



KEY WORDS

- ✓ Intensive Care
- ✓ Nurses
- ✓ Burnout
- ✓ Positive Mental Health
- ✓ Healthy Life Style Behaviors

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THE RELATIONSHIP BETWEEN HEALTHY LIFESTYLE BEHAVIORS, BURNOUT LEVELS AND POSITIVE MENTAL HEALTH IN INTENSIVE CARE NURSES

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THESIS ABSTRACT

This cross-sectional and descriptive research was conducted with 196 nurses working in a public hospital in Bursa in order to Decipher the relationship between healthy lifestyle behaviors, burnout and positive mental health levels of intensive care nurses. Data were collected using a sociodemographic information form, HLBS-II, BM-SV, and PMHS. The nurses' HLBS-II and PMHS scores were found to be at a moderate level and that they were experiencing burnout. Healthy lifestyle behaviors, childbearing and alcohol use, burnout, income level and job satisfaction, and positive mental health were significantly affected by sex and smoking. A negative relationship was found between burnout and healthy lifestyle behaviors, while a positive relationship was found between burnout and positive mental health.

APPLICATION AREAS OF THE THESIS RESULTS

In line with the findings of this research, it is proposed to plan institutional practices that support the healthy lifestyle behaviors of intensive care nurses, increase job satisfaction and prevent burnout. Regular wellness programs, stress management and psychological endurance trainings by hospital managers, as well as the dissemination of counseling services that support mental health can contribute to strengthening the well-being of nurses. It is thought that the research results will guide the establishment of institutional policies aimed at improving nurse health, the planning of in-service training programs and the development of practices that center employee well-being.

ACADEMIC ACTIVITIES

1. Çıtak Tunç, G., & Gül, K. (2025, April 16–19). Depression literacy and stigma toward depression among university students. In VIII. International XII. National Psychiatric Nursing Proceedings Book (pp. 967–969). Diyarbakır, Türkiye.