



Occupational Stress among Psychiatric Nurses: A Literature Review

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ABSTRACT

Background: Occupational stress among psychiatric nurses is a well-documented issue in the literature. This research can be regarded as the first recent investigation that offers a comprehensive review of contemporary literature examining occupational stress among psychiatric nurses. **Purpose:** This study aims to analyze previous research on occupational stress among psychiatric nurses. **Methods:** Multiple electronic databases were selected as follows: PubMed, MEDLINE, PsycINFO, CINAHL, Proquest, Scopus, and Web of Science. The researchers used different combinations of keywords that mainly incorporate: "occupational stress, psychiatric nurses, and work environment". The studies were included if they were published between 2017 and 2023, and reported in English. This review included a total of twenty-five studies. **Results:** This review indicated that previous studies have identified various degrees and factors of stress that impact psychiatric nurses. These nurses utilized several coping methods to handle occupational stress, such as being confident in their capabilities and self-assurance. The previous literature also investigated the effects of several stress reduction interventions, such as educational interventions, mindfulness therapy, stress management training programs, and self-care activities. **Conclusion:** This literature review highlights the significant levels and sources of stress experienced by psychiatric nursing groups. By analyzing research published in different databases about occupational stress, this review provides a comprehensive overview of contemporary findings on the topic. **Implications for Nursing:** Identification of various levels and sources of stress highlights the need for targeted interventions tailored to the unique stressors experienced by psychiatric nurses.

Keywords: Occupational stress, Work environment, Psychiatric nurses, Literature review.

What does this paper add?

1. Occupational stress is a significant mental health issue among psychiatric nurses.
2. Few studies summarized previous research on occupational stress among those health professionals.
3. Psychiatric nurses experienced mild to high degrees of occupational stress internationally.
4. Occupational stress impacted the job performance and psychological health of psychiatric nurses.

Introduction

Stress is a complex mental as well as biological reaction to perceived challenges or threats, known as stressors, that disrupt an individual's equilibrium (Chu et al., 2019). One possible definition of stress is "a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well-being" (Lazarus & Folkman, 1984). It is an inherent part of the human experience and may lead to both negative and positive impacts depending on its nature, duration, and intensity (Bienertova-Vasku et al., 2020; Updegraff & Taylor, 2021). Research into stress

spans over multiple disciplines, including psychology, health sciences, neuroscience, and sociology, reflecting its multi-faceted nature and widespread impact on human health and behavior (Alaween & Alzayyat, 2023; Dorsey et al., 2022). Over the past several decades, significant advancements have been made in understanding the mechanisms, effects, and management of stress (James et al., 2023).

Hans Selye is considered the founder of physiological research on stress, beginning his work in the 1930s (Tan & Yip, 2018). The General Adaptation Syndrome (GAS) theory was introduced by Selye, which offers information about three mechanisms through which the body reacts to stressful events. These mechanisms include alarm, resistance, and exhaustion (Singh & Singh, 2020). Building on Selye's work, contemporary studies have investigated deeper the role of the autonomic nervous system and the hypothalamic-pituitary-adrenal (HPA) axis in the stress reaction (Dahlman et al., 2021; Leistner & Menke, 2020). Advances in neuroimaging and molecular biology have elucidated how stress hormones like cortisol and adrenaline affect brain regions, such as the prefrontal cortex, amygdala, and hippocampus, influencing emotional regulation, memory, and decision-making (James et al., 2023; Schwabe et al., 2022).

Psychological research has focused on how stress affects mental health and behavior (Fan, 2023). Lazarus and Folkman are credited with developing the Transactional Model of Stress, which highlights the importance of cognitive appraisal and coping strategies in the stress response (Ben-Zur, 2019; Biggs et al., 2017). Previous research has revealed that the perception of stressors and the effectiveness of coping mechanisms significantly influence the psychological impact of stress (Ding et al., 2021; Slimmen et al., 2022). Behavioral research has explored how stress leads to changes in behavior, such as increased risk-taking, aggression, and the adoption of unhealthy habits like smoking and overeating (Lopes Cortes et al., 2021; Wei et al., 2022).

Epidemiological literature has found strong associations between chronic stress and various health conditions, including cardiovascular diseases, metabolic disorders, and mental health issues like anxiety and depression (McEwen, 2017; Stefanaki et al., 2018). Likewise, previous literature has illustrated that individuals exposed to prolonged stress are more

vulnerable to chronic illnesses and infections, because their immune systems become weaker (Seiler et al., 2020). Longitudinal studies have been instrumental in understanding the enduring impacts of stress on health and identifying vulnerable populations, such as those with low socio-economic status or inadequate community support (Behrendt et al., 2022; O'Connor et al., 2021; Reiss et al., 2019).

Occupational stress is a major area of research, with studies examining how job demands, workplace culture, and organizational factors contribute to stress among employees (Chatzigianni et al., 2018; Gunasekara & Perera, 2023). The Job Demand-Control (JDC) model by Robert Karasek and the Effort-Reward Imbalance (ERI) model by Johannes Siegrist have been influential in identifying the psycho-social risk factors for stress in the workplace (Ricciardelli & Carleton, 2022; Siegrist & Li, 2017). Research has highlighted the role of job control, social support, and work-life balance in mitigating occupational stress and promoting employee well-being (Gunasekara & Perera, 2023).

Occupational stress is a pervasive issue across various professions, but it is particularly pronounced in the field of psychiatric nursing (Hasan et al., 2018). Psychiatric nurses have an important responsibility in mental health care settings, offering essential nursing treatment to patients with severe and persistent psychiatric illnesses (Kumar et al., 2020; Townsend & Morgan, 2017). This role, however, exposes them to unique stressors that can have significant implications for their well-being and job performance (Alharbi & Hasan, 2019).

The nature of psychiatric nursing involves frequent exposure to emotionally intense situations, including managing patients with aggressive behaviors, dealing with disgrace connected with psychiatric conditions, and coping with the complexities of psychiatric disorders (Jones & Beauvais, 2022). Additionally, psychiatric nurses often work in environments characterized by high patient-to-staff ratios, inadequate resources, and organizational challenges that collectively participate in augmenting the degrees of perceived stress among this group of nurses (Fia et al., 2022).

Research indicates that mental health nurses exposed to occupational stress may suffer from significant adverse outcomes, including burnout, decreased job satisfaction, and compromised patient care (Fia et al., 2022; Joseph et al., 2023; Masa'deh et al., 2018).

Furthermore, prolonged exposure to high stress levels may lead to physiological disturbances, such as heart problems, musculoskeletal issues, and psychological problems like anxiety (Yaribeygi et al., 2017).

Given the critical importance of psychiatric nurses in the healthcare system and the negative effect of work-related stress on their professional and personal lives, it is essential to understand the factors contributing to this stress and identify effective interventions to mitigate it. This review paper aims to analyze available literature on occupational stress among psychiatric nurses, highlighting the key stressors, the stress impacts on nurses and patient care, and the strategies that have been proposed or implemented to address this issue.

