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Occupational stress in nursing

A. McGrath ... J. Boore

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Abstract

This article reports the results of a study of occupational stress undertaken with a large sample of Northern Ireland nurses, including qualified staff (both community and hospital based) up to and including sister/charge nurses. This study formed part of a wider interprofessional study of nurses, social workers and teachers. Publications for the latter two professions, along with interprofessional comparisons, are in preparation and this present article focuses on the nursing cohort.

The design and methods are described and demographic characteristics of the nursing sample are provided with their views about nursing. Stressors are identified in both professional and private lives. The effects of stress as manifested through the General Health Questionnaire and the Maslach Burnout Inventory are examined and nurses' views on various stress-coping strategies are discussed.

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Keywords

Occupational stress; Nursing

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