Psychological resilience in promoting mental health in nursing students: A scope review protocol

Resiliência psicológica na promoção da saúde mental de estudantes de enfermagem: Um protocolo de revisão de escopo

Resiliencia psicológica en la promoción de salud mental en estudiantes de enfermería: Un protocolo de revisión de alcance

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Abstract
This study aims to identify the published data about the resilience levels of nursing students using the Wagnild and Young resilience scale, through a scope review. The review protocol was registered in the Open Science Framework DOI: https://doi.org/10.17605/OSF.IO/52RA3 platform and will follow the Joanna Briggs Institute method. The PCC strategy (Population, Concept, Context) will be used to define the research question and the inclusion and exclusion criteria. The database search and selection strategy will be developed in conjunction with a professional specialized in digital search strategy and will include several databases, such as Cumulative Index to Nursing and Allied Health Literature (CINAHL), National Library of Medicine (PubMed), SCOPUS, WEB OF SCIENCE, MEDLINE, EMBASE, Scientific Electronic Library Online (SCIELO) and Google Scholar. Descriptors and synonyms will be used according to the Descriptors in Health Sciences (DeCS) and Medical Subject Headings (MeSH). Two reviewers will screen the titles, abstracts and full texts, extract the relevant data and perform the analysis and descriptive synthesis of the results, presented in tables, images, diagrams, tables and narratives following the PRISMA-ScR checklist. It is expected that this review will map the evidence available in the literature on the levels of resilience of nursing students using the Wagnild and Young scale, providing a clear and objective view of the results.
Keywords: Resilience, psychological; Students, nursing; Mental health; Education, nursing; Adaptation, psychological.

Resumo
Este estudo visa identificar os dados publicados acerca dos níveis de resiliência dos ingressantes do curso de enfermagem utilizando a escala de resiliência de Wagnild e Young, por meio de uma revisão de escopo. O protocolo da revisão foi registrado na plataforma Open Science Framework DOI: https://doi.org/10.17605/OSF.IO/52RA3 e seguirá o método do Joanna Briggs Institute. A estratégia PCC (População, Conceito, Contexto) será utilizada para definir a pergunta de pesquisa e os critérios de inclusão e exclusão. A estratégia de busca e seleção de bases de dados será desenvolvida em conjunto com uma profissional especializada em estratégia de busca digital e incluirá várias bases de dados, como Cumulative Index to Nursing and Allied Health Literature (CINAHL), National Library of Medicine (PubMed), SCOPUS, WEB OF SCIENCE, MEDLINE, EMBASE, Scientific Electronic Library Online (SCIELO) e Google Acadêmico. Serão utilizados descritores e sinônimos de acordo com os Descritores em Ciências da Saúde (DeCS) e Medical Subject Headings (MeSH). Dois revisores triarão os títulos, resumos e textos completos, extrairão os dados relevantes e realizarão a análise e síntese descritiva dos resultados, apresentados em quadros, imagens, diagramas, tabelas e narrativas seguindo o checklist do PRISMA-ScR. Espera-se que essa revisão mapeie a evidência disponível na literatura sobre os níveis de resiliência dos ingressantes do curso de enfermagem utilizando a escala de Wagnild e Young, proporcionando uma visão clara e objetiva dos resultados.
Palavras-chave: Resiliência psicológica; Estudantes de enfermagem; Saúde mental; Educação em enfermagem; Adaptação psicológica.

Resumen
Este estudio tiene como objetivo identificar datos publicados sobre los niveles de resiliencia de recién llegados al curso de enfermería utilizando la escala de resiliencia de Wagnild y Young, a través de una revisión de alcance. El protocolo de revisión se registró en la plataforma DOI Open Science Framework: https://doi.org/10.17605/OSF.IO/52RA3 y seguirá el método del Instituto Joanna Briggs. Se utilizará la estrategia PCC (Población, Concepto, Contexto) para definir la pregunta de investigación y los criterios de inclusión y exclusión. La estrategia de búsqueda y selección de bases de datos se desarrollará en conjunto con un profesional especializado en la estrategia de búsqueda digital e incluirá varias bases de datos, como Cumulative Index to Nursing and Allied Health Literature (CINAHL), National Library of Medicine (PubMed), SCOPUS, WEB OF SCIENCE, MEDLINE, EMBASE, Scientific Electronic Library Online (SCIELO) y Google Scholar. Los descriptores y sinónimos se utilizarán de acuerdo con los Descriptores de Ciencias de la Salud (DeCS) y los Títulos de Temas Médicos (MeSH). Dos revisores revisarán los títulos, resúmenes y textos completos, extraerán los datos relevantes y realizarán el análisis y síntesis descriptiva de los resultados, presentados en cuadros, imágenes, diagramas, tablas y narraciones siguiendo la lista de verificación PRISMA-ScR. Se espera que esta revisión mapee la evidencia disponible en la literatura sobre los niveles de resiliencia de los recién ingresados al curso de enfermería utilizando la escala de Wagnild y Young, brindando una visión clara y objetiva de los resultados.
Palabras clave: Resiliencia psicológica; Estudiantes de enfermería; Salud mental; Educación en enfermería; Adaptación psicológica.

