

# The relationship between depression and work experience in educational hospitals in Sistan, Iran

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## ABSTRACT

**Introduction & Objective:** Mental health is considered as one of the most important health and health standards of a society and will result in a lot of problems for the deprivation of this divine gift of human beings. Depression is a disorder that has a long history in human life and has always been involved with human history. Therefore, with regard to the content and the importance of depression, the present study aims to investigate the relationship between depression and work experience in hospital nurses. Training was conducted in Sistan district. **Materials and Methods:** This is a cross-sectional descriptive-analytic study. In this study, 253 nurses from educational hospitals in the north of Sistan and Balouchestan province of Iran (Sistan region) who had inclusion criteria were randomly assigned to the study. Demographic information and Beck Depression Inventory were completed by samples and then the data were analyzed by SPSS version 24 software. **Results:** Demographic data analysis indicated that the mean and standard deviation of the age of the participants in the study was  $59.59 \pm 5.28$ . Mean average and standard deviation of work experience was  $6.4 \pm 4.8$  years. The mean and standard deviation of depression scores in nurses participating in the study was  $9.45 \pm 9.54$ . Data analysis using Spearman's correlation coefficient indicated that there was a direct and positive relationship between work experience and depression levels, but this relationship was not statistically significant ( $p\text{-value} > 0.05$ ). **Discussion and Conclusion:** The results of the study showed that there is a positive and direct relation between depression and work experience, which is statistically meaningless. Considering that nurses play an important role in improving the health of people in society, eliminating the underlying factors of depression is considered as a health priority. Therefore, it is suggested that management measures, social support, improvement of working conditions to reduce depression in this community should be used.

**Keywords:** depression, work experience, nurses

## Introduction

Mental health is considered as one of the most important health and health standards of a society, and it will cause many problems for the deprivation of this divine gift of human beings.

Unfortunately, in today's world, mental illness, anxiety, stress, and depression have become widespread, and this has also caused human vulnerability to the challenges of everyday life <sup>[1]</sup>. Depression is one of the disturbances that has had a long history of human life and has always been involved with human history <sup>[2]</sup>. Any person at any point in his life may experience this disorder that can affect his physical, emotional, emotional and behavioral health <sup>[3]</sup>. Generally, depression is a sad feeling, cramping, impatience, heartbreak, despair, and a decrease in interest in everyday activities such as socializing and having fun that vary from mild to severe <sup>[4]</sup>. Depression with a rate of 10% to 20% per year is considered the most common psychiatric disorder <sup>[5]</sup>. In the whole world, 340 million people suffer from this mental disorder <sup>[6]</sup>. In Iran, about 15-25% of the population is experiencing mild to severe depression, which indicates the high prevalence and significance of this disorder in Iran <sup>[7]</sup>.

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There have also been many studies in Iran that indicate a high prevalence of depression among nurses so that Khajeh Nasiri reports the prevalence of moderate to severe depression among nurses (26.9%), which indicates that this is serious Disruption of the nurse's community<sup>[8]</sup>. Depression, besides being one of the four major diseases in the world, leads to very high costs<sup>[9, 10, 11]</sup>. Selective serotonin reuptake inhibitors (SSRIs), triangular anti-depressants (TCAs), and monoamine oxidase inhibitors (MAOIs) are among the most commonly used treatments for this disorder<sup>[12]</sup>. In addition to drug therapies, other methods such as shock therapy, cognitive therapy, behavioral therapy and psychotherapy are also used to treat people with this disorder<sup>[13]</sup>. The main factors mentioned in the etiology of depression are physical illnesses, hormonal disorders, some drugs, inheritance, and psychosocial factors<sup>[14]</sup>. If it's not a good remedy for this disease, it can lead to many physical impairments. Some of the most important discomforts caused by depression include constipation, diarrhea, body pain, anemia, insomnia, fatigue, loss of libido, forgetfulness, tremor, tenderness, and breathlessness. It also reduces compliance with the treatment of chronic patients and causes worsening of their condition<sup>[15, 16]</sup>. Additionally, depression can lead to far more serious and lethal complications than the above problems for the individual and society, with the most common cause of disability and disability in the world associated with a type of depression, about two thirds of patients have depressed suicidal thoughts and 10-15% of them commit suicide. Sometimes depressed people with psychological characteristics are also thinking of killing other people<sup>[17]</sup>. Among the nurses who have the most healthcare occupations, they act like the arm of the health care system and have a great impact on the evolution and advancement of care, treatment, improvement and promotion of health. Therefore, the physical and mental health of nurses is important. Research has shown that health care workers, especially nurses, are more susceptible to depression and suicide than ordinary people<sup>[18]</sup>. One of the most important causes of depression in nurses is the following: professional conflict and role conflict with other members of the treatment team, poor understanding of partners and poor communication with them, various tasks, management of physical, psychological and emotional aspects Patient and Exposure to Death. Approximately 25 percent of nurses suffer from depression, and this not only causes them to drop their jobs, but also increases the probability of professional errors, reducing the quality of nursing care and decreasing patient safety<sup>[19]</sup>. Therefore, according to the mentioned articles and the importance of depression among the nursing corps, the present study was conducted to study the relationship between depression and work record in the nurses of educational hospitals in the north of Sistan and Balouchestan province of Iran (Sistan region). As well as providing a platform for other health care providers, we can use this information to step up our nursing profession.

