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COMPARISON OF BURNOUT SYNDROME, ANXIETY AND DEPRESSION IN NURSES OF PSYCHIATRIC WARD AND OTHER WARDS

S. Toobaee, G.R. Tadioni

Kazeroon University, Shiraz, Iran

Background: Burnout is a syndrome consisting of physical and mental exhaustion and depersonalization. Work burn out may be caused by job specification and environment. Medical and paramedical staff because of their job is at high risk and burn out is more common in this group.

Methods: In this research 104 nurse including 52 nurses from psychiatry ward and 52 nurses from other hospital wards were randomly selected and evaluated for signs of burn out, anxiety, depression. We applied maslach (MBI) questionnaire to assess the prevalence of burn out, beck questionnaire for prevalence of depression and Hamilton questionnaire for anxiety.

Results: The results showed no significant differences in the average grades of work burn out, depression, anxiety among the nurses serving psychiatry wards and other hospital wards.

Conclusion: As a result being in contact with psychiatric patient cannot essentially lead to anxiety and depression in their caring nursed and so psychological disorder are not transmissible.