1. Introduction

Resilience is being discussed as a way to reduce the negative consequences of student stress, as well as a way to prepare students for an extremely demanding future job market. In general, many students have low tolerance for stressful situations and fall ill frequently during studies (Amsrud et al., 2019; Chow et al., 2018; Da Silva Ruas et al., 2019).

It is known that the health field has some adverse factors that can cause anxiety and suffering. The demand for work, the lack of infrastructure, the lack of autonomy, a patient with pain in suffering, the death of a patient and other factors can lead to the illness of the most vulnerable professional, making it necessary for the student, future professional, to arrive at the labor market strengthened and not sick (Bahçecioğlu Turan et al., 2021; Chow et al., 2018; Da Silva Ruas et al., 2019; Li & Hasson, 2020).

Extracurricular activities and the need to deal with the suffering of others, as well as the responsibility of dealing with human life, can overwhelm students' adaptation resources, putting them under stress (Souza et al., 2020; Stoffel & Cain, 2018).

Factors external to academic training, such as frustration and boredom, financial difficulties, family distance when the student lives in the city only to study, and the need to use one or more public transportation systems, are constantly experienced by university students. In addition, themes such as adult life, professional and personal relationships, socioeconomic pressures and the labor market are highlighted (Souza et al., 2020; Stoffel & Cain, 2018).

The level of resilience of each individual varies according to their personal characteristics, as well as the social context in which they are inserted. Individuals with greater resilience have more opportunities to face the current job market and overcome challenges, as they can more easily overcome situations of adversity in everyday life. Professions that require close and continuous contact with people, such as medicine, psychology, nursing, and physical therapy, are more vulnerable to the development of stress, as stress is often linked to work (Cleary et al., 2018; Moraes Filho et al., 2020; Stacey & Cook, 2019).

It may seem unnecessary, but taking care of yourself is an important part of the process of becoming more resilient. However, this process is only possible if the individual is attentive to his own health, or is in a state of biopsychosocial balance. When we talk about higher education, educational models must take into account the development of the student in relation to stress management throughout his academic trajectory. Resilience is an important component of the academic process and the performance of leisure activities, satisfaction with the course and compatibility with family members are factors that contribute to the resilience of health professionals (Brewer et al., 2019; Cleary et al., 2018; Moraes Filho et al., 2020).

It is essential to note that teachers and educational and health institutions are important allies in encouraging students to adopt a healthy lifestyle during the university years, encouraging them through their educational interventions. Health programs aimed at strengthening the resilience of these students could be promoted and implemented in the educational environment. A strong development of resilience is critical for the survival of students in the university nursing environment and in their future careers (Da Silva Lourenço et al., 2020; Walsh et al., 2020).

Often, nursing students, as well as undergraduates of other health courses, become vulnerable because they live between the rational and the emotional, working with human frailty, which can lead to the development of sadness, negativity, anguish, fear, doubt, anxiety and feelings of incapacity. In addition, feelings of greater responsibility, financial and social difficulties, dealing with the loss of friends and family, and academic pressure are factors that can contribute to the development of suffering and mental disorders (Da Fonseca et al., 2021; O'Sullivan et al., 2021; Rodrigues et al., 2020).

However, the relative scarcity of scientific studies on the resilience of nursing students, the need to train nursing students with sufficient resilience to reach the labor market strengthened and not sick, as well as to make the important process of taking care of oneself a reality, becoming resilient, being a predictive factor of academic and professional performance, justify the present study (Kunzler et al., 2020).

Given the above, this protocol defines the steps that will be followed in the scope review, which will seek to respond the following question: "What are the levels of resilience of nursing students using the Wagnild and Young resilience scale?". Therefore, the main objective of the study will be to identify, through a literature review, the levels of resilience of the freshmen of the nursing course using the Wagnild and Young resilience scale.

