



Col·legi Oficial d'Infermeres i Infermers de Barcelona

**MEjorando la Relación Terapéutica**

**en los Cuidados Enfermeros a Través de la Evidencia**

**Estudio multicéntrico en unidades de agudos de psiquiatría de Catalunya**

**MIRCIME.CAT**

**PR-218/17**

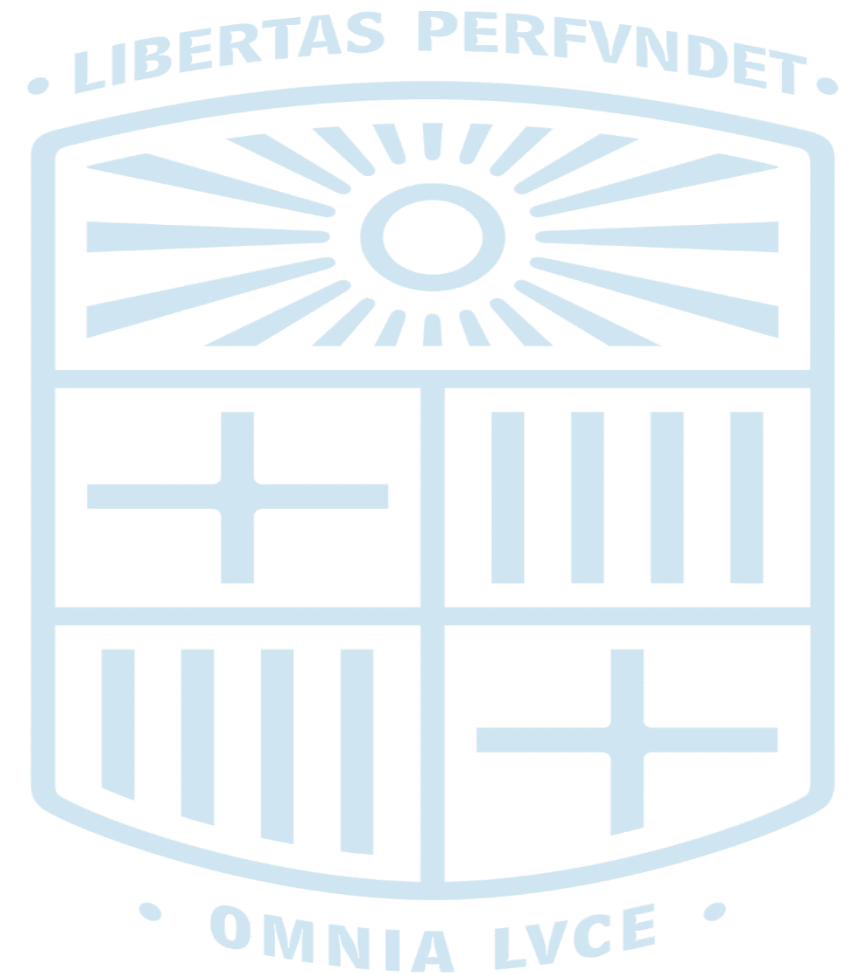
**IP: Antonio R. Moreno-Poyato**

Profesor Departamento de Salud Pública, Salud Mental y Maternoinfantil, Escuela de Enfermería



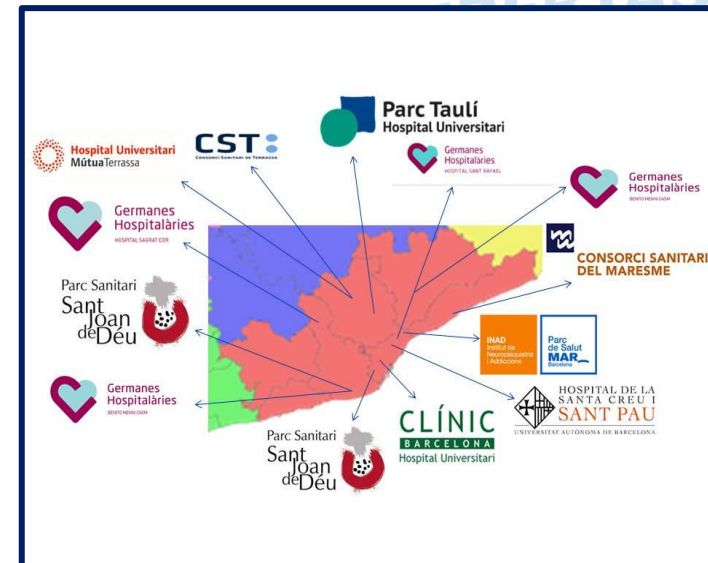
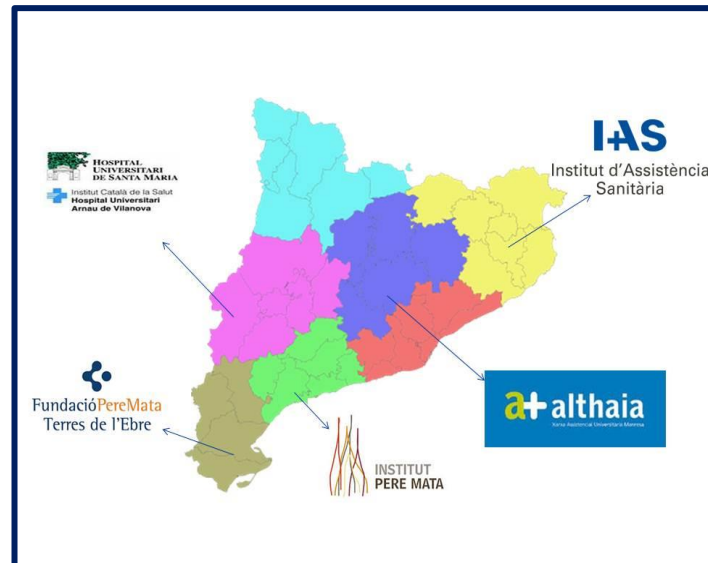
**Universitat de Barcelona**

- ✓ Generar cambios en la práctica clínica enfermera sobre el establecimiento de la **relación terapéutica** en unidades de **agudos de psiquiatría**, a partir de la implementación de **práctica basada** en la **evidencia** a través de un **proceso participativo**.
- ✓ Evaluar el **impacto** de la **implementación** de práctica basada en la evidencia sobre la relación terapéutica en enfermeras de unidades de psiquiatría, resultantes de una IAP, en términos de la **mejora** de la **relación terapéutica** con el paciente.



