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## The effects of a burnout prevention program on mental health nurses in the Kingdom of Saudi Arabia (KSA)

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**Introduction:** Burnout is a common problem among mental health professionals, particularly among nurses. High levels of burnout result in job dissatisfaction, rapid turnover of staff, physical and psychological discomfort, and reduction in the quality of patient care. Burnout affects the individual and the organization by reducing productivity and compromising the quality of service provision. While burnout among mental health nurses has been extensively researched, burnout prevention among mental health nurses is less well researched. Likewise, while there is an abundance of research relating to burnout, there is a lack of studies regarding burnout among mental health nurses in Saudi Arabia.

**Aim & Objectives:** This study seeks to evaluate the effectiveness of an educational program designed to decrease the level of burnout among mental health nurses working in Saudi Arabia. The study objectives are to (1) measure the level of burnout among mental health nurses working in KSA (2) identify the characteristic variables that may predict burnout among this group (3) evaluate the effectiveness of a burnout prevention program on mental health nurses one month following the intervention and at intervals of 3 and 6 months.

**Methods:** A quasi-experimental design has been used to test the effectiveness of a two days' burnout prevention workshop among mental health nurses working in KSA. The sample (n=302) has been drawn from two large psychiatric hospitals in Riyadh, with participants being assigned to either the intervention (n=154) or the control group (n=148). The workshop consisted of basic concepts about burnout, as well as strategies to decrease stress among mental health nurses. Demographic information was collected and the Maslach Burnout Inventory (MBI), an instrument with three subscales, emotional exhaustion, depersonalisation and personal achievement, was used to collect data immediately before attending the workshop and currently at one and three month follow-up. Data has been analysed using the latest version of SPSS. Means, standard deviations, frequencies and percentages have been used to describe the level of burnout.

**Results:** The bar chart below illustrates the scores of the MBI questionnaire for both groups before, and after the intervention.

**Conclusion:** Mental health nurses in KSA reported a high level of burnout. Whilst the Burnout Prevention Programme had a major positive impact at one month, its effects decreased at 3 months. Further education and research is needed to identify factors that contribute to sustaining a decreased level of burnouts among mental nurses in Saudi Arabia.

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