

## What is Best Practice When Creating Realism for Mental Health Scenarios in Aotearoa New Zealand Undergraduate Nursing?

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### Abstract

Simulation scenarios are commonly used in nursing education, but to a lesser extent in mental health (MH) nursing. The aim of this scoping review was to assess the evidence investigating MH nursing simulations in tertiary education settings to consider best practice in developing realistic MH scenarios. A scoping review of full-text peer-reviewed journal articles published between 2016 and 2021, which were available on Clarivate Web of Science, Ovid, Scopus, EBSCO (including PubMed), ProQuest and Google Scholar, was conducted using predefined criteria. A total of 16 articles based on the criteria were considered for review. The data collected showed positive results of simulations, including a decrease in undergraduate nurses' MH anxiety or stigma following simulation; however, there was a strong leaning towards students' self-reported experiences of simulation rather than quantifiable standardised measures. More empirical research is needed on how to provide MH simulations in undergraduate nursing programmes, while, at the same time, building on their effectiveness.

Keywords: Scoping review, simulation, undergraduate nursing, mental health

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