

# Joint Conference on Nursing, Diabetes & Medical Case Report

October 28-29, 2021 | Webinar

## Affecting factors of nurses' mental health status: A comparative cross-sectional survey

Nurses' mental health status is affected by both job stress and family-related stress. Home healthcare and nursing home nurses tend to be older than hospital nurses, and therefore, nurses' family-related stress may vary between nurses' workplaces. This study aimed to clarify the difference in the magnitude of impacts of job stress and family-related stress on nurses' mental health status, and to identify the differences of factors affecting mental health between nurses working in hospitals, home healthcare, and nursing homes. This cross-sectional study involved nurses from hospitals, home healthcare facilities, and nursing homes in Japan. Participants responded to a questionnaire survey that measured their job- and family-related stress, as well as mental health status. Job- and family-related stress showed similar impacts for all nurses; the factor with the most effect was job demand, followed by job control. Interestingly, family-related stress showed greater impacts on mental health status among home healthcare nurses. Interventions for reducing family-related stress may be effective in improving nurses' mental health; such interventions may be especially effective for home healthcare nurses.

## Biography

Dr. Yoshiko Yamaguchi has received her PhD in Kyushu University during the period of 2013-2016. Currently, she is working as research associate in Home Care Nursing, Faculty of Nursing, Kwassui Women's University, Japan. She has successfully completed her responsibilities as a reviewer of seventy-seven research articles of twenty-four Journal from 2016-present. And she has been serving as an editorial board member of two Journal; LIFE: International Journal of Health and Life-Sciences and Journal of Practical and Professional Nursing, and has been delegated vice president of Healthcare and Biological Sciences Research Association (HBSRA).

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