

عنوان مقاله:

Nurses' Anxiety and the Associated Factors in the West of Guilan Province, Iran

محل انتشار:

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نویسندگان:

fataneh bakhshi - *Department of Health Education & Promotion, Research Center of Health and Environment, School of Health, Guilan University of Medical*

fardin Mehrabian - *Professor of Healthcare Services Management, School of Health, Research Center of Health and Environment, Guilan University of Medical Sciences, Rasht, Iran*

saeed omidi - *Department of Statistics and Epidemiology, Research Center of Health and Environment, School of Health, Guilan University of Medical Sciences, Rasht, Iran*

safyeh ghasemi - *Master of Health Education and Health Promotion, School of Health, Research Center of Health and Environment, Guilan University of Medical Sciences, Rasht, Iran*

خلاصه مقاله:

Background: The environment and activities related to nurses' work are factors that threaten their mental health and may result in anxiety. Objectives: The present study was conducted with the aim of determining the level of anxiety of nurses in the hospitals of the west of Guilan province and related factors. Materials & Methods: In this cross-sectional analytical study, ۳۸۸ nurses from West Guilan hospitals completed the Spielberger anxiety questionnaire. Data were analyzed using t-tests or non-parametric equivalent, and multivariate linear regression model. Results: The average age of the participants was ۳۴.۵ ± ۸.۴ years. The mean score for state and trait anxiety were ۴۵.۴ ± ۵.۳ and ۴۳.۷ ± ۳.۹ , respectively. In terms of state anxiety, more than half of the study's population (۵۷%) had severe anxiety, while for trait anxiety, the majority of the sample (۵۷.۶%) had moderate anxiety. There was a significant relationship between walking and the reduction of anxiety levels. Conclusion: The findings of this research highlight the importance of addressing nurses' anxiety in the health and treatment field. Given the impact of nurses' anxiety on job performance and the quality of patient care, it is crucial for planners to pay attention to this issue and develop necessary plans to improve the mental health of nurses.

کلمات کلیدی:

Anxiety, nurses, State-Trait Anxiety Inventory, walking

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