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Elements of social skills training (SST) necessary to help children with psychosomatic and neurotic disorders to explain their symptoms with their classmates, teachers and parents

Sato Yukiko

Yamagata University, Japan

Purpose: It is difficult for children with psychosomatic and neurotic disorders to provide an accurate response when faced with questions by a friend regarding the physical symptoms of the disorder and during consultation with a therapist. In such situations, it is necessary to implement social skills training (SST). The purpose of this study was to extract the elements of SST necessary to help children with psychosomatic and neurotic disorders cope with difficult school situations related to symptoms and consultation.

Methods: The subjects were 13 professionals with regular contact with children through their work, personal relationships or both. Subjects were identified using snowball sampling. Data was collected through semi-structured interviews. The interview guide was “elements of SST necessary to help children with psychosomatic and neurotic disorders to explain their symptoms with their classmates, teachers and parents.” Analysis was conducted using induction. The study was reviewed and approved by the ethics review committee of the affiliated institution.

Results: The subjects were six nurses, four elementary school teachers and three nursing school teachers. The mean period of employment was 22.3 ± 11.7 years. After inductive analysis, the 10 elements shown in Table 1 were extracted.

Discussion: It is necessary to include these 10 elements in SST when aiding psychosomatic and neurotic children with discussing their symptoms or therapies in a school setting.

Recent Publications

1. Konta S and Sato Y (2017) Reliability and validity of an assessment algorithm to predict the coping skills of 3- to 6-year-old children undergoing blood sampling. *Int J Nurs Clin Pract* 4: 259.
2. Yamaguchi S and Sato Y (2016) The effects of an educational program to promote first-time fathers' participation in childcare and household chores. *Int J Nurs Clin Pract* 3: 166.

Biography

Sato Yukiko has completed her PhD at Tohoku University, Graduate School of Education. She is a Professor in the School of Nursing at Yamagata University.

yksato@med.id.yamagata-u.ac.jp

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