosen from patients who referred to chemotherapy ward. Next, they were randomly assigned to intervention and control groups, each consisting of 30 patients. 60 years or older, dwelling in Ilam city, willingness to participate in the study, not experiencing deafness, lack of psychological, cognitive and other disorders which affect cognitive conditions are the inclusion criteria. Reluctance for participation and incidence of any kind of emergency conditions, serious illness or disability considered as exclusion criteria.
Data were collected using demographic information form and self-esteem questionnaire of Cooper Smith. Scoring procedure of this scale is zero and one. Hence, the maximum score is fifty and the minimum is one. Those who gain a score higher than the mean score enjoy a high self-esteem. The validity of this test has been examined with different cases and has been approved in some studies. Investigations in Iran and abroad, show that the reliability of this test is acceptable. Herz and Gulen (1999) reported the Cronbach’s alpha coefficients of 0.88 for questionnaire. Edmond seven et al. (1999) reported an internal consistency coefficient of 0.86 to 0.90 for Cooper Smith Self Esteem Test. The Waltz and Basel approach was used for investigating the content validity of questionnaires. Ten experts in the fields of nursing and psychology examined the items of the test using a 4- Likert type questionnaire in terms of easiness, clarity and cohesion. According to the comments of experts, the minor change and modifications were made and the questionnaire was ready to use.

After a short brief of the intervention for both control an intervention groups about the purposes of study and acquiring written consents from the seniors, the intervention was conducted. Both groups completed the self-esteem test. The intervention groups were divided to three subgroups with 10 members. Each subgroup received five session of motivational interview. Each session was planned in 60 minutes and the researcher played a role of leading and tutoring of sessions.

Session 1: The first session included the introduction - presenting the purposes, the extent of problems, change stages, comparison and evaluation of motivation, and the assurance of participants. The aim of the first session was to prepare the participants for group motivational interview.

Session 2: Seniors stated their feelings about the illness, feelings related to life which is influenced by this illness, their fear, concerns and relief.

Session 3: Positive and negative aspects of cancer as their everyday problem (the benefits and losses resulted from the problem) were investigated. The focus of this session was on options that can change the behavior and prevents them.

Session 4: Values (the nature of human values, where am I and where am I headed), the clarification, confirmation and affirmation of the values were examined. The aim of this session was to reinforce internal tendency for change and increasing the awareness of the participants about the differences between individual behaviors and values.

Session 5: Horizons (identifying the situations in which one can help others for evaluating and increasing the self-confidence and the final test) were identified. The purpose was to reassess the commitment, confidence, certainty and motivation of the seniors for change.

After two weeks of interview, Cooper Smith self-esteem questionnaires were filled by the groups in order to determine the influence of the motivational interviews. The control group received no intervention. Data were analyzed with SPSS 20 and mean, standard deviation, analytical tests of Chi-square, Paired-T test, and Independent-T test were used in the analysis.

### Ethical approval

The Medical University of Ilam Ethics Committee for Research Involving Human Subjects granted the study Ethical approval as number of 1396/94. Patients were informed about the purpose of the study and gave their consent prior to participation. The ethical code is IR.MEDILAM.REC.1396.094.

### 3. FINDINGS

The results showed that the mean age of participants is 67.1± 7.9 and 67.5±8.7 for the control and intervention group, respectively. 40 seniors were illiterate (66.7 %). All the 60 participants were married of which 86.7% had active marriage and 13.3% had passive marriage. 61.7% of the participants were unemployed or homemakers. The most prevalent cancer was colon cancer. The participants suffering from this type of cancer were 30% in the control group and 10% in the intervention group. There was no significant difference between the mean score of pre-test of self-esteem in 2 groups. According to results the mean score of post-test of intervention group was significantly higher than control group (table 1-2 & chart 1).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Correlation coefficient</th>
<th>P value</th>
</tr>
</thead>
<tbody>
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<td>0/11</td>
</tr>
<tr>
<td>Gender</td>
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<td>0/11</td>
</tr>
<tr>
<td>Marriage</td>
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<td>0/4</td>
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<tr>
<td>Vocation</td>
<td>0/05</td>
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4. DISCUSSION

The influence of motivational interview on the self-esteem of patients suffering from cancer was investigated in this study. Our research revealed that the motivational interview had a significant effect on the self-esteem of patients. Rajabi Pour et al., investigated the influence of group motivational interviews on quality of life (QOL) of cancer patients with ostomies. They concluded that motivational interviews improved the QOL of the patients in psychological, social, spiritual and physical health aspects significantly (Rajabipour, 2014). Bordie et al., examined the influence of group motivational interviews on QOL of patients with type 2 diabetes and their assessment after 5 months’ interval from time of intervention showed a significant improvement in areas of life including physical performance, role-playing limitations, bodily pain and psychological health (Brodie et al., 2008). These findings are supporting the results of this study. In addition, the results of this study supported by findings of the study of Ogedegbe et al., in which the influence of group motivational interviews on adherence to taking medication was investigated (Ogedegbe et.al, 2007).
Rikert et al. examined the influence of group motivational interviews on asthma self-management programs in African-American teenagers. After 5 sessions, medication adherence was evaluated according to the reports by parents or supporters/caregivers. At the end of the study, in scale of motivation and preparation for change, the teenagers showed a significant improved motivation to manage the medications. However, based on the self-efficacy scale no meaningful difference was observed before and after intervention (Rikert, 2011). In another study for assessing The Influence of Motivational Interview On Self-Management, that conducted by Chen et al. they concluded that a 45-60-minute motivational interview program improved the self-management, self-efficacy and quality of life of participants significantly, however, no difference was observed with respect to depression, anxiety and stress after the intervention (Chen et al., 2012). The results of this study are in line with the findings of study of Navidian et al. they reported that motivational interviews led to successful weight loss in the intervention group in comparison with control group (Navidian et al., 2010b). Besides, the study of Pour Sharifi et al. on the patients suffering from type 2 diabetes showed that motivational interviews increase Quality of Life, well-being and self-care indices of patients (Poursharifi et al., 2011).

5. CONCLUSION
Considering these results, intervention of group motivational interview provides meaningful difference in mean score of self-esteem of patients with any kind of cancer. It could be said that use of this approach can improve the self-esteem of elderly people with cancer.

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Conflict of Interests
The authors declare that they have no conflicts of interest.

Ethical Considerations
All ethical principles were considered in this study. Ethical issues (including plagiarism, informed consent, misconduct, data fabrication and/or falsification, double publication and/ or submission, redundancy, etc.) were completely observed by the authors.

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REFERENCE


