

Annotated Bibliography

Iwanowicz-Palus, G., Mróz, M., Kowalczyk, K., Szlendak, B., Bień, A., & Cybulski, M. (2022). Nurses Coping with Stressful Situations—A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 19(17), 10924.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9518392/>

This research study was published on September 1, 2022 which makes it relatively recent in giving insight on how nurses cope with stress within the fast paced medical environment. The study was done by many reliable researchers who are all chair holders and Faculty of Health Sciences meaning that this conducted research is credible for further use. These researchers also all have a degree from Medical Universities in Poland. The research was also published through the National Library of Medicine in which is a peer-reviewed website that offers study information that many medical librarians and researchers depend on. This cross-sectional study was conducted by diagnostic survey methods using two survey sections given to participants. The first being, The Coping in Stressful Situations Questionnaire (CISS) which consists of 48 statements relating to behaviors in stressful situations. This survey is split into three sections which consist of 16 questionnaire items in which the answers are on a 5-point scale (1—never, 5—very often). The next being the Generalised Self-Efficacy Scale (GSES)— a questionnaire comprising 10 questions in which the participants can choose one of four answers (1—no, 2—rather no, 3—rather yes, 4—yes). This scale efficiently measures the participants overall belief on how well they think they do in overcoming difficult situations. This research is relevant to my writing project 2 as I can base my gathered research from Reddit comments to see how well nurses believe that they handle and cope with daily stressful situations at work.

Smith, G. D., & Yang, F. (2017). Stress, resilience and psychological well-being in Chinese undergraduate nursing students. *Nurse Education Today*, 49, 90–95.
<https://www.sciencedirect.com/science/article/abs/pii/S0260691716302337?via%3Dihub>

This research study was published in the book of Nurse Education Today in February of 2017. Although this study was done a few years back, it is still somewhat recent as it was only conducted 7 years ago. Both authors graduated from the School of Nursing from 4 year Universities, one in the UK and one in China, as well as also being authors to several other books as well. This research is credible due to the overall online traffic of this study, the authors also include 62 references within their conducted study. This is a cross-sectional study carried across three nursing schools in Southeast China. Questionnaires were given to participants to examine the overall stress and wellbeing of nursing students. 1538 completed questionnaires were given back to the researchers. The conducted study showed that students had high levels of stress, particularly in their later stages of schooling and training. This study shows that not only does stress occur within the hospital setting itself for practiced nurses, but also within the schooling and training processes of students. I can use this research in my writing project 2 by incorporating nursing students as well as long term practiced nurses in evaluating stress levels.

Meybodi, A. R., & Mohammadi, M. (2020). Identifying the components of spirituality affecting the resilience of nurses. *Journal of Nursing Management*, 29(5), 982–988.

<https://onlinelibrary.wiley.com/doi/full/10.1111/jonm.13235>

This research study was published on December 11, 2020 which is relevant in time to today's research. This research was conducted by 2 authors who have their PhD in Organizational Behaviors and was published through Wiley Online Library on UCF library sources which makes this study credible for further studies. This study was conducted on a sample of 11 nurses that were selected using a teleological sampling method as well as interviewing 19 nursing students and 2 instructors who worked diligently through the time when the coronavirus was big throughout the hospitals in Iran. The point of this study was to see how the stress of being a nurse in the hospital during COVID affected the resilience of the nurses spirituality. The study found that nurses who are loyal to honesty are more resilient and do not tend to give up in difficult or stressful situations. I can use this study when creating my writing project 2 by explaining how not only does work related stress affect your overall life with yourself and others but also your worshiped figure, or religion. Work related stress often tends to bring many people away from their overall outlook on life, and one of these main aspects is their religion.

Fallahchai, R. (2021). Occupational stress, dyadic adjustment and quality of work-life in married nurses: Moderating effects of dyadic coping. *International Journal of Nursing Practice*, 28(1).

<https://onlinelibrary.wiley.com/doi/full/10.1111/ijn.13032>

This research study was published on December 21, 2021 which is fairly recent in offering updated information regarding how nurses' work-life is adjusted into their family life. The author of this study has their degree in the Department of Psychology and published their work through Wiley Online Library through UCF's library system which makes this study credible for further research studies. The purpose of this study was to determine the balance between a nurses' stressful work-life and personal family life, marriage. This cross-sectional research sample consisted of 591 nurses who participated in surveys and questionnaires such as the Expanded Nursing Stress Scale, the Dyadic Coping Inventory, the Dyadic Adjustment Scale, and the Quality of Nursing Work Life questionnaire. This study found that there was a negative relationship between occupational stress, personal life adjustment and quality of work life. Many nurses who struggle with occupational stress have a harder time with balancing work and their family roles such as parents and marriage. Findings suggest that nurses who report using coping strategies to deal with occupational stress have a higher level of adjustment and quality of work-life. I can use this study within creating my writing project 2 by incorporating stress levels within the hospital as well as how that affects nurses personal lives outside of work as well.