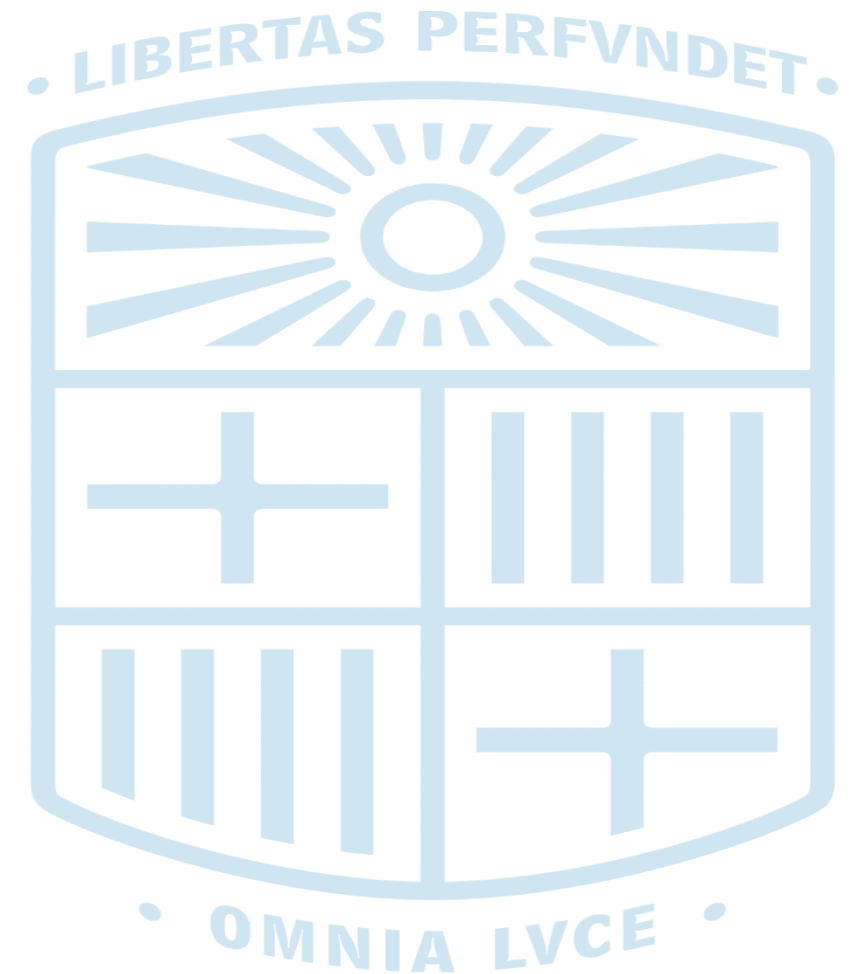
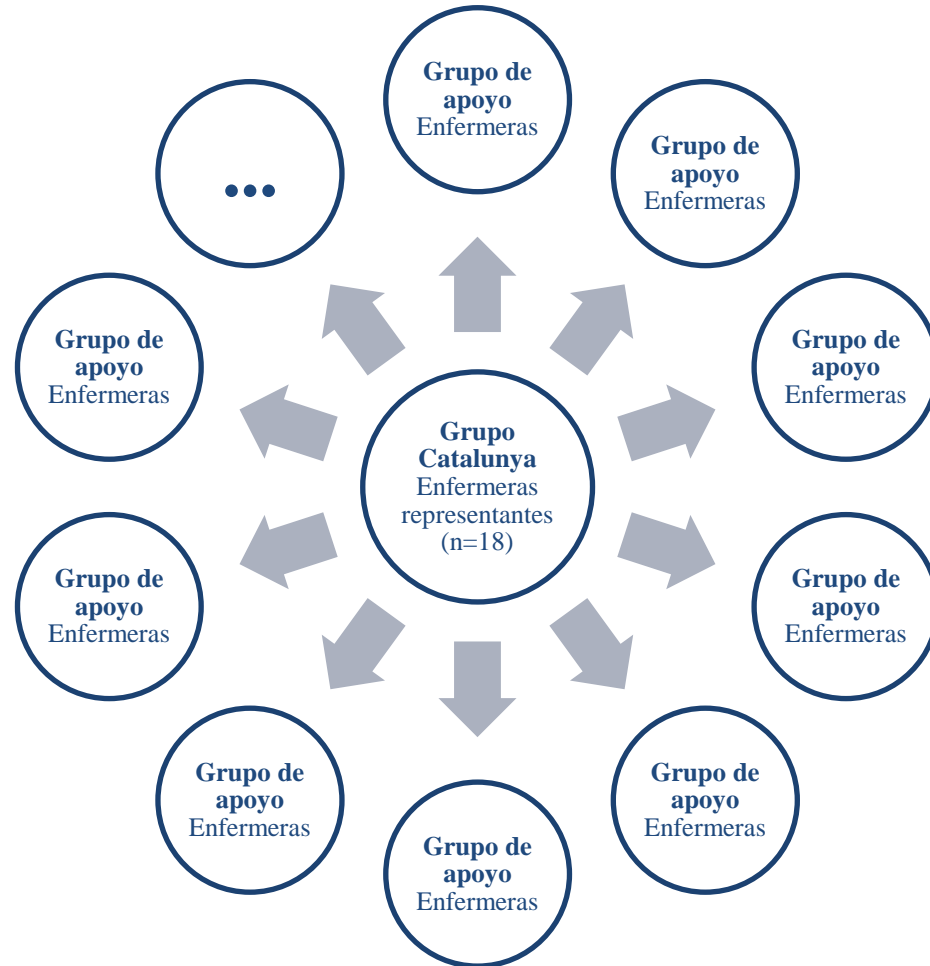
## 18 unidades de agudos de psiquiatría de Catalunya

198 enfermeras

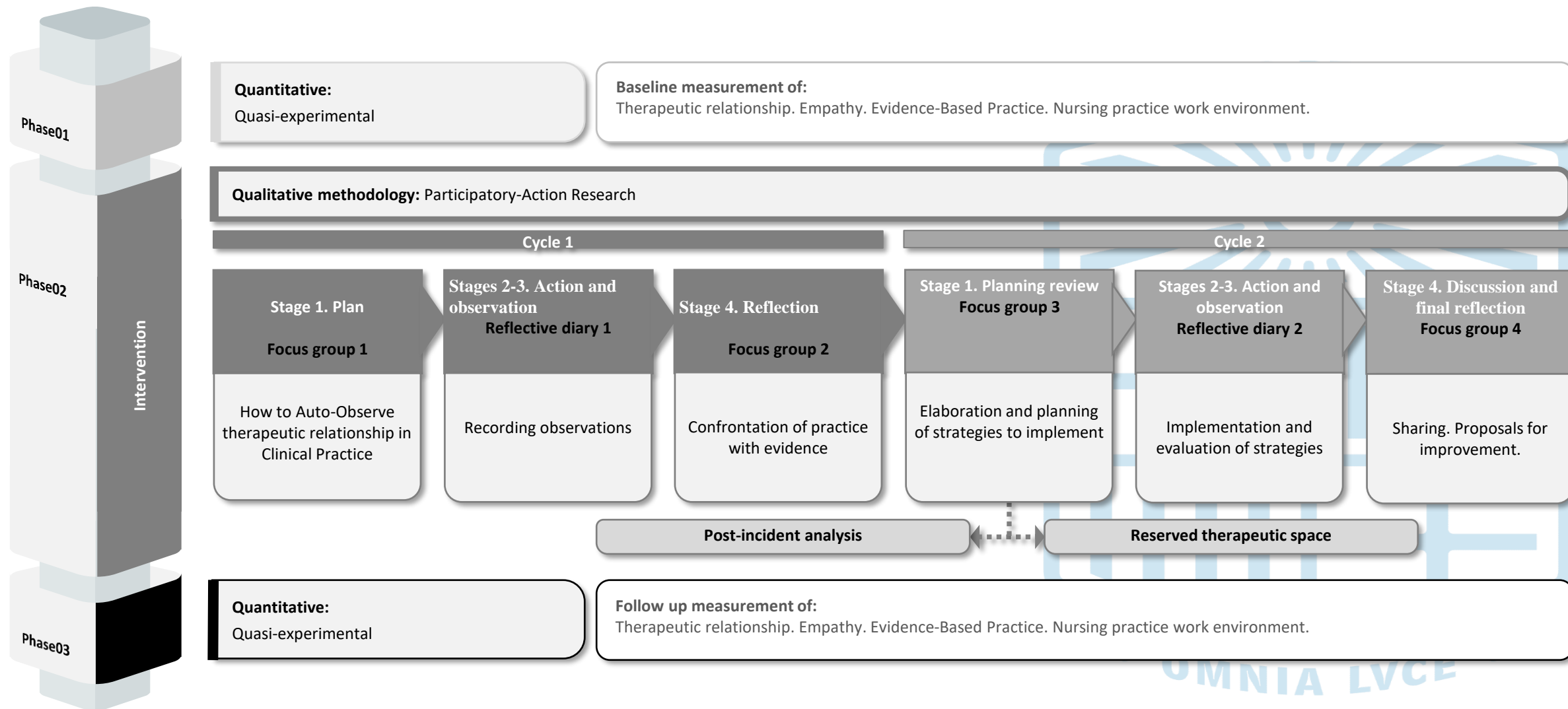


### MIRTCIME.CAT working group

Maria Dolores Martínez, Georgina Casanova, Alonso Pérez, Marta Rubio, Eladio Holgado, Xavi Vidal, Begoña Domínguez, Yéssica Marqueño, Cesca González, Queralt Cebrià, Sandra Domenech, Charo Valera, Carlos Márquez, Ferran Gil, Inés Omella, Federico Caballero, Óscar Fernández, Meritxell Villa, Anna Bastidas, Isabel Feria, Jordi Font, Jordi Quilez, Raquel Suárez, María Roviralta, Diana Tolosa, Regina Carreras, Juan Leyva, Pilar González, Juan Roldán, Pilar Delgado, Teresa Lluch y Antonio R. Moreno.



