



## KEY WORDS

- ✓ Nurse
- ✓ Intensive care
- ✓ Anxiety
- ✓ Depression
- ✓ Work-related strain

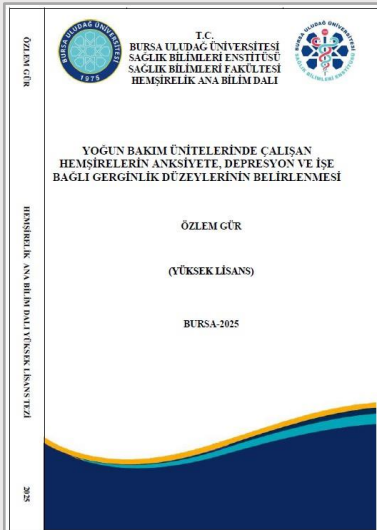
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## DETERMINING THE LEVELS OF ANXIETY, DEPRESSION, AND WORK-RELATED STRAIN INVENTORY NURSES WORKING IN INTENSIVE CARE UNITS

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## THESIS ABSTRACT

This study was conducted to determine the levels of anxiety, depression, and work-related stress among nurses working in the intensive care units (ICUs) of Bursa Uludağ University Health Application and Research Hospital. The research sample consisted of 100 nurses who worked in the hospital's intensive care units and voluntarily agreed to participate in the study, conducted between September 1, 2023, and January 15, 2024. Data were collected using a personal information form to identify ICU nurses, the Hospital Anxiety and Depression Scale (HADS), and the Work-Related Strain Scale (WRSS). The study found that the nurses' anxiety, depression, and work-related stress levels were influenced by the ICU unit in which they worked, and married nurses had higher levels of anxiety.

## APPLICATION AREAS OF THE THESIS RESULTS

It emphasizes the importance of developing coping strategies for psychological issues by measuring the anxiety, depression, and work-related stress levels of nurses working in intensive care units, aiming to assess the impact of stress factors in the work environment on their mental health.

## ACADEMIC ACTIVITIES

1. Gür, Ö., & Vatansever, N. (2024). Patient Mobilization Practices in Nursing Graduate Theses Conducted in Turkey. 20th Uludağ Internal Medicine National Winter Congress, 14th Uludağ Internal Medicine Nursing Congress.