By comprehensively reviewing existing research, this study seeks to offer a clear understanding of the available information on occupational stress in psychiatric nursing, identify gaps in the existing research, and provide directions for forthcoming research and practical interventions. Through these efforts, it is hoped that better support systems can be developed to enhance the welfare of mental health nurses and improve outcomes for patients with psychiatric illnesses. It is essential to note that there have been few attempts by previous researchers to review the available research on the topic of work-related stress among mental health nurses (Abdalahim, 2013; Edwards & Burnard, 2003; Konstantinos & Christina, 2008; Richards et al., 2006). However, most of these reviews are outdated and do not reflect the recent existing literature on occupational stress among psychiatric nurses. Therefore, this review is conducted to fill this gap in the literature.

Research Aim and Objectives

The main aim of this study is to analyze previous literature on occupational stress among nurses working in psychiatric settings. Beyond this broad purpose, the following objectives guided the present study:

1. To determine the levels and sources of occupational stress among psychiatric nurses.
2. To identify the highest used coping methods by psychiatric nurses.
3. To recognize the stress reduction interventions used in previous research among psychiatric nurses.

Methodology

Search Strategy

The methods of this study incorporate a systematic and comprehensive approach to identify relevant studies. The following steps outline the detailed process employed to make sure of the enclosure of pertinent literature.

Database Selection: Multiple electronic databases were selected to capture a broad range of studies. These included PubMed, MEDLINE, PsycINFO, CINAHL, ProQuest, Scopus, and Web of Science. These databases were chosen for their extensive coverage of medical, psychological, and nursing research.

Keywords and Search Terms: A combination of keywords and Medical Subject Headings (MeSH) was used to ensure inclusive coverage of the topic. The primary search terms included: "Occupational stress," "Job stress," "Work stress," "Psychiatric nurses," "Mental health nurses," "Stress factors," "Burnout," and "Work environment." Boolean operators (AND, OR) were employed to combine these terms effectively, as illustrated here: ("Occupational stress" OR "Job stress" OR "Work stress") AND ("Psychiatric nurses" OR "Mental health nurses"), ("Burnout" AND "Psychiatric nurses"), ("Work environment" AND "Psychiatric nurses").

Eligibility Criteria

The researchers applied strict eligibility criteria to ensure the inclusion of high-quality related studies. Regarding the inclusion criteria, studies were included if they were: peer-reviewed articles, focused on psychiatric or mental health nurses, addressed research on occupational stress, burnout, or related factors, published in English, and conducted between 2017 and 2023 to ensure contemporary relevance. On the other hand, studies were excluded if they were: non-research-based articles (e.g. editorials, opinion pieces), focused on healthcare workers other than psychiatric nurses, or not available as full text (such as published abstracts or conference papers).

Screening Process and Data Extraction

The initial search yielded a large number of articles. However, this review paper included twenty-five. The screening process involved two main stages:

First, title and abstract screening: articles were first screened based on their titles and abstracts to exclude

those that did not meet the inclusion criteria.

Second, full-text review: The remaining articles were then subjected to a full-text review to ensure they met the inclusion criteria and provided substantial data relevant to the review's objectives. Discrepancies in the

selection process were resolved through discussion among the reviewers. It is important to indicate that the researcher used the PRISMA Flow Diagram for search findings and study selection. Please see Figure 1.

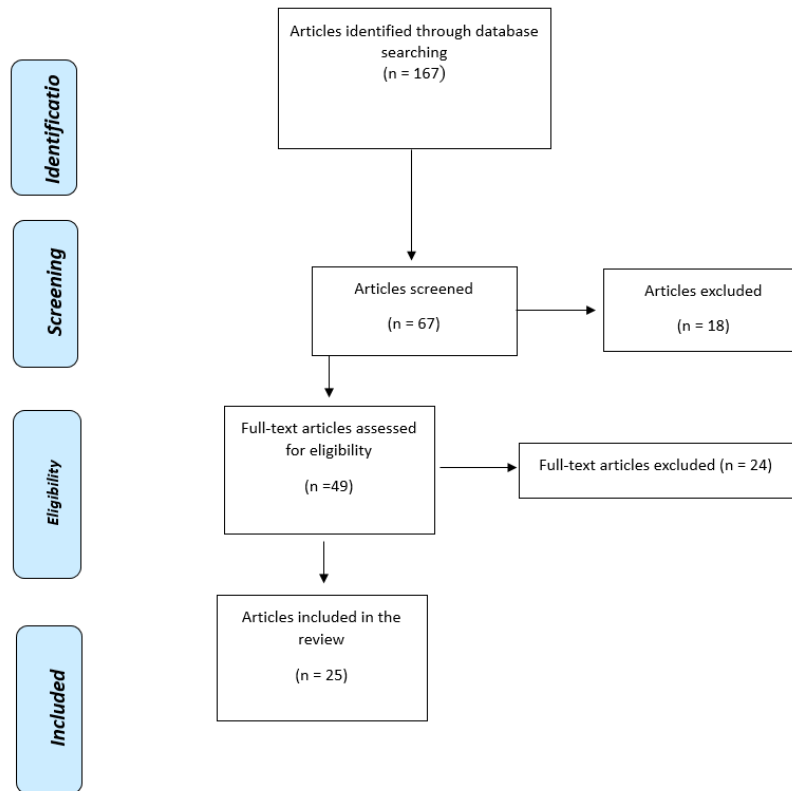


Figure 1. PRISMA flow diagram for search findings and studies selection

The data extraction process for this literature review was meticulously designed to ensure a comprehensive and systematic collection of relevant information from the selected studies. A standardized data extraction form was developed and refined through pilot testing to capture key details consistently. This form included fields for study identification (author, year, title, journal, DOI), study characteristics (design, setting, country), population characteristics (sample size, gender distribution, age range, work experience), and specific population focus (psychiatric nurses). It also detailed the measures of stress, including definitions, measurement tools, and their validity and reliability.

Key findings related to occupational stress, such as prevalence, levels, associated factors (workload,

support, coping strategies), and consequences (mental health issues, job satisfaction, turnover intention) were systematically recorded. Additionally, any interventions aimed at reducing occupational stress and their effectiveness were noted. A dual-reviewer system was implemented, where two reviewers independently extracted data from each study to minimize errors and biases. Discrepancies were resolved through consensus meetings or third-party adjudication. This thorough approach ensured that all relevant data was accurately captured and organized, facilitating a robust synthesis of the literature on occupational stress among psychiatric nurses. Table 1 summarizes the identified studies on occupational stress among psychiatric nurses.

