

Cognitive- Behavioral-Based Stress management Training on Reducing Chronic Fatigue, Working Life Quality and Physical Complaints of Nurses

Dr. Mohammadreza Hosseini¹, Dr. Reza Mohammadi², Dr. Hussein Rostami³

1. Research Center for Cognitive & Behavioral Sciences in Police, Directorate of Health, Rescue and Treatment, Police Headquarter, Tehran, Iran.
2. Research Center for Cognitive & Behavioral Sciences in Police, Directorate of Health, Rescue and Treatment, Police Headquarter, Tehran, Iran.
3. Corresponding Author: Research Center of Behavioral and Cognitive Sciences in Police system, Deputy of Health, Relief and Treatment, Police Force, Tehran, Iran.

Abstract

Objective: The aim of this study was to investigate stress management training in cognitive-behavioral methods on reducing chronic fatigue, quality of work life and physical complaints of nurses.

Methodology: The research method was quasi-experimental through a pretest-posttest design with a control group. The statistical population of this study was all nursing staffs working in one of the military hospitals. Sample size included 92 nurses who were selected randomly and categorized into two groups including experimental (46) and control (46 patients). The research instruments included chronic fatigue questionnaire by Chalder et al.'s (1993), physical complaints questionnaire by Barling et al.'s (2002), quality of work life questionnaire by Walton (1973), and cognitive-behavioral stress management intervention according to Anthony (2009). The experimental group was trained in 9 sessions of 90 minutes and the control group did not receive any intervention. Univariate (ANCOVA) and multivariate (MANCOVA) covariance tests were used to analyze the data.

Results: The results showed that cognitive-behavioral stress management training has an effect on reducing chronic fatigue and its components (mental and physical) in nurses ($p < 0.05$). Cognitive-behavioral stress management training has an effect on physical complaints in nurses ($p < 0.05$). Cognitive-behavioral stress management training has an effect on the components of quality of work life in nurses ($p < 0.05$).

Conclusion: Therefore, we conclude that cognitive-behavioral stress management training has been effective on reducing chronic fatigue, quality of work life and physical complaints of nurses.

Keywords: Cognitive-Behavioral Stress Management, Chronic Fatigue, Quality of Work Life, Physical Complaints