

ASSESSMENT OF PROFESSIONAL STRESS AMONG NURSES AT THE GENERAL HOSPITAL OF SOUSSE IN TUNISIA

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Background: Stressed workers are more likely to be unhealthy. However relation between professional stress and anxiety and/or depressive disorders remains controversial.

Objective: The aims of this study are to assess the degree of professional stress among nurses at the general hospital and to determine correlation between stress and anxiety and/or depressive symptoms.

Methodology: 70 nurses through a random draw according to the specialty had participated. Six medical departments and three surgery departments were selected from eighteen departments.

We have used two self-administered questionnaires: the Perceived Stress Scale (PSS) and the Hospital Anxiety and Depression Scale (HAD).

Results: The group mean age of was 33.7 ± 9.1 years.

PSS mean score in our group was 43.2 ± 6.9 and HAD mean score was 17.4 ± 4.2 .

13 % of nurses had pathological stress level (PSS Score > 50). We also noted that 33 % of nurses had anxiety symptoms and 44 % had depressive symptoms.

No correlation was found between PSS score and HAD score and between PSS score and the two sub-scales of HAD.

Variables such as female gender ($p=0.003$), conflicts with colleagues ($p=0.016$) were significantly correlated with high anxiety symptoms.

For depressive symptoms, we found that nurses working in surgery department are more depressed than those in medicine department ($p=0.03$).

37 % of nurses had criteria of major depressive disorder.

Conclusion: 13 % of nurses had pathological stress level. Third of them had anxiety symptoms and less than half had depressive symptoms.