Table 1. Studies concerning occupational stress among psychiatric nurses

	Authors	Year	Title	Methods	Variables	Results
1	Rajabi, Hashtchin, and Hatami	2018	A comparative study of job performance, occupational stress and general health in nurses of psychiatric and emergency departments	A descriptive-survey method	Job performance, occupational stress, and general health	There is a difference between emergency department nurses and psychiatric-department nurses in terms of occupational stress
2	Varghese	2021	A comparative study to assess the level of stress among staff nurses working in psychiatric and multi-speciality hospitals, Bangalore	A descriptive comparative design	Occupational stress	About 65% of nurses working in multi-speciality hospitals perceived severe stress levels. On the other hand, about 57% of nurses working in psychiatric hospitals perceived moderate stress. The stress level difference between these two groups is statistically significant
3	Joseph, Chopra, and Shiva	2023	Assessment of occupational burnout and its determinants, causes of occupational stress, and its coping strategies among nurses working in the psychiatric wards: A mixed-method study	A mixed-method study	Occupational stress, coping strategies and occupational burnout	The most reported stressors were poor infrastructure and treatment facilities. Concerning the coping strategies, both reading books and meditation were dominant coping methods
4	Njume	2020	Assisting psychiatric nurses in managing work stress and decreasing callouts and absenteeism	Pre-test and post-test experimental approach	Degrees of occupational stress, the number of nurse callouts, and absenteeism	The mean degree of occupational stress decreased from 33.57 to 17.80 after the educational intervention and the difference was statistically significant
5	Yao, Shao, Wang, Zhang, Zhang, and Lin	2021	Do workplace violence, empathy, and communication influence occupational stress among mental health nurses?	A descriptive cross-sectional approach	Workplace violence, occupational stress, empathy, and communication	The psychiatric nurses had a high degree of occupational stress (M=3.06; SD= 0.69). The regression analysis showed that workplace violence ($\beta = 0.264$; $P < 0.01$) and practice years ($\beta = 0.104$; $P < 0.05$) negatively predicts occupational stress. On the other hand, empathy ($\beta = 0.147$; $P < 0.01$) positively predict occupational stress
6	Yang, Tang, and Zhou	2018	Effect of mindfulness-based stress reduction therapy on work stress and mental health of psychiatric nurses	An experimental approach	Occupational stress	The degrees of occupational stress in the intervention group decreased significantly ($P < 0.001$) after receiving mindfulness-based stress reduction (MBSR) therapy

7	Zaki, and Barakat	2018	Effect of stress management on job-related stress among nurses working with psychiatric patients	One group pre-and post-test quasi-experimental method	Occupational stress	The mean scores of occupational stress were decreased significantly (p -value ≤ 0.05) post-stress management program
8	Fia, Fosu-Ayarkwah, and Baidoo	2022	Effects of stress on the job performance of psychiatric nurses	A descriptive survey approach	Occupational stress and job performance	There was a negative effect of occupational stress on the job performance of psychiatric nurses
9	Rabiu-Akewusola	2020	Job satisfaction, work environment, job stress, and professional identity among psychiatric nurses	A cross-sectional correlational design	Occupational stress, professional identity, work environment, and job satisfaction	Occupational stress had a significant predictive influence on job satisfaction
10	Yada, Abe, Omori, Ishida, and Katoh	2018	Job-related stress in psychiatric assistant nurses	A cross-sectional survey	Occupational stress	Psychiatric registered nurses had significantly lower scores than psychiatric assistant nurses on the occupational stressor subscales mainly in the stress reaction, interpersonal relations, and psychiatric nursing-ability subscales
11	Lowe	2022	Occupational stress in psychiatric nurses and the impact of self-care activities	A mixed-method design	Occupational stress and self-care activities	Self-care activities among psychiatric nurses were able to decrease occupational-stress degrees
12	Masa'Deh, Jarrah, and AbuRuz	2018	Occupational stress in psychiatric nursing	A cross-sectional survey	Occupational stress	The Jordanian psychiatric nurses perceived a high level of occupational stress ($M = 27.57$). Predictors of occupational stress included resources in a mental health setting ($\beta = -0.72$; $P < 0.01$), insufficient training ($\beta = 0.10$; $P < 0.01$), weekly working hours ($\beta = 0.09$; $P < 0.01$), aggression and violence ($\beta = 0.08$; $P = 0.04$)
13	Hasan, Elsayed, and Tumah	2018	Occupational stress, coping strategies, and psychological-related outcomes of nurses working in psychiatric hospitals	A descriptive correlational approach	Occupational stress, coping methods, and depression	The Egyptian psychiatric nurses perceived a moderate level of occupational stress. The highest reported stressors included physical and verbal abuse and insufficient training. The participants used a wide range of coping strategies to deal with stress, such as self-assurance, appreciation by others, and being confident

14	Alharbi, and Hasan	2019	Occupational stress, coping strategies, and quality of life among nurses in general and psychiatric settings in Jeddah city—KSA	A descriptive explanatory methodology	Occupational stress, coping strategies and quality of life	Psychiatric nurses had higher degrees of occupational stress than general nurses ($p = 0.001$)
15	Masa'deh, Alhalaiqa, AbuRuz, Al-Dweik, and Al-Akash	2017	Perceived stress in nurses: A comparative study	A descriptive comparative design	Occupational stress	In comparison to other nursing specialties, psychiatric nurses perceived the highest stress degree
16	Opoku Agyemang, Ninnoni, and Enyan	2022	Prevalence and determinants of depression, anxiety and stress among psychiatric nurses in Ghana: A cross-sectional study	A cross-sectional survey	Occupational stress, anxiety, and depression	About a half of the psychiatric nurses perceived mild to high occupational stress. Participants with a master's degree were more likely to have moderate stress compared to nurses with a bachelor's degree
17	Kim, and Kweon	2020	Psychological capital mediates the association between job stress and burnout among Korean psychiatric nurses	A descriptive cross-sectional approach	Burnout, psychological capital, and occupational stress	The findings illustrated that Korean psychiatric nurses perceived high levels of occupational stress ($M 88.03$; $SD = 17.45$). Moreover, there was a significant positive correlation between burnout and occupational stress ($r = 0.55$, $p < 0.001$)
18	Rahmat, Pawestri, Saputro, Widianingrum, and Hanifah	2023	Psychosocial problems among psychiatric nurses in caring for patients with mental disorders during the COVID-19 pandemic	A cross-sectional method	Occupational stress, anxiety scale, and resilience	The great majority of Indonesian psychiatric nurses (97%) had an occupational stress score below the average during the COVID-19 pandemic
19	Napoli	2022	Stress and depressive symptoms among Italian mental health nurses during the COVID-19 pandemic: A cross-sectional study	A cross-sectional web survey design	Level of occupational stress as well as symptoms of anxiety	The participants had moderate levels of occupational stress. The logistic-regression results indicated that working with COVID-19-positive patients is a predictor of high stress levels among the participants ($OR 2.13$)
20	Hasan, and Tumah	2019	The correlation between occupational stress, coping strategies, and the levels of psychological distress among nurses working in mental health hospitals in Jordan	A descriptive explanatory methodology	Occupational stress, coping strategies, and depression	Jordanian psychiatric nurses had moderate levels of occupational stress. The highest reported stressors were physical and verbal abuse, inadequate training, and providing care for suicidal patients. The participants used diverse coping methods
21	Shahrour, Taha, Ali, and Alibrahim	2022	The moderating role of social support in workplace violence and stress among psychiatric nurses	A predictive, descriptive, and cross-sectional approach	Workplace violence, social support, and occupational stress	The great majority of the psychiatric nurses (86%) experienced moderate occupational stress. Predictors of occupational stress incorporated social