2. Methodology and Results

2.1 Type of study

This is a qualitative study of Scoping Review, a type of bibliographic survey that will be conducted according to the methodology defined by the manual for evidence synthesis of Joanna Briggs Institute (JBI) of August 2020, whose method aims to map the main concepts, clarify and identify gaps in knowledge, and must obey the following steps: 1) elaboration of the research question and definition of the descriptors of quest; 2) literature search in international databases; 3) reading the titles and abstracts of the articles for selection according to inclusion and exclusion criteria; 4) full reading of the selected studies and data mapping; 5) summarization and critical analysis of the results; 6) presentation of the main results following

the proposed frame of reference (Peters et al., 2020). The protocol was developed and registered in the Open Science Framework (OSF) platform under the DOI https://doi.org/10.17605/OSF.IO/52RA3 in order to ensure the transparency of the review.

2.2 Guiding Question and Inclusion Criteria

The question was delineated from the acronym PCC (P=Population), (C=Concept) and (C=Context), which guide the definition of the inclusion criteria for the review:

What are the resilience levels of nursing students using the Wagnild and Young resilience scale?

2.2.1 Population

In this study, the focus population is the nursing students of higher education, since there are few recent studies and researches to better understand the levels of resilience of the freshmen of the nursing course, using as an assessment instrument the resilience scale of Wagnild and Young (Pesce et al., 2005).

2.2.2 Concept

This scope review will consider studies that describe the resilience levels of nursing students using the Wagnild and Young resilience scale as an assessment instrument. The studies should present the analytical results that support the evidence of validity of the instrument.

2.2.3 Background

The context will encompass all existing sources of evidence in the world literature. Thus, no specific context will be determined to refine the scope of the review.

2.2.4 Procedures

This research will follow the steps recommended for a *scoping* review, according to the Prisma Protocol, 2020 (Page et al., 2021) of which are: identification of the research question; search for relevant studies; selection of the material to be reviewed; extraction and analysis of the data; preparation and presentation of the review; submission of the text to peers for analysis. The search for studies in the databases consulted was operationalized by the first author and his decisions were independently validated by a second researcher. Both evaluators have expertise in scope reviews. The survey was conducted between April and June 2022.

2.3 Search Strategy and Selection of Databases

The search strategy and selection of databases were defined by a professional specialized in digital search strategy together with the authors.

The following search strategy was used: Thus, the following were used for Population (P): "Nursing Students" OR "Students" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nursing Students" OR "Student Nurses" OR "Student Nurses" OR "Students Nursing" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nurses Students" OR "Nursing Students" OR "Student Nurses"; Concept (C): "Psychological Resilience" OR "Resilience, Psychological"; Context (C): "Mental Health" OR "Mental Hygiene" OR "Mental Health Area" OR "Mental Health"; Context (D):

For the combination of descriptors, consider the Boolean terms: AND, OR and NOT;

After performing the search, include: research conducted in English, Spanish and Portuguese, with a quantitative and qualitative approach, primary studies, systematic reviews, meta-analyses and/or meta-syntheses, books and *guidelines*, published in indexed sources, that answer the established question;

Include articles in different languages; not to include publications of opinions, consensus, retractions, editorials, websites and advertisements published in the media.

Search date - 2020 to 2022. The search strategy can be seen in Table 1 below.

Table 1 - Subjects and synonyms used in the structuring of the search strategy.

AFFAIRS	SUBJECT AND SYNONYMS IN ENGLISH (DeCS)	SUBJECT AND SYNONYMS IN ENGLISH (MeSH)
SUBJECT 1	"Nursing Students" OR "Students" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nursing Students" OR "Student Nurses" OR "Student Nurses"	"Students Nursing" OR "Students" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nurses Students" OR "Nursing Students" OR "Student Nurses"
SUBJECT 2	"Psychological Resilience"	"Resilience, Psychological"
SUBJECT 3	"Mental Health" OR "Mental Hygiene" OR "Mental Health Area"	"Mental Health"

Source: Authors (2022).

Table 2 - Databases used for the search.

DATABASE	STRATEGY	DATE AND TIME OF SEARCH	NUMBER OF ARTICLES FOUND
Search Strategy IN ENGLISH (Cumulative Index to Nursing and Allied Health Literature **(CINAHL);** National Library of Medicine **(PubMed); SCOPUS; WEB OF SCIENCE; MEDLINE and EMBASE**	("Students Nursing" OR "Students" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nurses Students" OR "Nursing Students" OR "Student Nurses" AND ("Resilience, Psychological") AND ("Mental Health")	DATE:28/05/2022 6:07 p.m. 6:11 p.m. 6:18 p.m. 6:16 p.m. 6:17 p.m. Day 02/06/2022 7:28 a.m.	CINAHL (166) PUBMED (128) SCOPUS (183) Web of Science (54) Embase (50) Medline (149)
Search Strategy IN PORTUGUESE/ENGLISH Scientific Electronic Library Online **(SCIELO);** (Cumulative Index to Nursing and Allied Health Literature **(CINAHL); Google Scholar**	("Nursing Students" OR "Students" OR "Health Personnel" OR "Nurses" OR "Nursing" OR "Nursing Students" OR "Student Nurses" OR "Student Nurses" OR "Health Professional") AND ("Psychological Resilience") AND ("Mental Health" OR "Mental Hygiene" OR "Mental Health Area")	DATE:21/04/2022 DATE:28/05/2022 6:10 p.m. 6:26 p.m.	Google Scholar (13) CINAHL (20) Scielo (50)

