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Mutual Acceptance: A Key Element for Better Nursing Care in Mental Health

The relationship between nurses and patients is a key element to improve care in mental health. A recent study, involving the Grup de Recerca Infermera en Vulnerabilitat i Salut (GRIVIS) from UAB, focuses on the concept of mutual acceptance, a bidirectional process that results in a greater motivation to participate in the treatment by the patients, and much more personalized and effective care from nurses.

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The Nursing Research Group on Vulnerability and Health (GRIVIS) from UAB, in collaboration with the Nursearch Group from the University of Barcelona and other nurse researchers have just published their latest study which shows that a close relationship between nurses and patients promotes improved care in mental health. The key element is simpler than we might think: we're talking about mutual acceptance. Let's put ourselves for a moment in the situation of a person who needs help with mental health problems. We would feel more comfortable if we were treated as unique individuals, with respect, and without prejudice, wouldn't we? This is precisely what we have discovered makes the difference.

In our study, we interviewed nurses and patients to understand how this mutual acceptance develops, and we have learned that it is not something that happens automatically, but rather

a process that requires effort and awareness from everyone. In practice, this means that nurses must see beyond the diagnosis and care for each person as the unique being they are. Patients, in turn, must feel that they can trust and open up without fear of being judged. We have observed that when this happens, positive changes occur on both sides. Patients feel more motivated to participate in their treatment, and nurses feel that they offer much more personalized and effective care.

It should be noted that this process is not simple. It requires nurses to be willing to reflect on their own prejudices and to constantly work on their personal development. That's why we believe it's essential to improve training in this aspect. Our study opens new avenues for improving mental health care. Let's imagine a world where everyone who needs help feels truly accepted and understood. This is the future we are working to build, a future where mental health is treated with the same importance and empathy as any other health alteration situation.

We will continue researching to find more ways to improve mental health care. Meanwhile, we hope this finding inspires both professionals and patients to seek and foster this mutual acceptance. Working together, we can make mental health care more humane, effective, and transformative.

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