						support ($\beta = -0.28$, $t(534) = -3.88$, $p < 0.001$) and workplace violence ($\beta = 0.18$, $t(534) = 2.42$, $p = 0.01$)
22	Eita, and Alhalawany	2021	The relation between clinical competency and perceived psychiatric nurses' job stress	A descriptive correlational methodology	Occupational stress and clinical competency	There was a positive association between occupational stress and clinical competency ($p = 0.008$)
23	El-Azzab, Abdel-Aziz, and Alam	2019	Work-related stress, burnout, and self-efficacy among psychiatric nurses	A descriptive correlational design	Occupational stress, self-efficacy, and burnout	There was a statistically significant positive correlation between burnout and occupational stress ($r = -0.284$; $P = 0.002$). On the other hand, there was a statistically significant negative correlation between self-efficacy and occupational stress ($r = -0.471$; $P = 0.001$)
24	Hasan	2017	Work stress, coping strategies and levels of depression among nurses working in mental health hospital in Port-Said city	A descriptive correlational approach	Depression, coping, and occupational stress	Egyptian psychiatric nurses perceived moderate levels of occupational stress. The results revealed using of different coping methods by the participants
25	Sugawara et al.	2017	Work-family conflict as a mediator between occupational stress and psychological health among mental health nurses in Japan	A descriptive cross-sectional design	Occupational stress, depressive symptoms, burnout, and work-family conflict	This study identified significant associations between occupational stress and psychological health among Japanese psychiatric nurses

Quality Assessment and Data Synthesis

The quality of the included studies was assessed using appropriate tools for different study designs. For example, the Critical Appraisal Skills Programme (CASP) checklists were used for qualitative studies, the Newcastle-Ottawa Scale (NOS) for observational studies, and the Cochrane risk of bias tool for randomized controlled trials. This assessment ensured the inclusion of high-quality evidence to support the review's conclusions. The assessment focused on several key aspects, including study design, sampling methods, measurement tools, and data analysis. The results of the quality assessment are detailed below.

1. **Study Design:** Many of the studies ($n=12$) employed cross-sectional designs, which are useful for identifying associations, but are limited in establishing causality. A few studies ($n=4$) utilized longitudinal designs, providing stronger evidence for temporal relationships between occupational stress and its outcomes.

2. **Sampling Methods:** The majority of studies ($n=20$) used convenience sampling, which may introduce selection bias. However, a few studies ($n=3$) employed random sampling techniques, enhancing the generalizability of their findings. The sample sizes varied widely, with some studies having large, representative samples ($n>500$) and others being limited by small sample sizes ($n<100$).
3. **Measurement Tools:** The studies generally used well-established and validated instruments to measure occupational stress and related variables. Common tools included the Perceived Stress Scale (PSS) and the Psychiatric Nurses Job Stress Scale, both of which have demonstrated good reliability and validity. However, a few studies ($n=2$) used self-developed questionnaires without reporting validity or reliability, potentially compromising the quality of the data.
4. **Data Analysis:** Most studies employed appropriate statistical methods, including multi-variate analyses,

to account for potential confounders. However, a few studies (n=8) had limited statistical analyses, relying solely on descriptive statistics or bivariate analyses, which might oversimplify complex relationships.

5. **Risk of Bias:** The risk of bias was generally low in studies that used validated instruments, random sampling, and comprehensive statistical analyses. However, studies relying on self-reported data were at a higher risk of reporting bias. The cross-sectional nature of most studies also posed a risk of recall and temporal biases.
6. **Strengths and Limitations:** Many studies highlighted significant strengths, such as large sample sizes, the use of validated measurement tools, and rigorous data analysis. Common limitations included the potential for selection bias due to non-random sampling, the cross-sectional design limiting causal inference, and reliance on self-reported data.

Overall, the quality of the studies included in the review was mixed, but generally acceptable. While most studies provided valuable insights into occupational stress among psychiatric nurses, the common limitations of cross-sectional designs, convenience sampling, and self-reporting need to be considered when interpreting the results. Future research should aim to address these limitations by employing longitudinal designs, random sampling, and objective measures of stress and related outcomes.

The extracted data was synthesized to provide a comprehensive overview of the current state of knowledge on occupational stress among psychiatric nurses. The synthesis involved identifying common themes, trends, and gaps in the literature, as well as highlighting implications for different nursing fields.

Results

General Characteristics of the Included Studies

Concerning the context of the reviewed studies, the findings illustrated that these studies were conducted in various countries across the globe. Specifically, ten studies were conducted in the Arab world as follows: five studies in Egypt (Eita & Alhalawany, 2021; El-Azzab et al., 2019; Hasan, 2017; Hasan et al., 2018; Zaki & Barakat, 2018), four in Jordan (Hasan & Tumah, 2019; Masa'deh et al., 2017; Masa'deh et al., 2018; Shahrour et al., 2022), and one in Saudi Arabia (Alharbi

& Hasan, 2019). Three studies were conducted in the United States (Lowe, 2022; Njume, 2020; Rabi-Akewusola, 2020), two in China (Yang et al., 2018; Yao et al., 2021), two in Japan (Sugawara et al., 2017; Yada et al., 2018), two in India (Joseph et al., 2023; Varghese, 2021), two in Ghana (Fia et al., 2022; Opoku Agyemang et al., 2022), one in Iran (Rajabi et al., 2018), one in South Korea (Kim & Kweon, 2020), one in Indonesia (Rahmat et al., 2023), and one in Italy (Napoli, 2022).

In relation to the employed design, the review results indicated that there is heterogeneity among the reviewed studies. While most of the identified studies used quantitative approaches, only two studies used a mixed-method approach (Joseph et al., 2023; Lowe, 2022). More specifically, twelve studies utilized a descriptive cross-sectional design, five studies employed a descriptive correlational design (Eita & Alhalawany, 2021; El-Azzab et al., 2019; Hasan, 2017; Hasan et al., 2018; Rabi-Akewusola, 2020), three experimental studies (Njume, 2020; Yang et al., 2018; Zaki & Barakat, 2018), two studies used an explanatory design (Alharbi & Hasan, 2019; Hasan & Tumah, 2019), and two studies used a descriptive comparative approach (Masa'deh et al., 2017; Varghese, 2021). This review revealed that the included studies used varied sample sizes. The sample size ranged from 539 psychiatric nurses in the largest-sample study (Yao et al., 2021) to 13 psychiatric nurses in the smallest-sample study (Joseph et al., 2023).

