

Stress and Anxiety in Nursing Professionals: Literature Review

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Stress and anxiety are prevalent in nursing professionals. According to (Lee et al., 2016), nurse burnout is a global issue. Articles reviewed in this paper show how everyday stress and anxiety in the nursing profession can affect all nurses similarly. In the literature review, we also visit what some may call a solution to these issues.

The Relation of Depression, Anxiety and Stress with Demographic Profile of Nurses

To be a nurse is to experience some level of stress and anxiety. This article's primary purpose is to show the relationship between depression, anxiety, and stress in nurses within different demographics. In addition, this article examines demographics such as age, gender, and marital status, for example, to determine how the different stress levels affect demographically. This study takes place in a hospital where stress and anxiety are prevalent amongst all care providers. According to the study results, all nurses have normal depression, anxiety, and stress level.

Key Points (note that the key points is flush to the far left)

There is a strong correlation between age and stress level. The other demographics reviewed did not show a difference in depression, anxiety, and stress levels. Based on the results of the study, men and women show equal levels of stress.

Assumptions

The assumptions of the article show that there may be a correlation within several of the different demographics. However, the article disproves this notion. The only demographic that is affected differently is age.

Deficit/Conclusion

The implications of this article lead us to believe there may be other demographic commonalities. I agree with the authors' line of reasoning. If a nurse fails to accept this line of reason, implications imply different demographics are affected differently by stress, anxiety, and depression. However, knowing the information presented in this article will allow nurses to prepare for what they may experience regarding stress at different ages.

Predicting Factors of Depression and Anxiety in Mental Health Nurses: A Quantitative Cross-Sectional Study

There may be different stress levels depending on the specialty of work as nurses. This article assesses the prevalence and associated factors of depression and anxiety in mental health nurses working in public psychiatric hospitals to identify independent predictors of mental health disorder's risk (Tsaras et al., 2018). The research in this article can help identify the risk for mental health disorders in mental health nurses.

Key Points

The article looks at different demographics to determine where depression amongst mental health nurses is most prevalent. The study looks at sex, gender, age, experience, marital status, and education level. The descriptive cross-sectional study conducted on 110 randomly selected mental health nurses produced excellent results. The source population was all mental health nurses who were working in public psychiatric hospitals in Greece (Tsaras et al., 2018). Results of the univariate analysis showed that age, marital status, educational level, working experience in nursing, and working position correlated with the risk of anxiety (Tsaras et al., 2018). The age of nurses was a positive predictor of anxiety disorder. Specifically, the risk of anxiety development increased by 11% for every year of age growing (Tsaras et al., 2018).

Assumptions

The study assumes that mental health nurses are at a higher risk for mental health disorders. The assumption is that nurses that work in the mental health field are likely to have mental health issues. The article suggests that working with said patients will result in more stress than the average nurse incurs. Psychiatric wards are considered stressful, and the working condition can be very dementing, leading nursing personnel that works there to experiencing high levels of work stress, depressive and anxiety symptoms, and high levels of burnout (Tsaras et al., 2018).

Deficit/Conclusion

The article concludes that mental health nurses are at a higher risk for developing psychiatric disorders such as depression and anxiety (Tsaras et al., 2018). Marital status, older, with many years of experience and a higher education degree, can be predicting factors associated with depression and anxiety in mental health nurses (Tsaras et al., 2018). The author found a significant number of mental health nurses have elevated levels depressed and anxiety. Socio-demographic and occupational variables, apart from age, educational level, and working experience, do not seem to influence the prevalence of depression and anxiety (Tsaras et al., 2018). Almost 50% of the respondents have active symptomatology of depression and anxiety- a statistic should improve to avoid additional health problems that may lead to absence from work and poor quality of provided patient's care (Tsaras et al., 2018).

Nurses Unions Can Help Reduce Stress, Burnout, Depression, and Compassion Fatigue,

Part 2: NYSNA 2020 Staffing and Job Stress Survey Results.

The purpose of this study was to establish a baseline measure of characteristics of the work environment, sources of stress, and impact on health (physical, mental, sleep) among staff nurses before the implementation of contractually mandated nurse-to-patient ratios. Aims were to

determine the top three stressors' nurses face daily on the job and broadly evaluate workload trends. Stress and health are directly related to burnout, depression, and compassion fatigue.

Key Points

The quantitative descriptive survey design evaluated trends among work environment characteristics, staffing, stress, and nurse health. Surveys sent to 1,237 registered nurses working in seven unionized acute care hospitals in New York State had only 279 respondents. The analyzed population was a convenience sample comprised of 181 nurses working on medical-surgical units. The NYSNA 2020 Staffing and Job Stress Survey contained 38 items. The survey captured factors among five categories:

- Demographics
- Organizational characteristics
- Practice environment concerning staff mix and workload
- Impact on nurse health
- Nurse stress reduction/action

Assumptions

A nurse's work environment, adequate staffing, and supplies play a huge role in the nurses' mental state. Nurse unions help prevent burnout amongst nurses. Knowing the causes of stress and anxiety will help the nurse unions create a better work environment, lessening burnout.

Deficit/Conclusion

Institutional practices such as lapses in upholding agreed-upon staffing grid or ratios, delays in filling vacancies, and floating practices contribute to work stress for nurses. This study will serve as a baseline for future evaluation of whether contractually mandated nurse-to-patient

ratios reduce stress, burnout, compassion fatigue, and depression of the working nurse and determine whether contractually required nurse-to-patient ratios increase the work satisfaction of the nurse.

Conclusion

Patient outcomes are likely to improve by making sure nurses have good mental health. With the help of nurses' unions, nursing care can improve. Evidence-based practice/Quality Improvement efforts can be enhanced and supported by having healthy nurses. Healthcare as a whole can be enhanced by having nurses who have less stress and anxiety.

References

- Albright, C., & Whelan, P. (2019). Learning reflection: A nursing student recounts her experience with a medical emergency team. *Alberta RN*, 67(6), 27. www.nurses.ab.ca.
- Tsaras, K., Papathanasiou, I., Vus, V., Panagiotopoulou, A., Katsou, M., Kelesi, M., & Fradelos, E. (2018). Predicting Factors of Depression and Anxiety in Mental Health Nurses: A Quantitative Cross-Sectional Study. *Medical Archives*, 72(1), 62. <https://doi.org/10.5455/medarh.2017.72.62-67>

*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.