## Materials and Methods

The present study is a descriptive-analytic-cross sectional study conducted in 1397. The purpose of this study was to investigate the relationship between depression and work experience in nurses of educational hospitals in north of Sistan and Balouchestan, Iran (Sistan region). In this study, 253 nurses from Imam Ali and Imam Khomeini educational hospitals had the conditions to enter the study. They were randomly assigned to the study. Being employed in Sistan educational hospitals, having a bachelor's degree in nursing and above, having at least one year of clinical work experience, were satisfied with being eligible for inclusion in the study. Unwillingness to cooperate was one of the criteria for leaving the study.

A questionnaire was used to collect data in this study, which has two parts: demographic information and Beck Depression test. In the demographic information section, we examined the age, sex, work experience, marital status, place of residence, nursing interest and nursing employment status. Also, the Beckik test of the self-report scale is 21 items that measures the level of depression in individuals. On this scale, each question is scored 0 to 3, and a general depression score is obtained by adding scores to each question. The overall score of this scale is obtained by aggregating the scores of all questions. The overall score of this scale is between 0 and 63, in which the individuals are ranked in a certain range based on the score they earn, so that the score is 9-0, 10-16, mild, 30-17 average, 30 up Intense. The validity and reliability of this questionnaire on the Iranian population indicated a 0.78 for Cronbach's alpha and 0.75% for a two-week test<sup>[20]</sup>. After obtaining permission from the respectable authorities of Imam Ali Hospital and Imam Khomeini, researchers gathered data. The researchers then provided the research questionnaire after having collaborated with them to participate in the research. Along with each questionnaire, there was an instruction to complete it. First, the instructions for each questionnaire were explained to the people, and then they will be asked to respond to the questionnaires carefully and accurately by reading the guidelines again. The research data were collected by researchers in the SPSS version 24. Descriptive statistics were described using mean, standard deviation, frequency and percent distribution. Spearman correlation coefficient was also used in inferential statistics. P value <0.05 was considered as a significant level.

## Findings

Demographic data analysis indicated that the mean and standard deviation of the age of the participants in the study was  $29.57 \pm 5.28$ . Mean average and standard deviation of work experience was  $6.4 \pm 4.8$  years. Other demographic information is given in Table 1.

**Table 1. Frequency distribution of nurses based on demographic variables**

Demographic features		Frequency	Percent
Sex	Male	71	28.1
	Female	182	71.9
marital status	Single	194	76.7
	Married	59	23.3
Place of living	City	243	96
	Village	10	4
Interest in nursing	Low	17	6.7
	Moderate	147	58.1
	High	89	35.2
Employment status	Official employee	102	40.3
	Unofficial employee	151	59.7

Also, the mean and standard deviation of depression scores in nurses participating in the study was  $9.45 \pm 9.54$ , with a minimum and maximum score of 0 and 50 respectively. Of the participants in the study, 194 (76.7%) patients did not have any depression, while 47 (18.6%) had mild depression and 12 (4.7%) had moderate depression. Independent t-test results indicated that there was no significant difference between depression in nurses in special and non-special sectors ( $p$ -value > 0.05).

Data analysis using Spearman's correlation coefficient indicated that there was a direct and positive relationship between work experience and depression levels, but this relationship was not statistically significant ( $p$ -value > 0.05) (Table 2)

**Table 2. Determining the correlation between depression and work experience**

Variable	P-VALUE	Depression	
		Frequency	Spearman correlation coefficient
Work experience	0.798	253	0.016

## Discussion and Conclusion

One of the most basic human needs that plays an important role in sustainable development is health. The World Health Organization considers mental health one of the most important areas of health and requires planning [21, 22]. One of the examples of having mental health is the lack of disturbances such as depression. Therefore, the present study aimed to investigate the relationship between depression and work experience in nurses of educational hospitals in north east of Sistan and Balouchestan province of Iran. According to the results of this research, most of the research units lacked any depression that was related to Khamseh et al., Khani and Alipour et al. [23, 24, 25]. Descriptive-cross sectional study was conducted to investigate depression, Anxiety, stress in military nurses, examined 272 nurses at the Military Hospital. The results showed that there was no depression in most research units that was in line with our study [5].

Mohammadi et al. in a study to compare and compare the rate of depression in nurses working in educational hospitals of Kurdistan University of Medical Sciences, 380 nurses were selected by census method. The results showed that 42% of all research samples did not have any depression, and in this respect they were not consistent with the results of our study [26]. It may be that the different conditions of work, as well as the different atmosphere dominated by various health centers, are due to this difference in results. The results of this study showed that there was a positive and direct relationship between depression and work experience, but this relationship was not statistically significant ( $p$ -value > 0.05). In this regard, the results of Mahmoudi and colleagues, and Fallah and colleagues were well documented with our study [26, 27].

Considering that nurses play an important role in improving the health of people in society, eliminating the underlying factors of depression is considered as a health priority. Therefore, it is suggested that management measures, social support, improvement of working conditions to reduce depression in this community. To be used. It is hoped that this study will provide an introduction to further research in this field.

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