The psychiatric nursing practice of this study aimed to make student nurses aware of interactions with patients by evaluating their interpersonal relationships. The results of the understanding process were considered a key factor for building interpersonal relationships in psychiatric nursing. Therefore, we designed this study to clarify processes to understand human beings including self and non-self. Student nurses who participated in the psychiatric nursing practice attempted to understand patients through deepening self-understanding.

**[Methods2]**

In the psychiatric nursing practice of this study, we adopted record paper introduced by book "The discipline and teaching of nursing process: An evaluative study" that was written by Orlando, I. Jean and was published in 1972 as a result of conducting "nursing reconstruction." Furthermore, as a document to look back toward the nursing reconstruction in conference, we adopt a self-evaluation item introduced in book "Clinical nursing: a helping art" that was written by Wiedenbach, Ernestine, and was published in 1964.

**[Results and Discussion]**

We analyzed the results to extract the following five categories related to experiences of self-understanding of patients: "students' considerations of patients' emotions and thoughts," "students' reactions to patients' emotions and thoughts," "students' self-expressions according to their feelings," "patients' sympathize and cooperate with students," and "students' recognition of nursing effects." In addition to make decisions about nursing, student nurses communicated with their patients to confirm whether their considerations were correct, and changed their nursing styles according to their patients' responses. Even when students did not empathize with their patients, they were encouraged to reconsider themselves. This resulted in student nurses' self-insight and understanding.

**[Methods1]**

We provided written and verbal instructions on the objectives and methods of this study, encouragement of voluntary participation, and privacy protection; accordingly, 22 nurses consisting of graduates and fourth-year students of our school gave written consent to be enrolled in the study. After the psychiatric nursing practice, we conducted a semi-structured interview where student nurses to speak freely, and also used the document recorded during the practice, "nursing reconstruction," in order to review their "experiences of self-awareness" and "experiences that they deepened understanding of patients through self-awareness."

**[Method of the data analysis]**

The Grounded Theory approach developed by Strauss and Corbin was employed for analysis.

- The procedure of the analysis based on Grounded Theory approaches
  1. The generating of data by conversational method
  2. Extracting of properties and a dimensions every piece
  3. Comparison of dimensions and properties between black
  4. Linking categories
  5. Grouping relations and properties between categories
  6. Mapping the association map based on a paradigm
  7. Theoretical sampling

The comparison is performed thorough all processes of analysis.

**[Results and Discussion]**

Nurses strove to consider patients' emotions and thoughts when they became interested in and paid attention to patients. They deepened understanding of patients in proportion to their capacity for imagination.