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KEY WORD: BASIC CARDIAC LIFE SUPPORT TRAINING / PSYCHOLOGICAL DISTRESS / SPOUSES / MYOCARDIAL INFARCTION

NUSSARA VICHKOVITTEN: EFFECTS OF BASIC CARDIAC LIFE SUPPORT TRAINING COMBINED WITH INFORMATIONAL AND EMOTIONAL SUPPORT PROGRAM ON PSYCHOLOGICAL DISTRESS IN SPOUSES OF MYOCARDIAL INFARCTION PATIENTS.

THESIS ADVISOR: ASST. PROF. CHANOKPORN JITPANYA, Ph.D., THESIS COADVISOR: SUNIDA PREECHAWONG, Ph.D., 136 pp. ISBN 974-53-2182-6.

The purpose of this quasi-experimental research was to study the effects of basic cardiac life support training combined with informational and emotional support program on psychological distress in spouses of myocardial infarction patients, Sappasitthiprasong Hospital. The sample consisted of 40 patient's spouses who were assigned to an experimental group and a control group. The two groups were similar in sex and age. The experimental group received basic cardiac life support training combined with informational and emotional support program, which was developed from Ridner's (2004) concept of psychological distress. The control group received routine nursing care. Instruments used were a demographic data form and the Brief Symptom Inventory (BSI). The instruments were tested for content validity by 5 experts. The reliability of the BSI was .97. The data were analyzed using Mean, Standard Deviation, and t-tests.

Results were as follows:

1. The psychological distress of spouses of myocardial infarction patients receiving basic cardiac life support training combined with informational and emotional support program at posttests two and three weeks post-intervention were significantly lower than that at pretest ($p=.05$).

2. The psychological distress in spouses of myocardial infarction patients receiving basic cardiac life support training combined with informational and emotional support program were significantly lower than those who received routine nursing care ($p=.05$).

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