## Diseño de métodos mixtos de tipo secuencial y transformativo



### Therapeutic relationship

- **Working Alliance Inventory-Short**

- Bond
- Objectives
- Tasks

### Empathy

- **Interpersonal Reactivity Index**

- Fantasy
- Perspective taking
- Empathic concern
- Personal distress

### Evidence-Based Practice

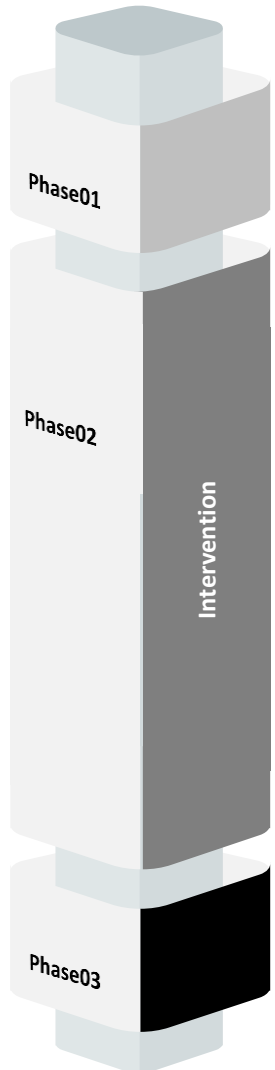
- **Evidence-Based Practice Questionnaire**

- Practice
- Attitude
- Professional knowledge and skills

### Practice Environment

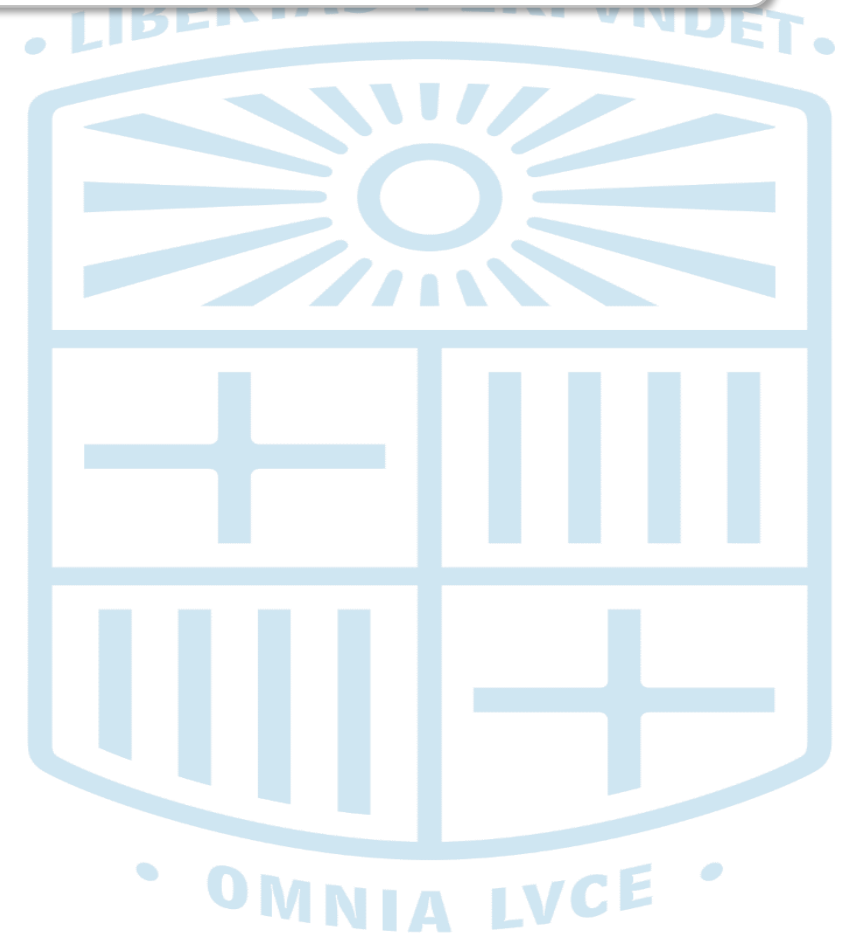
- **Practice Environment Scale of the Nursing Work Index**

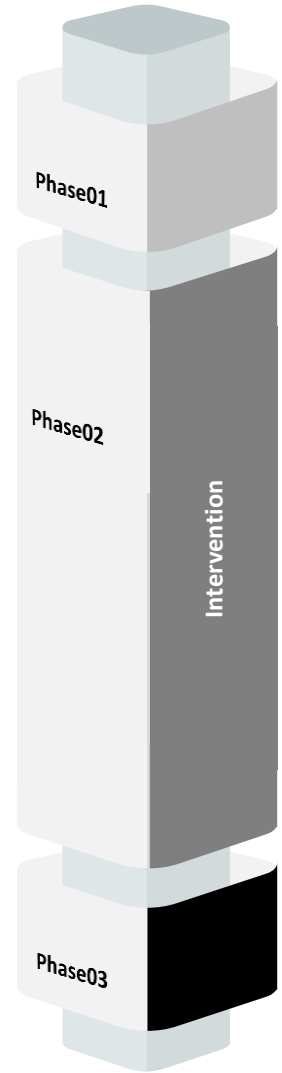
- Nurse involvement in the centre's affairs
- Nursing foundations for quality of care
- Nurse manager ability, leadership and support for nurses
- Staffing and resource adequacy
- Nurse-physician relations



**Quantitative:**  
Quasi-experimental

**Baseline measurement of:**  
Therapeutic relationship. Empathy. Evidence-Based Practice. Nursing practice work environment.





**Quantitative:**  
Quasi-experimental

**Baseline measurement of:**  
Therapeutic relationship, Empathy, Evidence-Based Practice, Nursing practice work environment.

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ORIGINAL ARTICLE



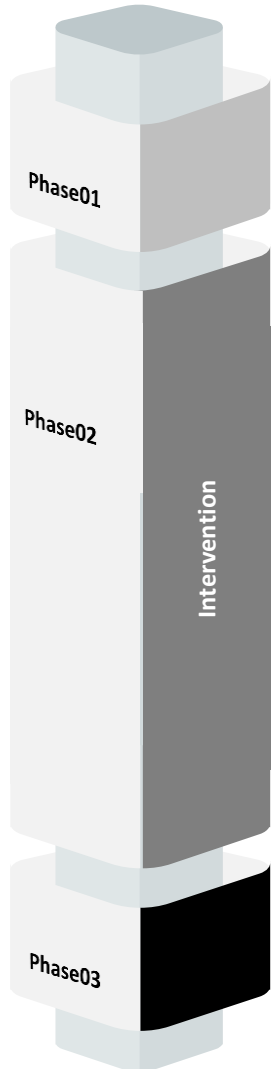
**TABLE 2** Association between nurses' characteristics and IRI subscales with therapeutic relationship (n = 198)

Dependent variables	WAI	Bond	Goals	Tasks
Independent variables	$\beta$ (95% CI)	$\beta$ (95% CI)	$\beta$ (95% CI)	$\beta$ (95% CI)
Gender (female)	0.30 (-1.40 to 2.01)	0.15 (-0.83 to 0.53)	-0.23 (-1.08 to 0.61)	0.69 (-0.15 to 1.53)
Years of MH experience	0.17** (0.05 to 0.29)	0.04 (-0.01 to 0.08)	0.04 (-0.02 to 0.11)	0.09** (0.03 to 0.15)
Highest education (PhD or master's degree versus bachelor's degree)	1.81* (0.24 to 3.38)	0.64* (0.01 to 1.26)	0.52 (-0.26 to 1.29)	0.66 (-0.12 to 1.43)
MH nursing specialty (no)	1.17 (-0.91 to 3.24)	0.28 (-0.55 to 1.11)	-0.08 (-1.11 to 0.94)	0.97 (-0.05 to 2.00)
Type of contract (full-time versus other contracts)	-0.86 (-2.56 to 0.84)	-0.31 (-0.99 to 0.37)	-0.43 (-1.27 to 0.41)	-0.12 (-0.95 to 0.72)
PT	0.34** (0.11 to 0.57)	0.18** (0.09 to 0.27)	0.09 (-0.03 to 0.20)	0.07 (-0.05 to 0.18)
F	0.09 (-0.09 to 0.26)	0.05 (-0.02 to 0.12)	-0.01 (-0.10 to 0.07)	0.05 (-0.04 to 0.14)
EC	0.31* (0.06 to 0.57)	0.10 (-0.01 to 0.20)	0.16* (0.04 to 0.29)	0.05 (-0.07 to 0.18)
PD	-0.22* (-0.41 to -0.03)	-0.06 (-0.14 to 0.01)	-0.11* (-0.20 to -0.01)	-0.05 (-0.14 to 0.05)
Adjusted R <sup>2</sup>	0.21	0.18	0.11	0.08

Abbreviations: CI, confidence interval; EC, empathic concern; F, fantasy; IRI, Interpersonal Reactivity Index; MH, mental health; PD, personal distress; PT, perspective taking; WAI, Working Alliance Inventory.