The variation among the identified studies was also evident in terms of the measurement tools used to investigate occupational stress. The most commonly utilized tool to measure occupational stress among psychiatric nurses was the PSS (Cohen & Williamson, 1988). The PSS was used in seven studies (Lowe, 2022; Masa'deh et al., 2017; Masa'deh et al., 2018; Napoli, 2022; Njume, 2020; Opoku Agyemang et al., 2022; Shahrour et al., 2022). The Psychiatric Nurses Job Stress Scale (Yada et al., 2011) was used in five studies (Eita & Alhalawany, 2021; El-Azzab et al., 2019; Rajabi et al., 2018; Yada et al., 2018; Zaki & Barakat, 2018). The De Villiers, Carson, and Leary Stress Scale (Carson et al., 1995) was utilized in three studies (Hasan & Tumah, 2019; Hasan, 2017; Hasan et al., 2018). The Expanded Nursing Stress Scale (Gray-Toft & Anderson, 1981) was used in three studies (Alharbi & Hasan, 2019; Rahmat et al., 2023; Varghese, 2021). Two studies developed their own questionnaires for measuring occupational stress

(Rajabi et al., 2018; Joseph et al., 2023). In the rest five studies, the authors used a wide range of instrumentation as follows: The Job Stress Scale (Kim et al., 2015) used by Kim & Kweon (2020), the Generic Job Stress Questionnaire (Hurrell & McLaney, 1988) used by Sugawara et al. (2017), the Chinese Nursing Work Stress Scale (Xia-mei & Yan-jun, 2000) used by Yao et al. (2021), the Nursing Stress Scale (Li & Liu, 2000) used by Yang et al. (2018), and the Occupational Stress Scale (Weiman, 1978) used by Fia et al. (2022).

Levels, Sources of Occupational Stress, and Associated Factors

Occupational stress among psychiatric nurses is a well-documented issue in the literature. Studies have identified various levels and sources of stress that impact psychiatric nurses (Eita & Alhalawany, 2021; El-Azzab et al., 2019; Hasan, 2017; Hasan & Tumah, 2019; Hasan et al., 2018; Opoku Agyemang et al., 2022). Eita and Alhalawany (2021) reported that Egyptian psychiatric nurses had a moderate level of occupational stress ($M = 49.85$; $SD = 9.64$). On the other hand, Opoku Agyemang et al. (2022) showed that 42% of psychiatric nurses in Ghana had mild to high occupational stress”.

Concerning sources of occupational stress, Hasan and Tumah (2019) revealed that the most commonly

reported stressor among psychiatric nurses is communication with physicians and/or patient violence, which received the highest mean score ($M = 3.12$; $SD = 0.14$), followed by inadequate training ($M = 2.17$; $SD = 1.23$). In contrast to these results, the findings of Eita and Alhalawany (2021) showed that the highest reported stressor was a lack of nursing ability ($M = 22.96$; $SD = 5.01$), while the lowest reported stressor was difficulties in communicating with patients and their families ($M = 3.95$; $SD = 1.46$). Other reported sources of stress among psychiatric nurses included dealing with potentially suicidal patients, having to meet the demands of too many patients (Hasan, 2017), facing aggressive behavior from patients (Masa'deh et al., 2018), long hours, heavy workload, organizational changes, changes to duties, job insecurity, lack of autonomy, boring work, and lack of support (Eita & Alhalawany, 2021; El-Azzab et al., 2019; Hasan, 2017; Hasan & Tumah, 2019; Hasan et al., 2018; Opoku Agyemang et al., 2022). Addressing these stressors through organizational changes, increased support, and targeted interventions can help mitigate the negative impact of stress and improve the overall well-being of these essential healthcare providers. Table 2 illustrates the levels and sources of occupational stress among psychiatric nurses as indicated by previous literature.

Table 2. Review of levels and sources of occupational stress among psychiatric nurses

Authors	Year	Title	Levels and Sources of Occupational Stress
El-Azzab, Abdel-Aziz and Alam	2019	Work-related stress, burnout, and self-efficacy among psychiatric nurses	About a half of the participants had moderate levels of occupational stress.
Eita and Alhalawany	2021	The relation between clinical competency and perceived psychiatric nurses' job stress	Psychiatric nurses experienced a moderate level of occupational stress ($M = 49.85$; $SD = 9.64$).
Hasan	2017	Work stress, coping strategies and levels of depression among nurses working in mental health hospital in Port-Said city	Egyptian psychiatric nurses perceived moderate levels of occupational stress.
Hasan and Tumah	2019	The correlation between occupational stress, coping strategies, and the levels of psychological distress among nurses working in mental health hospitals in Jordan	Psychiatric nurses in Jordan experienced a moderate level of occupational stress, with the most significant stressors being physical and verbal abuse, inadequate training, and caring for suicidal patients.
Hasan, Elsayed and Tumah	2018	Occupational stress, coping strategies, and psychological-related outcomes of nurses working in psychiatric hospitals	The psychiatric nurses in Egypt experienced a moderate level of occupational stress. The most commonly reported stressors were physical and verbal abuse, along with inadequate training.

Opoku Agyemang, Ninnoni, and Enyan	2022	Prevalence and determinants of depression, anxiety and stress among psychiatric nurses in Ghana: A cross-sectional study	Approximately a half of the psychiatric nurses reported experiencing mild to high levels of occupational stress.
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The literature shows that occupational stress among psychiatric nurses is influenced by a combination of several factors (Eita & Alhalawany, 2021; Masa'deh et al., 2018; Opoku Agyemang et al., 2022; Shahrouf et al., 2022; Yada et al., 2018; Yao et al., 2021). These factors include the educational background of the psychiatric nurses (Opoku Agyemang et al., 2022; Yada et al., 2018), resources in mental health settings, insufficient training, weekly working hours, aggression (Masa'deh et al., 2018), years of practice, workplace violence, empathy (Yao et al., 2021), social support (Shahrouf et al., 2022), income, age of the nurse (Opoku Agyemang et al., 2022), and clinical competency (Eita & Alhalawany, 2021). Addressing these factors through supportive leadership, adequate staffing, professional development, and effective coping strategies is essential for reducing stress and improving the well-being of psychiatric nurses.