Source: Authors (2022).

The scientific databases used in the searches confer a degree of credibility and quality fundamental to any scientific work, allowing the researcher to base himself on appropriate content to his practice to be developed.

By using a scientific database for such a task, it is ensured that the articles present there have undergone the evaluation of at least 02 (two) reviewers (professionals of the area in question to the theme, with relevant experience), in addition to factors such as originality, relevance, ABNT, scientific writing, among other parameters usually required for a scientific work.

The non-use of other databases does not mean that they do not correspond to the aspects listed above, but rather to the fact that the ones used provide more results in the searches performed.

In the search strategy, 813 documents were found in the following databases: (Cumulative Index to Nursing and Allied Health Literature (CINAHL) 186; National Library of Medicine (PubMed) 128; SCOPUS 183; WEB OF SCIENCE 54; MEDLINE 149, EMBASE 50, Scientific Electronic Library Online (SCIELO) 50 and Google Scholar 13. Two reviewers will screen the titles and abstracts, read the full texts, and extract the data from the included sources.

2.4 Eligibility criteria

Publication in English, Spanish and Portuguese of the last 5 years from (2018 to 2022), available in the following databases: (Cumulative Index to Nursing and Allied Health Literature (CINAHL); National Library of Medicine (PubMed); SCOPUS; WEB OF SCIENCE; MEDLINE, EMBASE, Scientific Electronic Library Online (SCIELO) and Google Scholar. Articles available in full; original articles, with quantitative and qualitative approach, primary studies, systematic reviews, meta-analyses and/or meta-syntheses, books and guidelines, published in indexed sources, that answer the established question.

2.5 Exclusion criteria

Incomplete articles, duplicate documents, opinion publications, consensus, retractions, editorials, websites and advertisements published in media, event summaries, event proceedings, printed and online books, documents in press, grey literature, documentary videos and films will be excluded from this study.

2.6 Data Extraction

The full texts of the eligible publications will be retrieved and read by two reviewers who will confirm their relevance and extract the data of interest related to the objectives of the review, using an instrument developed specifically for this purpose (Table 3).

The instrument is preliminary and can be changed, adding data that are considered pertinent throughout the reading of the publications.

Table 3 - Data extraction form.

Title of the Review: LEVELS OF RESILIENCE OF NURSING STUDENTS USING THE WAGNILD AND YOUNG RESILIENCE SCALE.	
Data Extraction Instrument	
A. Researcher responsible for the extraction	
B. Bibliographic data	
Year of Publication of the article	
C. Place of study	
Country	
State	
City	
Other	
D. Type of study	
What type of study is developed	
E. Population	
Number of people involved	
Inclusion criteria	
Exclusion criteria	
Other features	
F. Study location	
Institution (local)	
Characteristics of the place other	
G. Type of motivation found in the study	
Specific characteristics of the motivation found	
H. Results found	
Description of the result	
I. Relevance References	

Source: Authors (2022).

2.7 Presentation and Interpretation of Results

     The results will be presented in a narrative way and, whenever possible, in tables and graphs, in order to summarize the levels of resilience found in the studies.

     The *scoping review* proposed here has the potential to better understand the resilience levels of nursing students using the Wagnild and Young resilience scale.

2.8 Ethical Aspects

     The proposed scope review will use publicly available bibliographic references and, therefore, will not require the prior ethical approval of the Research Ethics Committee. In addition, all authors involved with the study will not be linked to funding institutions, and there is no conflict of interest.

3. Final Considerations

     It can be inferred that the objective of the current scope review protocol was achieved through its own elaboration, who systematized the procedures necessary for the future production of a scope review according to the Joanna Briggs Institute

(JBI) manual for evidence synthesis. However, for future work, it is suggested the construction of other protocols that support the execution of literature reviews, with consistent methodologies, especially in relation to the theme on the levels of resilience of the freshmen of the nursing course using the resilience scale of Wagnild and Young.

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