\* $p < 0.05$ .  
\*\* $p < 0.01$ .





**Quantitative:**  
Quasi-experimental

**Baseline measurement of:**  
Therapeutic relationship, Empathy, Evidence-Based Practice, Nursing practice work environment.

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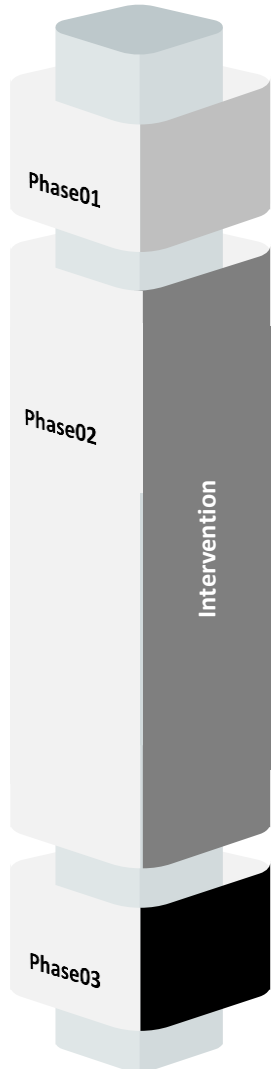
ORIGINAL RESEARCH:  
EMPIRICAL RESEARCH - QUANTITATIVE

JAN WILEY

**TABLE 3** Multiple linear regression examining the association between the EBQ and the therapeutic relationship (N = 198)

Variable	Model 1 (Adj R <sup>2</sup> = 0.161)			Model 2 (Adj R <sup>2</sup> = 0.175)		
	$\beta$	95% CI	P-value	$\beta$	95% CI	P-value
Gender (female)	1.135	-0.554-2.823	.187	1.142	-0.538-2.822	.181
Years of MH experience	0.222	0.107-0.336	<.0001	0.224	0.111-0.338	<.0001
Highest education (PhD or master's degree)	1.355	-0.277-2.987	.103	1.427	-0.225-3.079	.090
MH Nursing Specialty (no)	1.430	-0.698-3.557	.187	1.473	-0.658-3.604	.174
EBQ	2.276	1.303-3.250	<.0001			
Practice				0.285	-0.484-1.054	.465
Attitude				2.047	0.876-3.217	.001
Knowledge/Skills				0.619	-0.312-1.550	.191

Note: Abbreviations: EBQ, Evidence-Based Practice Questionnaire; CI, confidence interval; MH, mental health



**Quantitative:**  
Quasi-experimental

**Baseline measurement of:**  
Therapeutic relationship. Empathy. Evidence-Based Practice. Nursing practice work environment.

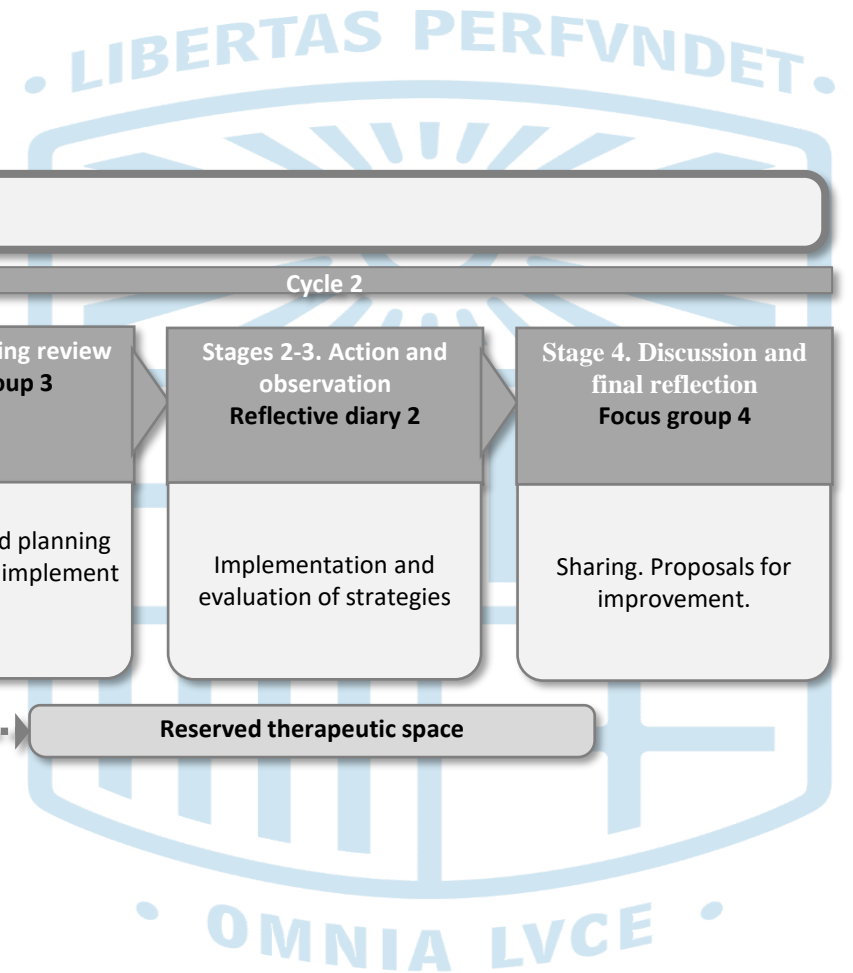
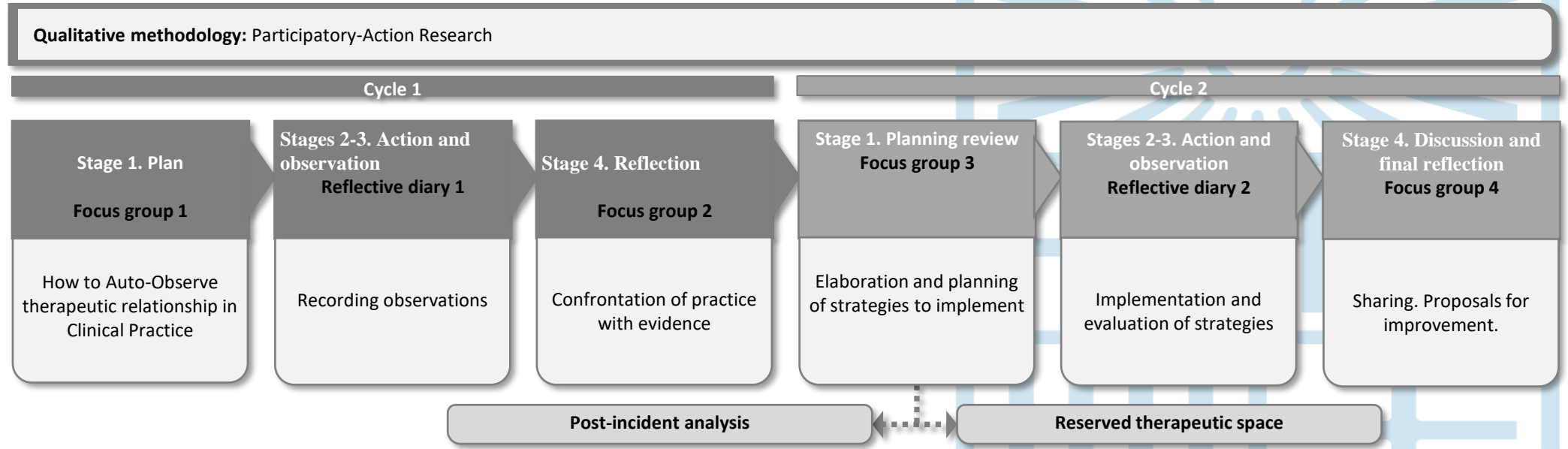
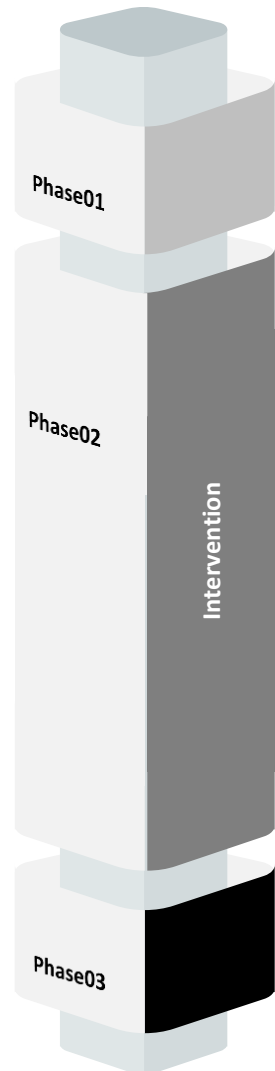


