

DOI: <https://doi.org/10.56936/18290825-18.2024-106>

## **PREDICTING JOB BURNOUT AND CAREER LIFE QUALITY OF NURSES BASED ON THE HEALTH BELIEF MODEL AND MEDIATING ROLE OF PSYCHOSOMATIC SYMPTOMS**

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**Objective:** *The human environment includes physical, social and psychological factors, each of which plays an important role in human health. One of the stress-causing factors in humans is their work environment, which can affect other areas of their lives. The aim of the present study was to explain the role of the health belief model in predicting job burnout and quality of work life indicators with an emphasis on psychosomatic symptoms in nurses working in the intensive care unit of Covid-19 patients in Mashhad.*

**Method:** *For this purpose, 200 of the nurses working in the care department of Covid-19 patients in Mashhad city were selected by systematic random sampling. Questionnaires of job burnout, psychosomatic disorders, quality of work life and health belief model questionnaires were implemented on the research sample. The findings were analyzed using spss software version 22 and Amos software and using structural equation modeling and path analysis.*

**Findings:** *The results of the data analysis showed that in general, the desired model had a favorable fit in terms of statistics, and it was also found that the health belief model was able to provide a meaningful explanation for the paths of predicting job burnout and quality of work life. Also, psychosomatic symptoms showed a significant mediating role.*

**Discussion:** *These findings show that when facing mental problems related to the job of nurses, paying attention to psychological and emotional indicators can be of great importance.*

**KEYWORDS** *Burnout, Psychosomatic symptoms, Quality of work life, Health belief model, Nurses***INTRODUCTION**

The new form of pneumonia caused by Covid-19 disease which causes serious damage to the respiratory system [Huang C et al., 2020; Chan J. F. W et al., 2020], which has been reported with a wide and rapid spread [Chen H et al., 2020] and due to the high prevalence and mortality in countries [World Health Organization., 2020], the World Health Organization It has been mentioned

as an important global public health issue [Zhu N et al., 2020]. In addition to physical problems and injuries, there are also psychological challenges associated with this disease, and health care workers are no exception to this rule. People who work as medical personnel in medical centers and hospitals are at high risk of infection due to their contact with patients [Li W et al., 2020]. In fact, medical

**CITE THIS ARTICLE AS:**

Hokmabadi ME., Afshari Saleh L., Talaei A (2024). Predicting job burnout and career life quality of nurses based on the health belief model and mediating role of psychosomatic symptoms; The New Armenian Medical Journal, vol.18(1), 106-112; DOI: <https://doi.org/10.56936/18290825-18.2024-106>

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