



**"The impact of Night Work on Anxiety, Depression and  
Fatigue**

**Among Jordanian Nurses"**

**"تأثير العمل الليلي على القلق و الاكتئاب والاجهاد على الممرضين الاردنيين"**

**By**

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**Committee Decision**

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## ABSTRACT

### "The Impact of Night Work on Anxiety, Depression and Fatigue among Jordanian Nurses"

**Objectives:** The general purpose of this study was to investigate the effect of night shift work on anxiety, depression, and fatigue, among Jordanian nurses. **Methods:** A non-experimental descriptive cross-sectional design was used for this study. Validated self-reported questionnaires (Hospital Anxiety and Depression Scale and Fatigue Severity Scale) were used among 298 nurses (127 male and 171 females). Nurses completed a sociodemographic sheet about (age, gender, marital status, years of experience, educational level, and area of practice). Participants were selected from four major hospitals in Jordan **Results:** The results of the study showed that nurses who were involved in permanent night experience were at a higher risk for anxiety compared to nurses who were involved in temporary or no night experience. Furthermore, there were significant positive correlations between the number of night shifts worked in the last year with depression and fatigue. Another finding of this study was a significant negative correlation between number of night shift work with age and with years of experience. Furthermore, there were significant negative correlations between fatigue and (age, years of experience). Female nurses were more prone to depression and fatigue compared to

male nurses **Conclusion:** This study demonstrated that night shift work enhanced the chance of developing anxiety, and fatigue disorders due to the disturbance of sleep patterns, which reflect negatively on nurses' performance and the quality of care being delivered to the patients. Nurse administrators are highly advised to set a maximum number of night shifts that should be worked by nurses each year. **Keywords:** nurses, anxiety, depression, fatigue, night shift and mental disorders.