

## **Abstract**

**Title:** Interplaying – how patients in forensic care describe factors related to reduced risk of violence

**Aim:** To gain deeper knowledge about how in-patients beliefs about factors that contributes to reduced risks of violence

**Background:** Forensic psychiatric care is an unexplored area. There are large gaps in knowledge regarding how forensic psychiatric patients experience care, and what they believe to be contributing factors threatening situations in nursing care. This study investigates the patients' perspective of nursing actions that can reduce the risk of violence.

**Methods:** Risk assessments were routinely carried out with the HCR-20 at an interval of six to nine month. Inclusion criterion was patients who had decreased their risk of violence (30% or more on the C-scale score) between the first and the most recent assessment were included in the study. Thirteen patients who were still enrolled at the clinic met these criteria. Guided by an interpretive description approach (Thorne, 2008), narrative interviews with 13 forensic inpatients were carried out and analysed.

**Findings:** Three major categories were identified: 1) Staffs' attitude and actions, 2) Patients' own insight and actions, 3) The health care culture. All three categories could either have a positive or a negative impact on violence. In the process of decreasing violence, patients and staff interplayed to create a safe environment. One single aggressive patient could have a negative impact on several patients. A contributing factor to patients being able to lower the C-scale score with 30% or more, was their own realization of responsibility for own actions and being able to use coping strategies.

**Keywords:** forensic care, interviews, nursing actions, reduced violence