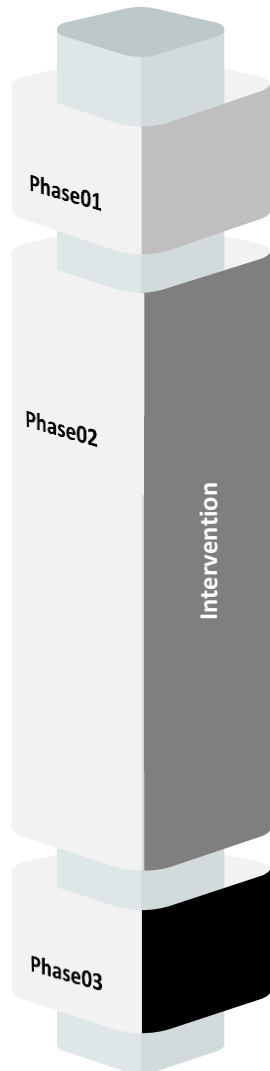
**TABLE 3:** Multiple linear regression examining the association between the nursing practice environment and the therapeutic relationship (n = 188)

Variable	Model 1(Adj R <sup>2</sup> = 0.127)			Model 2(Adj R <sup>2</sup> = 0.122)		
	B	95 % CI	P-value	B	95 % CI	P-value
Age (years)	0.058	-0.072 to 0.188	0.379	0.055	-0.085 to 0.175	0.495
Gender (female)	1.151	-0.587 to 2.889	0.193	1.091	-0.790 to 2.685	0.282
Years of MH experience	0.305	-0.072 to 0.188	0.012	0.190	0.029 to 0.352	0.021
Highest education (PhD or master's degree)	2.210	0.563 to 3.856	0.009	2.287	0.616 to 3.958	0.008
MH nursing specialty (no)	1.347	-0.844 to 3.537	0.227	1.297	-0.956 to 3.550	0.258
NWI-PES	3.111	1.466 to 4.756	<0.0001	NA	NA	NA
Nurse participation in hospital affairs	NA	NA	NA	0.278	-1.568 to 2.124	0.767
Nursing foundations for quality of care	NA	NA	NA	2.124	0.175 to 4.072	0.033
Nurse manager ability, leadership and support of nurses	NA	NA	NA	0.062	-1.117 to 1.241	0.918
Staffing and resource adequacy	NA	NA	NA	0.353	-0.833 to 1.539	0.558
Collegial nurse-physician relationships	NA	NA	NA	0.576	-0.718 to 1.870	0.381

CI, confidence interval; MH, mental health; NA, not applicable; NWI-PES, Practice Environment Scale of the Nursing Work Index.

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Juan F. Roldán-Merino, RN, MHN, MSc, PhD,  
On behalf of MIRTICME, CAT Working Group,  
Accepted August 06 2019.





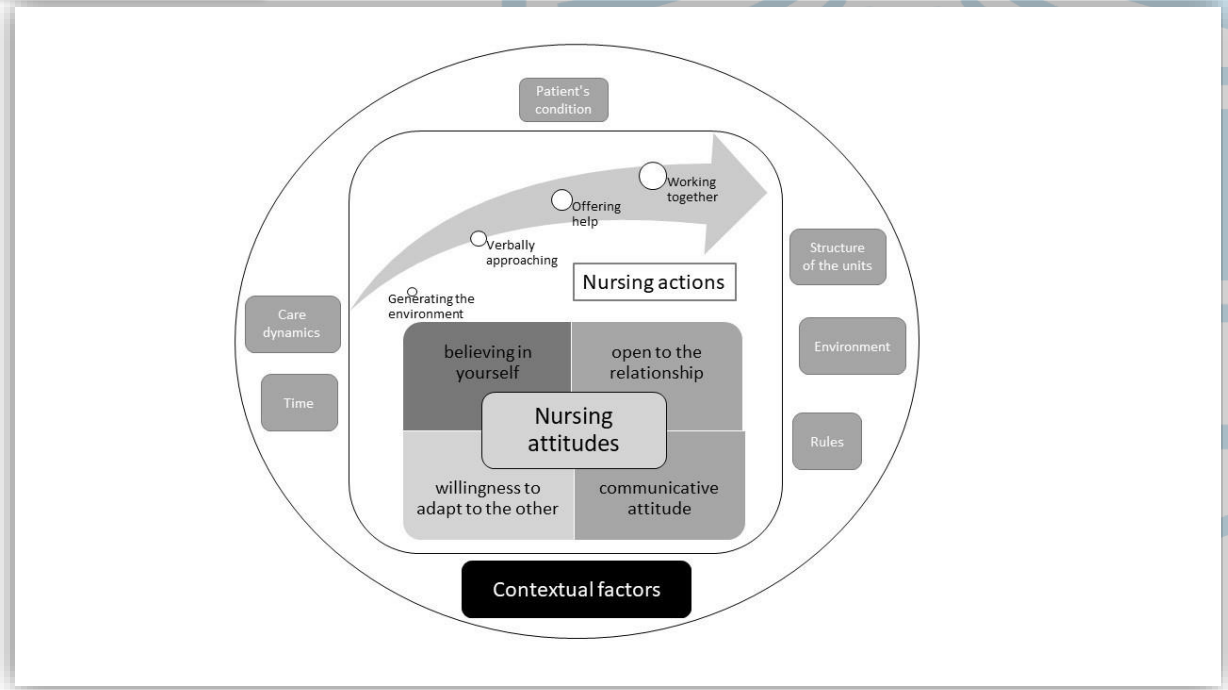
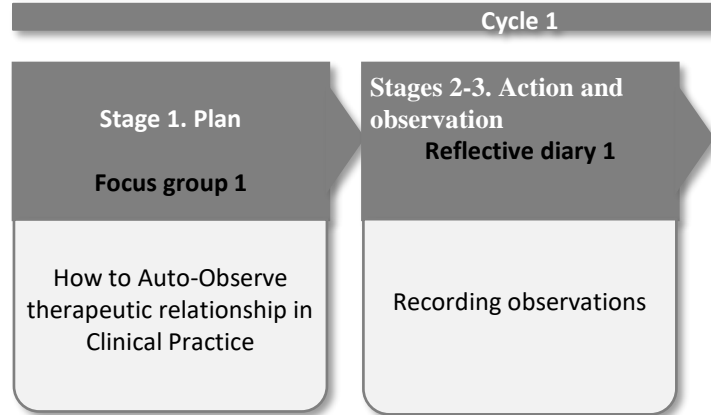
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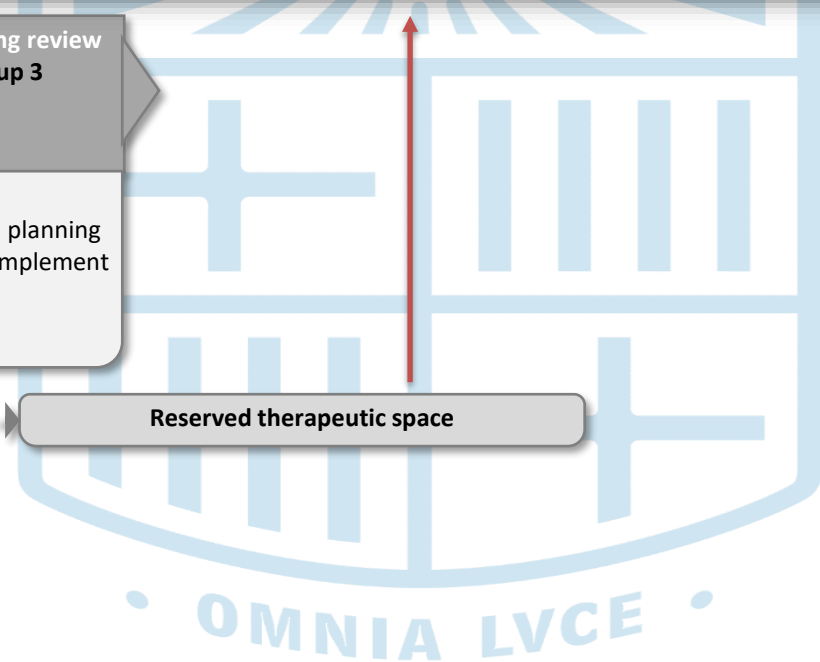
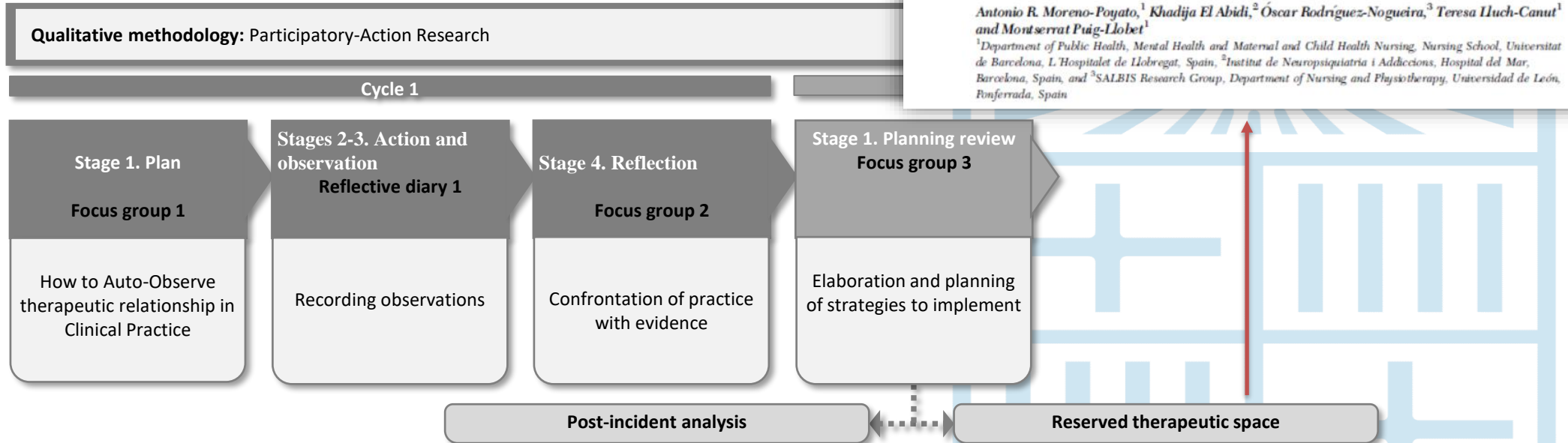
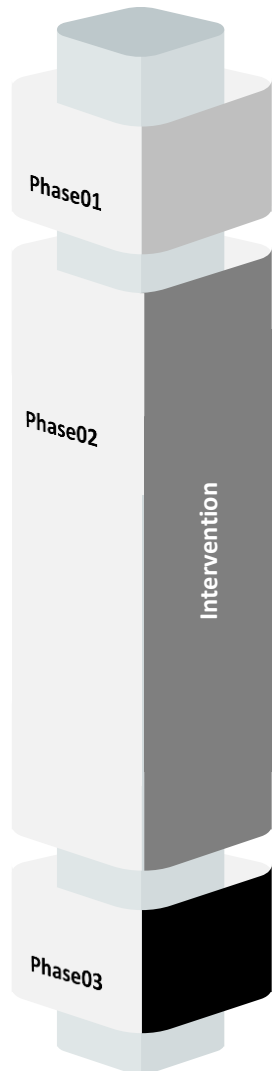
ORIGINAL ARTICLE