Comparison of Stress between Psychiatric Nurses and Other Nursing Populations

Occupational stress is a significant issue for both psychiatric and general nurses, but the sources and manifestations of this stress differ. Comparisons of occupational stress between psychiatric nurses and other nursing populations have been the subject of numerous studies (Alharbi & Hasan, 2019; Masa'deh et al., 2017; Rajabi et al., 2018; Varghese, 2021). For example, Rajabi et al. (2018) compared nurses working in emergency departments with those working in psychiatric departments. The sample consisted of 270 nurses. The results indicated a statistically significant difference ($p = 0.001$) between the two study groups in

relation to the perceived level of occupational stress. Nurses working in psychiatric wards perceived a higher level of occupational stress ($M = 3.462$; $SD = 0.396$) compared to those working in emergency departments ($M = 3.001$; $SD = 0.339$). Similarly, Varghese (2021) compared the level of stress between nurses working in psychiatric hospitals and those working in multi-specialty hospitals. The sample comprised 120 nurses (60 from multi-specialty hospitals and 60 from psychiatric hospitals). The results indicated that nurses working in psychiatric hospitals perceived lower degrees of severe occupational stress (43.3%) compared to those working in multi-specialty hospitals (65%). It can be concluded from these comparative studies that there are inconsistencies regarding which group of nurses perceives a higher level of occupational stress.

Utilized Coping Strategies

Psychiatric nurses employ a variety of coping strategies to manage occupational stress, as identified in previous literature (Alharbi & Hasan, 2019; Hasan, 2017; Hasan & Tumah, 2019; Hasan et al., 2018; Joseph et al., 2023). Hasan et al. (2018) reported that the most commonly adopted coping strategy was self-assurance and the belief that one's job would be appreciated by others ($M = 3.67$; $SD = 1.13$), followed by confidence in one's own abilities to do the job well ($M = 3.4$; $SD = 1.17$). In contrast, the least utilized coping strategy was developing an individual support network ($M = 2.29$; $SD = 1.10$). Similar results were evident in other studies (Hasan, 2017; Hasan & Tumah, 2019). Table 3 shows the most common coping strategies used by psychiatric nurses as revealed by the previous literature.

Table 3. Review of the most common coping strategies used by the psychiatric nurses

Authors	Year	Title	Coping Strategies
Alharbi, and Hasan	2019	Occupational stress, coping strategies, and quality of life among nurses in general and psychiatric settings in Jeddah city—KSA	The study indicated that there is a statistical significance between general nurses and psychiatric nurses in relation to the use of avoidance coping strategies ($p = 0.012$).

Hasan	2017	Work Stress, coping strategies and levels of depression among nurses working in mental health hospitals in Port-Said city	The psychiatric nurses used a wide range of coping strategies that incorporated thinking of appreciation having confidence and discussing problems with colleagues.
Hasan, and Tumah	2019	The correlation between occupational stress, coping strategies, and the levels of psychological distress among nurses working in mental health hospital in Jordan	The most commonly reported coping strategies were self-assurance, appreciation by others, and having confidence in one's own abilities.
Hasan, Elsayed, and Tumah	2018	Occupational stress, coping strategies, and psychological-related outcomes of nurses working in psychiatric hospitals	The highest utilized coping strategies were self-assurance, appreciation by others, and having confidence in one's own abilities.
Joseph, Chopra, and Shiva	2023	Assessment of occupational burnout and its determinants, causes of occupational stress, and its coping strategies among nurses working in the psychiatric wards: A mixed-method study	Reading books and meditation were the most used coping strategies.

Stress-reduction Interventions

Several interventions have been identified in the literature to help psychiatric nurses manage occupational stress (Lowe, 2022; Njume, 2020; Yang et al., 2018; Zaki & Barakat, 2018). These interventions include educational interventions (Njume, 2020), mindfulness-based stress reduction therapy (Yang et al., 2018), stress management training programs (Zaki & Barakat, 2018), and self-care activities (Lowe, 2022).

The studies revealed that these interventions were effective, as the levels of occupational stress among psychiatric nurses decreased significantly after receiving them. Implementing a combination of these strategies can create a supportive work environment that promotes the well-being of psychiatric nurses. Table 4 summarizes stress reduction interventions used by studies on psychiatric nurses.

Table 4. Review of stress reduction interventions used by studies on psychiatric nurses

Authors	Year	Title	Stress Reduction Interventions
Lowe	2022	Occupational stress in psychiatric nurses and the impact of self-care activities	Occupational stress degrees have been decreased significantly by using self-care activities.
Njume	2020	Assisting psychiatric nurses in managing work stress and decreasing callouts and absenteeism	Educational intervention was found to be effective in managing occupational stress among psychiatric nurses.
Yang, Tang, and Zhou	2018	Effect of mindfulness-based stress reduction therapy on work stress and mental health of psychiatric nurses	Mindfulness-based stress reduction (MBSR) therapy contributed to managing occupational stress among the intervention group of psychiatric nurses.
Zaki and Barakat	2018	Effect of stress management on job-related stress among nurses working with psychiatric patients	The stress management program influenced the degrees of occupational stress among psychiatric nurses.

Impact of COVID-19 Pandemic

The COVID-19 pandemic affected the whole globe, and psychiatric nurses were not isolated from its impact. Two studies have investigated the effect of the COVID-19 pandemic on the occupational stress perceived by this

nursing population (Rahmat et al., 2023; Napoli, 2022). The results of these studies indicated that the COVID-19 pandemic significantly increased occupational stress among psychiatric nurses due to heightened workloads, emotional and psychological stressors, changes in the

work environment, organizational challenges, and impacts on personal life. Addressing these stressors requires comprehensive support strategies, including adequate staffing, mental-health resources, effective communication, and policies that support work-life balance.

Outcomes of Occupational Stress

Occupational stress among psychiatric nurses can lead to a wide range of negative outcomes, impacting both individuals and the healthcare system in which they work. The literature highlights various consequences of high stress levels in this professional group (Fia et al., 2022; Kim & Kweon, 2020; Rabi-Akewusola, 2020; Sugawara et al., 2017). For instance, Fia et al. (2022) indicated that occupational stress negatively affected the job performance of psychiatric nurses, resulting in issues, such as forgetfulness, work absence, overreaction, and exhaustion. Kim and Kweon (2020) showed a significant positive correlation between occupational stress and burnout among Korean psychiatric nurses ($r = 0.55$, $p < 0.001$). Sugawara et al. (2017) reported that occupational stress had an effect on the psychological health of psychiatric nurses.

Research Gaps

Despite the extensive research on occupational stress among psychiatric nurses, several gaps remain in the literature. Identifying these gaps is crucial for guiding future research and improving the well-being of psychiatric nurses. Here are some notable research gaps:

1. **Lack of Longitudinal Studies:** There is a lack of longitudinal studies that track stress levels and their impacts over time. Longitudinal research could provide insights into the development of stress and its long-term consequences, as well as the effectiveness of interventions over extended periods.
2. **Cultural and Regional Differences:** There is a limited understanding of how cultural and regional differences affect occupational stress among psychiatric nurses. More research is needed in diverse geographical and cultural settings to identify region-specific stressors and effective coping strategies.
3. **Organizational Factors:** More research is needed to explore the impact of organizational culture, leadership styles, and policies on occupational stress. Studies should investigate how changes in these

organizational factors can mitigate stress and improve job satisfaction.