Hasan, A. A., Elsayed, S. M., & Tumah, H. (2018). Occupational stress, coping strategies, and psychological-related outcomes of nurses working in psychiatric hospitals. *Perspectives in Psychiatric Care*, 54(4), 514–522.
<https://onlinelibrary.wiley.com/doi/full/10.1111/ppc.12262>

This research study was published on February 25, 2018 which makes study relevant to research conducted today about the stress levels of psychological nurses. The authors of this research, one having their PhD from the Fakeeh College for Medical Sciences and the other two having a degree from Med School as well as Nursing School. This study was published through Wiley Online Library through UCF's library system which makes this study credible for further research studies to be conducted. Psychiatric nurses deal with wide ranges of stressful events such as violent and aggressive patients, recurrent relapse, and poor prognosis of mental disorders. These nurses are the most prone to work related depression and anxiety. This study collected data from 70 nurses in mental health hospitals in Egypt. Each participant was given a two part questionnaire, the first part consisting of demographic information and the second being questions about occupational stress, coping mechanisms, and depression levels. After completing these questionnaires, the participants completed three assessments. These assessments are: Devilliers, Carson and Leary (DCL) stress scale, Psych nurse methods of coping questionnaire, and Beck depression inventory (BDI). I can use this study in creating my writing project 1 by explaining that different department nurses have different levels and causes of stress. Although ER nurses have the stress of trauma and a fast paced work environment, psychiatric nurses have the stress of relapse and aggressive patients diagnosed with mental disorders.

Research Proposal

The purpose of my research is to show that nurses deal with many different levels and causes of stress. Not only in the aspect of the hospital, but also within school, training, and family roles such as parenting and marriage. This topic impacts my life now as far

as school goes and will in the future as well as I follow my path of becoming a trauma ER nurse. I am currently in my first year at UCF but will be completing the nursing program in just under a year and half. Part of my research will explain how nursing students as well as nurses in training deal handle stress as well as their coping mechanisms. I have many family members and family friends that are in the medical field such as nurses, nurse practitioners, radiologists, phlebotomists and a few more. With this being said, I'm aware that all aspects of the medical field are stressful. However, I want to discuss how there are different causes of stress as well as how nurses cope with this stress. It's a wide assumption that the medical field is stressful because they are dealing with a fast paced environment as well as sick patients, however, every department of the field has their own responsibilities and causes of stress. Within completing this research, I want more people to be aware of just how stressful and difficult being a nurse can be. Oftentimes nurses do not get the respect they deserve. It is understandable that many people are in the hospital due to an illness or injury. Being in pain can cause the human body emotions to create a natural attitude. However, many patients come in and out of the hospital and are extremely disrespectful to their nurses in which they do not deserve. Therefore, my hope in this research is to share the need to be respectful to your caregivers over your stay in the hospital. Many of the sources I will use in creating this study are research studies conducted in other countries such as: Egypt, China, Iran, and Poland. This is due to the fact that these countries are in a poorer economic state than the United States is currently in. Therefore, hospital settings are a little bit more high level of stress that we are which makes them a better target for studies on how stress affects nurses. There are a few

articles I still need to locate to add into my research such as effects on emergency nurses and how stress affects nurses mental health. I will also be using topics and comments from Reddit within my project. I like Reddit because it provides actual real life responses from nurses and other health care professionals on their own personal experiences with stressful situations. It also provides insight on how nurses tend to cope with these stressful situations and how it affects their mental health. Sometimes getting natural responses from random people gets you more information than providing participants with a questionnaire and having them fill it out. What if they're lying on the surveys and questionnaires because they know I want a certain response? You would never know if they are actually being truthful or not. However, seeing random peoples real responses to topics and questions on Reddit can give a research study a better data set because these "participants" do not know that I'm conducting research nor do they know what outcome I'm looking for. The audience for this research proposal is Professor Bergholtz, however, the audience for writing project 2 are nurses and potential patients. Nurses are part of my audience for the section of my project discussing coping mechanisms for their work-related stress. I feel that if nurses were aware of better coping mechanisms, or any at all, the levels of anxiety and depression among nurses would decrease significantly. On the other hand, patients are part of my audience because I feel as if more people need to be aware of how stressed nurses actually are on a daily basis which leads to my main point on how nurses deserve more respect than they receive within their work space. I also want to find an article and/or comments on Reddit that discusses how nursing isn't that stressful. This would be an article that I can critique with the data and facts found from other resources. I feel that

having a counterclaim to my argument would make my claim and research stronger by proving that I saw and considered multiple sides of the issue rather than only talking about the main claim I'm trying to portray.