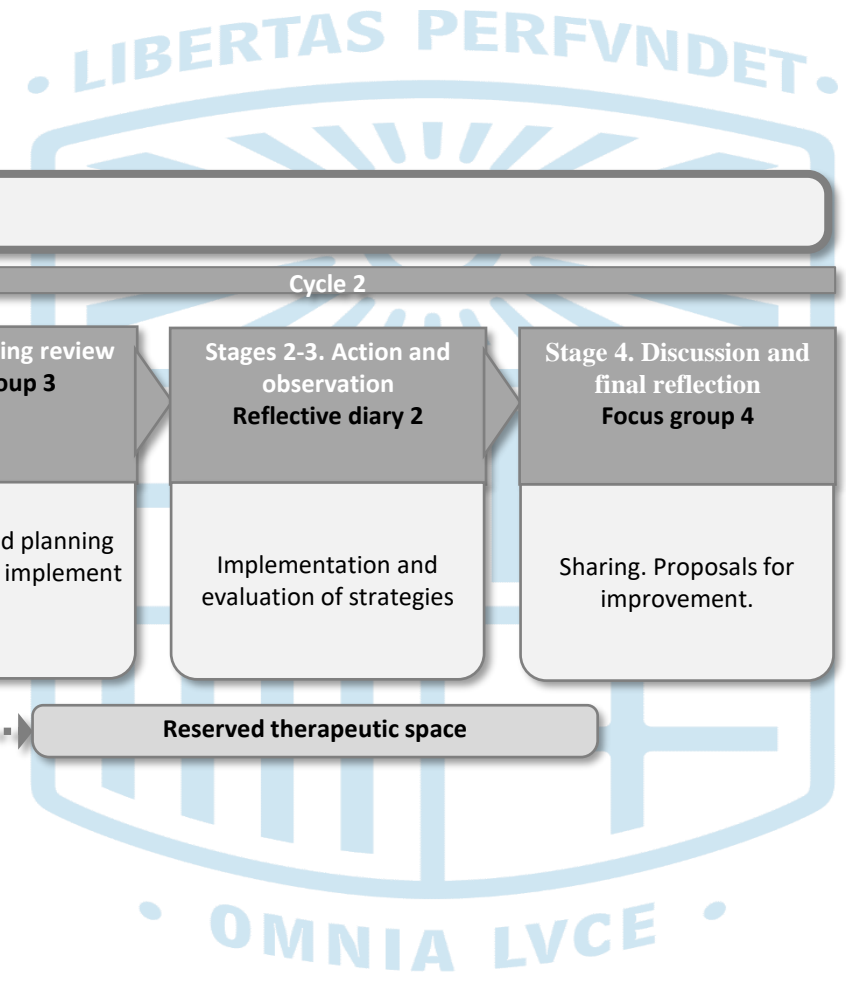
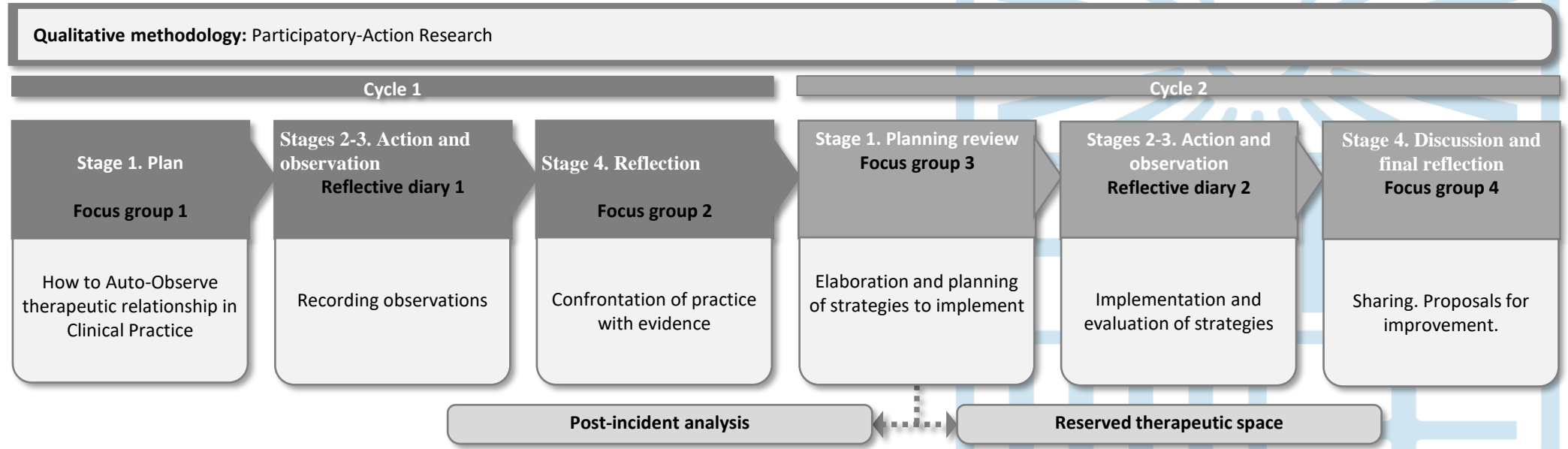
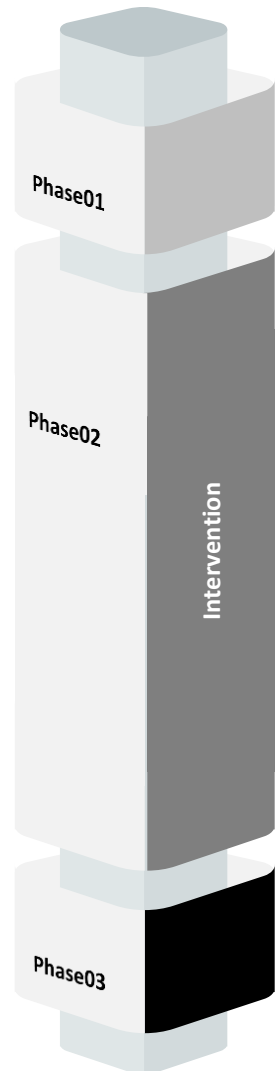
### Exploring the therapeutic relationship through the reflective practice of nurses in acute mental health units: A qualitative study