4. **Impact of Technology:** There is limited research on how the increasing use of technology impacts stress levels among psychiatric nurses. Future studies should examine both the positive and negative effects of technology on work-related stress.
5. **Psychological Resilience:** Future studies should explore the factors that contribute to psychological resilience among psychiatric nurses and how resilience can be enhanced through training and support programs.

Addressing these research gaps is essential for developing a comprehensive understanding of occupational stress among psychiatric nurses and for creating effective interventions to improve their well-being and job performance. Future research should aim to fill these gaps through diverse, rigorous, and contextually relevant studies.

Discussion

This literature review on occupational stress among psychiatric nurses highlights several critical insights into the levels and sources of occupational stress, the utilized coping strategies, and stress reduction interventions. This part of the study synthesizes the findings, discusses their implications, and identifies areas for future research and practice improvements.

Barriers of Comparison

In this literature review, several barriers to comparing the identified studies were encountered. Firstly, there was significant variability in study methodology, with differences in designs, sample sizes, and study durations, making direct comparisons challenging. Secondly, inconsistent terminology and definitions posed a substantial barrier; the variation in how key terms and outcomes were defined and measured hindered the ability to make direct comparisons. For instance, what one study referred to as "occupational stress" might differ significantly from another, leading to inconsistencies in interpreting results. Thirdly, the diverse populations and settings of the studies further complicated comparisons. Studies conducted on different groups of psychiatric nurses, varying by age, geographical location, and cultural background, as well as in different settings, such as hospitals, clinics, or community environments, affected

the generalizability of the findings. Results from studies in specific contexts were often not applicable to other settings. Lastly, differences in statistical methods and analysis techniques used across studies resulted in varying interpretations of similar data. These barriers collectively highlight the complexities involved in synthesizing and comparing findings from diverse studies on occupational stress among psychiatric nurses.

Levels and Sources of Occupational Stress

This literature review found that psychiatric nurses suffer from moderate to high levels of occupational stress. This study finding is similar to the findings of Abdalrahim (2013) who reported that numerous studies have presented substantial evidence indicating that the levels of work-related stress experienced by psychiatric nurses are exceptionally and particularly high. Psychiatric nurses experience moderate to high levels of occupational stress due to the unique and demanding nature of their work environment. They frequently deal with emotionally charged situations, such as managing patients with severe mental health disorders, which can be both mentally and emotionally draining. The high patient-to-nurse ratios and often inadequate staffing levels further increase their workload and pressure. Additionally, psychiatric nurses are at a higher risk of facing violence and aggression from patients, contributing significantly to their stress and anxiety. The lack of sufficient support from management and colleagues can exacerbate feelings of isolation and stress. Moreover, the administrative burdens of extensive documentation and regulatory compliance add to their overall stress levels. The stigma and societal attitudes toward mental health work can also negatively impact their morale and job satisfaction. Finally, the continuous need to display empathy and manage personal emotions while providing care leads to emotional fatigue and burnout. These combined factors create a challenging and stressful work environment for psychiatric nurses.

This review also found that previous studies indicated that psychiatric nurses encounter various stressors. The highly reported stressors might incorporate communication with physicians and/or patient violence and lack of nursing ability. Likely, Konstantinos and Christina (2008) showed that previous research addressed quality inter-professional collaboration between nurses and doctors as an

important source of stress among psychiatric nurses. Communication with physicians, patient violence, and perceived lack of nursing ability are significant sources of occupational stress among psychiatric nurses for several reasons. Effective communication with physicians is crucial for coordinated patient care, but it can be challenging due to hierarchical structures and differing communication styles. Miscommunication or lack of clear communication can lead to misunderstandings, increased workload, and frustration, contributing to stress. Additionally, psychiatric nurses frequently encounter patient violence and aggression, which not only pose a physical threat, but also create a constant state of alertness and anxiety, significantly impacting their mental well-being. Moreover, the perception of a lack of nursing ability, whether due to insufficient training, experience, or support, can undermine a nurse's confidence and sense of competence. This self-doubt and fear of making mistakes can lead to heightened stress levels. Together, these factors create a work environment where psychiatric nurses are under continuous pressure, affecting their overall job satisfaction and mental health.

Utilized Coping Strategies

This review illustrated that psychiatric nurses employ various coping mechanisms to manage occupational stress, including self-assurance and the belief that their job would be appreciated by others and having confidence in one's own abilities to do a job well. In contrast to this finding, Abdalrahim (2013) reported that the most commonly used coping strategies by psychiatric nurses were planning actions based on past experiences, discussing issues with friends, taking holidays, ensuring adequate rest, and engaging in diversional therapy. The variation between our findings and the findings of Abdalrahim (2013) could be attributed to the differences in the used methodologies, such as the databases and inclusion criteria of the studies.

Self-assurance and confidence in one's abilities are among the most commonly used coping strategies by psychiatric nurses to manage occupational stress, because these attributes provide a strong foundation for resilience and effective stress management. Self-assurance helps nurses trust their skills and judgment, enabling them to handle challenging situations with a sense of competence and control. Believing that their work is valued and appreciated by others can

significantly boost their morale and job satisfaction, counteracting feelings of frustration and burnout. This external validation serves as a powerful motivator, reinforcing their dedication and commitment to their roles. Confidence in their abilities allows psychiatric nurses to approach their duties with a positive mindset, reducing anxiety and enhancing their ability to provide high-quality care. These coping strategies empower nurses to navigate the emotional and physical demands of their profession, ultimately contributing to their overall well-being.

Stress Reduction Interventions

This review revealed that educational intervention, mindfulness-based stress reduction therapy, stress management training programs, and self-care activities are effective stress interventions used by previous research on psychiatric nurses. Conversely, Edwards and Burnard (2003) found that relaxation methods, behavioral technique training, stress management workshops, and therapeutic skills' training proved to be effective stress management strategies for psychiatric nurses. Our results are different from the results of Edwards and Burnard (2003), because Edwards and Burnard (2003) focused on those studies that were published in the UK between 1966 and 2000.

Educational interventions, mindfulness-based stress reduction therapy, stress management training programs, and self-care activities have been found effective as stress interventions for psychiatric nurses in previous research for several reasons. Educational interventions equip nurses with essential knowledge and skills to manage stress, enhancing their ability to handle challenging situations with confidence and competence. Mindfulness-based stress reduction therapy helps nurses develop greater awareness and acceptance of their thoughts and emotions, promoting mental clarity and reducing anxiety. Stress management training programs provide structured approaches to identifying and coping with stressors, offering practical tools and techniques that nurses can apply in their daily work. Self-care activities, such as exercise, hobbies, and relaxation practices, are crucial for maintaining physical and mental health, allowing nurses to recharge and maintain a balanced life. These interventions collectively address the multi-faceted nature of occupational stress, empowering psychiatric nurses to improve their well-being and effectiveness in their roles.

