



Journal of Fundamentals  
of Mental Health



Mashhad University  
of Medical Sciences



Psychiatry and Behavioral Sciences  
Research Center

### Brief Report

# Mental health assessment among nurses in Shohadaye-Lenjan Hospital

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## Abstract

**Introduction:** Nurses play an important role in improving community health. The aim of this study was to evaluate the mental health among nurses of Shohadaye-Lenjan hospital.

**Materials and Methods:** The present descriptive study was conducted using a simple randomized sampling method. The statistical population consisted of all nurses of Shohadaye-Lenjan hospital. After the statistical estimation and the sample size, 50 nurses were selected according to the Morgan table. The research tool was General Health Questionnaire (GHQ-28). After data collection, SPSS software was used to analyze the statistical data in addition to descriptive statistics indices, inferential statistics such as single variable, independent t test and F test were used.

**Results:** The results of the research showed that there were not significant differences between mental health scores based on demographic factors such as educational level, occupational history and sex of nurses ( $P>0.05$ ).

**Conclusion:** Based in the results and importance of nurses' mental health, stress load and negative emotions should be reduced in these individuals.

**Keywords:** Demographic characteristics, Mental health, Nurses

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Please cite this paper as:

Hedayati Chermahini S, Hedayati Chermahini B. Mental health assessment among nurses in Shohadaye-Lenjan Hospital. *Journal of Fundamentals of Mental Health* 2019 Sep-Oct; 21(5): 335-339.

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Received: Jun. 11, 2018  
Accepted: May. 21, 2019

**Introduction**

Mental health, as one of the most important components of a healthy life, is aimed at diminishing negative emotions such as anxiety, depression and disappointment and preventing the occurrence of symptoms in people (1). The issue of mental health is of global importance. Mental health has a history as a civilized man and has a very short scientific history (2). The great culture of larval psychology describes mental health as: the ability to work harmoniously, more pleasantly and more effectively, for difficult situations of flexibility and the ability to balance itself (3). Keynesberg says that mental health is a mastery and skill in communicating with the environment, especially in three important living spaces: love, work and entertainment (4). Occupation is one of the factors which influencing the mental health. Employment regardless of funding and meeting some of the basic human needs, such as self-esteem, can be a source of stress and affect the mental and physical health. Medical affiliations are among the jobs that are affected by various stressors due to the responsibility of providing comfort, and treatment to patients, but this tension in the nursing profession is more than other medical professions (5). The role of a nurse in health care is essential, and among the members of the health team, a major part of the duties is the responsibility of the nurse (6). There are many stressors in the nursing profession. According to the International Nursing Association, 62 to 92 percents of health problems are caused by tensions, with the nursing profession being part of a high occupational job. In the meantime, nurses working in specific wards are more likely to endanger their mental health than others (7). It should be noted that factors such as high workload, hard working conditions, technological changes and the development of non-pharmacological treatments have been reported as causes of vulnerability of nurses in these occupational environments (8). So, mental health is important in nurses because this group needs interpersonal communication, constructive relationship with other treatment teams to solidarity and professional coherence (5). At the

same time, since the duty of nursing is to maintain maximum health of the people, nurses should be having maximum mental health (9). In this regard, Maghsoudi et al. (10) indicated that 70% of nurses had a health problem (10). Rossi et al. concluded that increasing in burnout may lead to decreasing in individuals' mental health (11). This study aimed to assess the mental health among nurses of Shohada hospital in Lenjan city.

**Materials and Methods**

The population of this descriptive study consisted of all nurses of Shohada hospital in Lenjan city during 2016-17. Of these, 50 persons were selected randomly based on Morgan table. The researchers explained the goals of the research to the participants and then they fulfilled the questionnaires. Research instruments

*A) General Health Questionnaire (GHQ):* Goldberg questionnaire (1979) has 28 questions and it was used to measure somatic symptoms (questions 1-7), anxiety/insomnia (questions 8-14), social dysfunction (questions 15-21), and depression (questions 22-28). Each question is scored in a range of 0 (not at all)-3(much more than usual). The validity and reliability of this questionnaire were studied and the reliability coefficient for the total questionnaire was 0.72 (for the subscales were 0.86, 0.84, 0.68 and 0.77 respectively) (12). The validity of Persian version is reported as acceptable (13).

The data were analyzed using SPSS software, descriptive statistics including frequency, percentage, mean, standard deviation and distortion were used for data analysis. In order to analyze the inferential data obtained, single variable T test, independent T and F test were used.

**Results**

Table 1 indicates demographic factors.

**Table 1.** The scores of GHQ-28 in nurses in both genders

Gender	Mean	SD	T	P
Male	21.92	11.04	0.13	0.95
Female	21.96	11.44		

Most of the nurses had bachelor degree (54%). In term of occupational history, 58% of them had 3-8 years while 32% and 10% had 9-14 years and 15-21 years of occupational history. The results of Tables 1 indicate the scores of GHQ-28 in nurses. The results of the above table indicate that there was not significant difference between two genders in scores of GHQ. Table 2 indicates the comparison of

mean scores of mental health in nurses through F test.

The findings of Table 2 indicate that there were not significant differences between nurses mental health based on demographic variables.

**Table 2.** The comparison of mean scores of mental health and its components in nurses through F test

Variable	Subscale	Sum of squares	Freedom degree	Mean of squares	F	P	Eta
Gender	Depression	2	1	2	0.02	0.96	0.002
	Social dysfunction	2.88	1	2.88	0.36	0.54	0.008
	Anxiety	8.82	1	8.82	0.53	0.47	0.53
	Somatic symptoms	20.48	1	20.48	1.4	0.24	1.4
Educational level	Depression	49.27	2	24.64	2.15	0.12	0.084
	Social dysfunction	7.62	2	3.81	0.48	0.62	0.02
	Anxiety	36.37	2	8.18	1.11	0.34	0.04
	Somatic symptoms	7.54	2	3.76	0.25	0.78	0.01
Occupational history	Depression	8.62	2	4.31	0.35	0.71	0.015
	Social dysfunction	5.85	2	2.92	0.37	0.69	0.016
	Anxiety	61.58	2	30.79	1.94	0.15	0.076
	Somatic symptoms	26.45	2	13.22	0.89	0.42	0.037

**Discussion**

In this study, the mental health of nurses in Shohada Hospital of Lenjan city evaluated through GHQ questionnaire. There were not seen significant differences between nurses mental health based on demographic variables. Although the findings of Rossi et al. (11) showed that increasing burnout leads to decreased mental health. The difference may probably be due to a larger sample group in other research. In addition, Rajabzadeh et al. studied 93 nurses in Behbahan city found that there is significant relationship between genders in mental health score (5). In line of the present findings, Habib et al. found that there were not significant

differences in mental health of a general hospital personnel based on age, educational level and occupational history (14).

According to the important role of nurses mental health in quality of occupational services (15,16), it is recommended that in the future studies all hospitals in the province be tested. The results of the research were concluded from a part of the nurses and the results were not generalized to other nurses of the community.

**Conclusion**

Based on the importance of nurses' mental health, stress load and negative emotions should be reduced in these individuals.

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