Diana Tolosa-Merlos RN, MSc, Mental health nurse<sup>1</sup> | Antonio R. Moreno-Poyato RN, MHN, MSc, PhD, Professor<sup>2,3</sup> | Francesca González-Palau RN, MHN, MSc, Mental health nurse<sup>4</sup> | Alonso Pérez-Toribio RN, MSc, Mental health nurse<sup>5</sup> | Georgina Casanova-Garrigós RN, MSc, PhD, Professor<sup>6</sup> | Pilar Delgado-Hito RN, MSc, PhD, Professor<sup>7,8</sup> | MiRTIME.CAT Working Group

**Qualitative methodology:** Participatory-Action Research





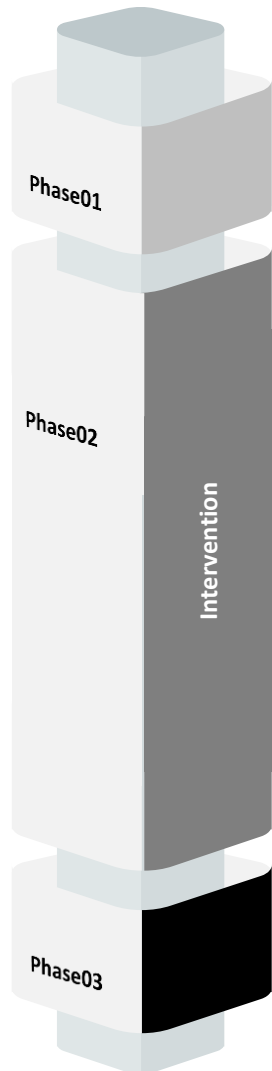


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ORIGINAL RESEARCH:  
EMPIRICAL RESEARCH - QUANTITATIVE

JAN WILEY

The impact of a participatory intervention on the therapeutic relationship in mental health nurses: A multicentre study



Variable	Baseline (N = 95)	Follow-up (N = 95)	p-value*	Spearman's correlation coefficient <sup>b</sup>	
				rho	p-value
The Working Alliance Inventory Short (WAI-S)	61.3 (5.9)	62.8 (7.2)	0.021	–	–
The Practice Environment Scale of the Nursing Work Index (PES-NWI)	2.6 (0.5)	2.4 (0.4)	<0.001	0.119	0.251
The Evidence-Based Practice Questionnaire (EBPQ-19)	4.9 (0.8)	5.0 (0.9)	0.115	0.328	0.001
The Interpersonal Reactivity Index (IRI)					
Perspective taking	21.3 (3.7)	21.5 (3.3)	0.870	0.274	0.007
Fantasy	15.4 (4.7)	15.5 (4.9)	0.723	0.141	0.172
Empathic concern	21.2 (3.3)	19.9 (3.4)	<0.001	0.288	0.005
Personal distress	8.9 (4.1)	8.9 (4.5)	0.382	-0.214	0.038

Note: The values are expressed as mean (SD) for the comparison of baseline and follow-up. In bold, statistically significant ( $p < 0.05$ ) differences and correlations.  
\*Wilcoxon rank sum test.  
<sup>b</sup>Spearman's correlation coefficient between baseline vs follow-up difference in total WAI-S and baseline vs follow-up difference in secondary outcomes.

TABLE 2 Changes in primary and secondary outcomes between baseline and follow-up and association between the difference (follow-up–baseline) in the quality of the therapeutic relationship with the difference in the perceived nursing practice environment, evidence-based practice and empathy

Quantitative:  
Quasi-experimental

Follow up measurement of:  
Therapeutic relationship. Empathy. Evidence-Based Practice. Nursing practice work environment.

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JAN WILEY

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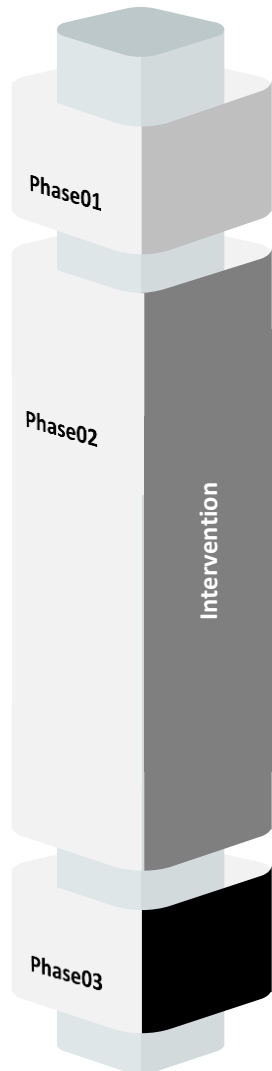
Antonio P. Morero, Davala<sup>1,2</sup>, Oscar Rodríguez Nogueira<sup>3</sup>

TABLE 3 Multiple lineal regression models for determining the association between the difference in the secondary outcomes independently associated with the difference in the therapeutic relationship adjusted for baseline therapeutic relationship, participants' sociodemographic and professional characteristics

Variable	Model 1					Model 2				
	$\beta$ Coefficient	SE	t value	Sig.	VIF	$\beta$ Coefficient	SE	t value	Sig.	VIF
PES-NWI	1.198	1.478	0.811	0.420	1.20	–	–	–	–	–
EBPQ	4.045	0.980	4.127	<0.001	1.24	4.102	0.975	4.206	<0.001	1.24
Perspective Taking (IRI)	0.299	0.190	1.573	0.120	1.19	0.299	0.190	1.572	0.120	1.19
Fantasy (IRI)	0.142	0.151	0.940	0.350	1.43	0.171	0.146	1.169	0.246	1.35
Empathic Concern (IRI)	0.064	0.231	0.277	0.783	1.59	0.061	0.231	0.266	0.791	1.59
Personal Distress (IRI)	-0.350	0.193	-1.814	0.073	1.23	-0.374	0.190	-1.961	0.053	1.20
Adjusted R <sup>2</sup>	0.372					0.374				

Note: Adjusted for baseline WAI-S, Gender, Years of mental health experience, Mental Health Specialty, Highest education and Type of contract. Abbreviations: EBPQ-19, Evidence-Based Practice Questionnaire; IRI, Interpersonal Reactivity Index; MH, mental health; PES-NWI, Practice Environment Scale of the Nursing Work Index; Sig, Significance; Std, Standard; VIF, Variance Inflation Factor; WAI-S, Working Alliance Inventory Short.

relationship together with expanding personal aspects and self-knowledge.



**Quantitative:**  
Quasi-experimental

**Follow up measurement of:**  
Therapeutic relationship. Empathy. Evidence-Based Practice. Nursing practice work environment.