Implications for Nursing

The findings of the literature review on "Occupational Stress among Psychiatric Nurses" have several important implications for nursing practice, education, and policy. Firstly, the identification of various levels and sources of stress highlights the need for targeted interventions tailored to the unique stressors experienced by psychiatric nurses. This includes creating supportive work environments that address the specific emotional and psychological challenges of psychiatric nursing. Moreover, training programs should incorporate emotional intelligence development and stress management techniques, such as mindfulness therapy and self-care activities, to enhance nurses' coping abilities and resilience.

This literature review also sheds light on the coping strategies utilized by psychiatric nurses. It is necessary to integrate training on effective coping strategies into nursing education and continuing education programs are crucial. Additionally, nursing curricula should include modules on developing self-assurance, resilience, and emotional intelligence. Workshops and training sessions that focus on building these skills can prepare nurses to handle the stresses of their profession more effectively.

The review also underscores the critical impact of the COVID-19 pandemic on occupational stress levels among psychiatric nurses. This suggests a need for ongoing support and resources to help nurses navigate the heightened stress associated with pandemic conditions. Furthermore, healthcare organizations should implement regular mental health assessments and provide access to counseling services to mitigate the adverse effects of pandemic-related stress.

Additionally, the review's findings on the negative outcomes of occupational stress, such as burnout and decreased job performance, call for systemic changes in workload management and staffing policies. Ensuring adequate nurse-to-patient ratios and offering flexible scheduling can help reduce the risk of burnout and improve job satisfaction and performance.

Educational institutions should integrate comprehensive stress management training into nursing curricula, equipping future nurses with the skills necessary to manage occupational stress effectively. By prioritizing the mental health and well-being of psychiatric nurses, healthcare systems can enhance overall care quality, reduce turnover rates, and foster a

more sustainable and effective workforce.

In conclusion, the insights from this literature review highlight the urgent need for multi-faceted strategies to address occupational stress among psychiatric nurses. By implementing targeted interventions, providing ongoing support, and fostering a supportive work environment, healthcare organizations can significantly improve the well-being and job performance of psychiatric nurses, ultimately benefiting the entire healthcare system.

Future Research Directions

Despite the valuable insights gained, several gaps in the literature remain. Future research should focus on: First, conducting long-term studies to understand the chronic effects of occupational stress and the effectiveness of various interventions over time. Second, examining the experiences of psychiatric nurses in different cultural and healthcare settings to identify universal and context-specific stressors and coping strategies. Third, evaluating the efficacy of specific organizational and individual interventions designed to reduce occupational stress and improve outcomes for both nurses and patients.

Strengths and Limitations

This literature review possesses significant notable strengths, making it a valuable contribution to the field. Firstly, it provides a comprehensive synthesis of contemporary research by including studies published between 2017 and 2023, ensuring that the findings are relevant and up-to-date. Secondly, the review's methodological rigor is demonstrated through its systematic approach to selecting studies, employing specific keywords related to occupational stress, psychiatric nurses, and work environments. This meticulous process enhances the reliability and validity of the review's findings by ensuring that only high-quality, pertinent studies were included.

Additionally, the review's examination of diverse stress reduction interventions, including educational programs, mindfulness therapy, stress management training, and self-care activities, highlights practical approaches to mitigating stress. By evaluating the effectiveness of these interventions, the review provides actionable recommendations for healthcare organizations to support their nursing staff. Moreover, the review's emphasis on the critical need for ongoing

support and targeted interventions underscores its practical implications. By advocating for the implementation of effective stress management strategies and fostering a supportive work environment, the review aims to enhance the mental health and job satisfaction of psychiatric nurses, ultimately leading to improved patient care and outcomes.

Despite its comprehensive approach and valuable insights, this literature review has a number of limitations that should be acknowledged. Firstly, the review is restricted to studies published between 2017 and 2023, which, while ensuring contemporary relevance, may exclude seminal works or foundational research conducted prior to this period that could provide a deeper understanding of the topic.

Secondly, the inclusion criteria limited the review to studies reported in English. This language restriction potentially excludes relevant research published in other languages, thereby limiting the diversity of perspectives and findings included in the analysis. As a result, the review may not fully capture the global scope of occupational stress among psychiatric nurses. Another limitation is the reliance on multiple electronic databases, such as PubMed, MEDLINE, PsycINFO, CINAHL, ProQuest, Scopus, and Web of Science. While these databases are comprehensive, the review might have missed studies published in niche journals or other databases not included in the search strategy. Additionally, the use of specific keyword combinations may have overlooked studies that did not explicitly use these terms, but are still relevant to the topic.

The review's methodological diversity among the included studies poses another challenge. Variability in study designs, sample sizes, and measurement tools can make it difficult to draw consistent conclusions or generalize the findings. The review highlights various coping strategies and stress reduction interventions, but differences in how these strategies and interventions were implemented and evaluated across studies can lead to inconsistencies in the reported effectiveness.

Furthermore, the review primarily relies on the findings reported in the included studies without performing a meta-analysis. A meta-analysis could have provided a more robust statistical synthesis of the data, allowing for stronger conclusions regarding the impact of occupational stress and the effectiveness of coping strategies and interventions.

Lastly, the review's focus on published literature

may introduce publication bias, as studies with significant or positive findings are more likely to be published. This bias could skew the overall conclusions, underrepresenting studies with null or negative results that are equally important for a balanced understanding of the issue. These limitations suggest the need for further research to address these gaps and provide a more comprehensive understanding of the topic.

Conclusion

This literature review highlights the significant levels and sources of stress experienced by psychiatric nursing groups. By analyzing research published between 2017 and 2023, this review provides a comprehensive overview of contemporary findings on the topic. The included studies reveal that psychiatric nurses face substantial occupational stress due to various factors, including high workloads, emotional demands, and challenging work environments.

The review underscores that psychiatric nurses employ a diverse array of coping strategies to manage their stress, with self-assurance and confidence in their abilities being particularly notable. Additionally, the literature points to the effectiveness of several stress reduction interventions, such as educational programs,

mindfulness therapy, stress management training, and self-care activities. These interventions have shown to be effective in mitigating stress and improving the well-being of psychiatric nurses.

Overall, this review emphasizes the critical need for ongoing support and targeted interventions to address occupational stress among psychiatric nurses. By implementing effective stress management strategies and fostering a supportive work environment, healthcare organizations can enhance the mental health and job satisfaction of psychiatric nurses, ultimately leading to improved patient care and outcomes. Future research should continue to explore innovative approaches to stress reduction and further investigate the long-term impacts of these interventions on both nurses and patient care.

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Conflict of Interests

The authors declare no known or potential sources of conflict of interests.

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