

عنوان مقاله:

The Effect of Stress Management Education Based on PRECEDE Model on Occupational Stress of Nurses in Hospitals of Iranshahr Iran

محل انتشار:

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نویسندگان:

Mahnaz Didehvar - Graduate Student in Health Education and Promotion, Health Promotion Research Center, Zahedan University of Medical Sciences, Zahedan, Iran

Zahra Jalili - Ph.D. in Health Education and Health Promotion, Associate Professor, Department of Health Education and Health, Promotion School of Medical Sciences, Science and Research Branch, Islamic Azad University, Tehran, Iran

Iraj Zareban - Ph.D. in Health Education and Promotion, Assistant Professor, Department of Health Education and Promotion AND Health Promotion Research Center, Zahedan University of Medical Sciences, Zahedan, Iran

Mahnaz Shahrakipour - Ph.D. in Biostatistics, Assistant Professor, Department of Biostatistics and Epidemiology AND Health Promotion Research Center, Zahedan University of Medical Sciences, Zahedan, Iran

Noor Mohammad Bakhshani - Ph.D. in Clinical Psychology, Professor, Department of Clinical Psychology AND Children's Health Research Center, Zahedan University of Medical Sciences, Zahedan, Iran

خلاصه مقاله:

Background & Objective: The phenomenon of occupational stress is an inevitable part of professional life that has negative effects on different areas of life. The purpose of this research was to identify the effects of PRECEDE model-based training on reduction of nurses' occupational stress. **Methods:** The present study was a quasi-experimental study on nurses. First, subjects with a medium to high stress level were chosen. Then, the nurses of Iran and KhatamolAnbia hospitals, Tehran, Iran, were randomly assigned as intervention ($n = 40$) and control ($n = 41$) groups. Data gathering tools included the Nursing Stress Scale (NSS) to determine nurses' occupational stress and PRECEDE Model Structures Questionnaire to provide educational intervention. Training was carried out in two 9-hour sessions in two consecutive days. Subjects were monitored for 3 months. Statistical analysis was performed before and 1 month and 3 months after training using SPSS software. Descriptive statistical tests, independent t-test, repeated measures one-way ANOVA, and Pearson correlation were used. **Results:** Mean NSS score of the intervention group reduced from 112.80 ± 17.46 to 93.15 ± 28.79 after the training. Moreover, after training, the variables of reinforcement, enabler, and manner showed a significant increase in the intervention group compared to the control group ($P < 0.05$). **Conclusion:** Results showed that the PRECEDE model for stress management education was effective in the reduction of nurses' stress level.

کلمات کلیدی:

Occupational stress, Nurses, PRECEDE model, Education