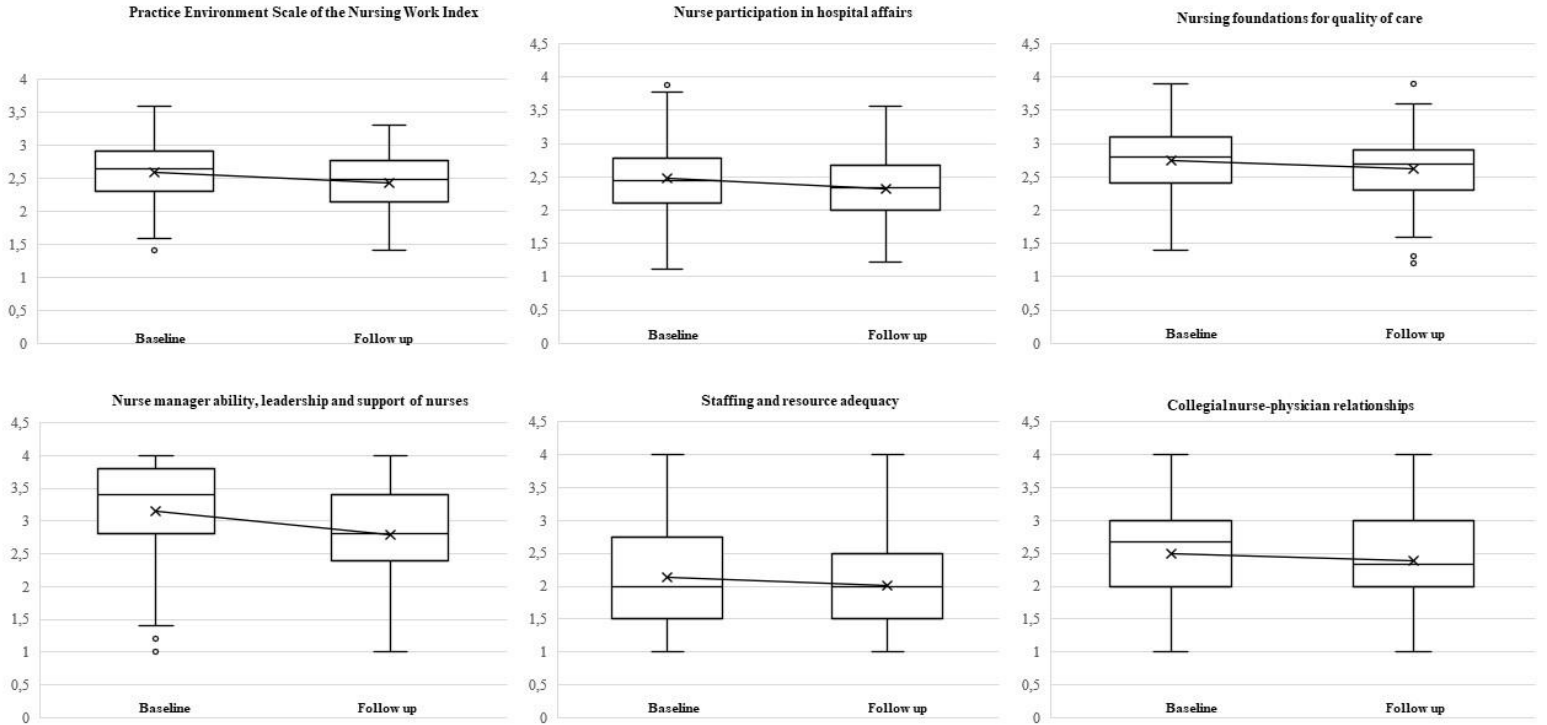
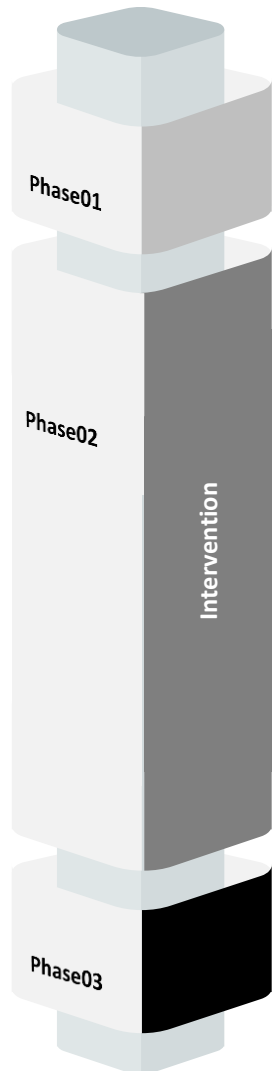


Original Research

## The Effects of a Participatory Intervention in Mental Health Units on Nurses' Perceptions of the Practice Environment: A Mixed Methods

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1-12  
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DOI: 10.1177/10783903211066127

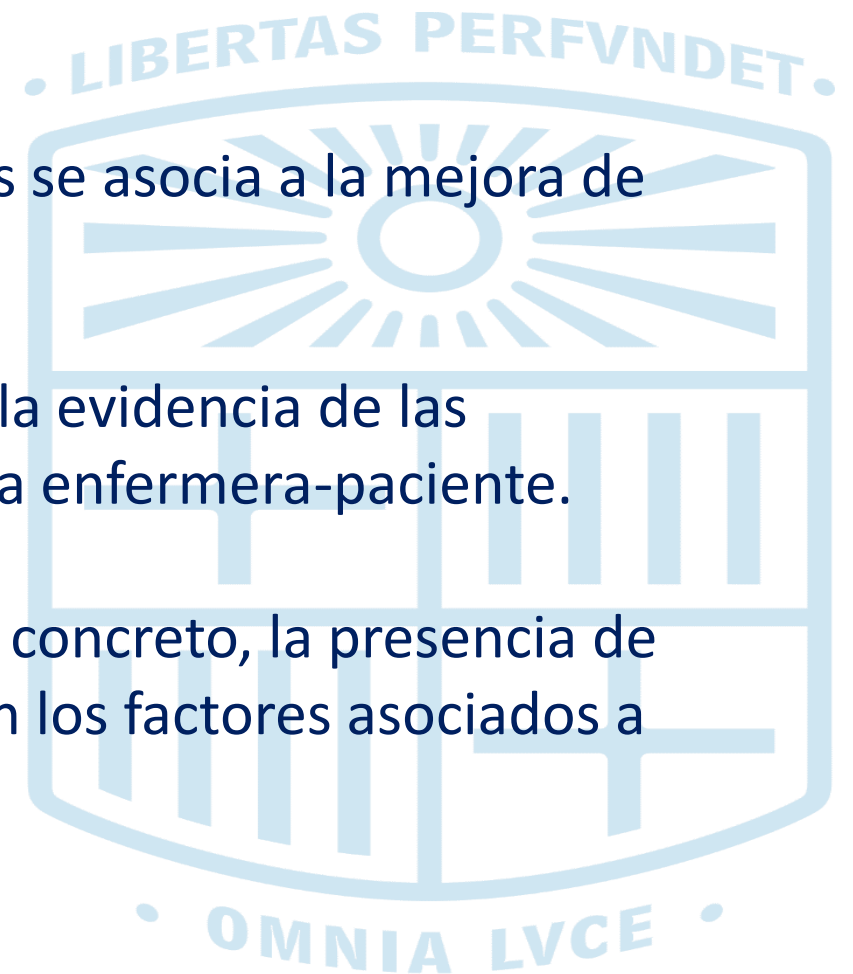
Antonio R. Moreno-Poyato<sup>1</sup>, Khadija EL Abidi<sup>2</sup>, Diana Tolosa-Merlos<sup>4</sup>, Óscar Rodríguez-Nogueira<sup>5</sup>, Alonso Pérez-Toribio<sup>6</sup>, Georgina Casanova-García<sup>7</sup>, Maria Roviralta-Vilella<sup>8</sup>, and Juan F. Roldán-Merino<sup>9</sup>  
CAT Working Group



**Quantitative:**  
Quasi-experimental

**Follow up measurement of:**  
Therapeutic relationship. Empathy. Evidence-Based Practice. Nursing practice work environment.

- ✓ La relación terapéutica enfermera-paciente en contextos de salud mental puede mejorarse mediante intervenciones participativas.
- ✓ La reducción de la angustia personal de las enfermeras se asocia a la mejora de la calidad de la relación terapéutica.
- ✓ La mejora de la competencia de la práctica basada en la evidencia de las enfermeras mejora la calidad de la relación terapéutica enfermera-paciente.
- ✓ Un entorno de práctica enfermera más favorable y, en concreto, la presencia de más bases para una atención enfermera de calidad son los factores asociados a una relación terapéutica de mayor calidad.





**Moltes gràcies**

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