

## عنوان مقاله:

Effects of Stress management training program on stress reduction among surgical technologist in Tabriz University of Medical Sciences in 2016

## محل انتشار:

یازدهمین همایش دانشجویی تازه های علوم بهداشتی کشور (سال: 1397)

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## خلاصه مقاله:

Background and Aim: Job stress can have many negative consequences. The present study aimed to determine the effect of stress management training program on stress reduction among surgical technologist in Tabriz University of Medical Sciences. Materials and Methods: This study was a quasi-experimental study. Participants were 58 surgical Technologist in Tabriz University of Medical Sciences. The study included all operating room personnel (n=58) of Tabriz University of Medical Sciences, who were divided into two equal groups included (n=29) intervention and (n=29) control group. The data collection tool was a self-administered questionnaire, the intervention was a training program including two sessions during 4 weeks. Then the data analyzing was applied using SPSS 19. Results: The results of this study showed that the average scores of knowledge and attitude in intervention group is higher than the control group after the intervention. behavior factors and reinforcing factor and Enabling factors were significantly different between the two groups after intervention. In addition, total score of stress and subarea of stress indicated the effectiveness of this approach in reducing job stress among surgical technologist. Conclusion: The results of this study showed that Provide educational programs may be effective in reducing stress among surgical technologist

## کلمات کلیدی:

stress, educational programs, operation room, Tabriz

## لینک ثابت مقاله در پایگاه سیویلیکا:

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