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چکیده فارسی

**مقدمه:** شیوع سریع بیماری کووید ۱۹ در ابتدای سال ۲۰۲۰ در جهان، فشار جسمانی و روانی شدیدی بر کادر درمانی بیمارستان هایی که درگیر مراقبت از بیماران مبتلا به کووید-۱۹ بودند، وارد کرد تا حدی که خطر بروز اضطراب و استرس برای این گروه افزایش یافت. بنابراین این پژوهش با هدف مقایسه اضطراب سلامت و تعارضات کار- خانواده در بین پرستاران، پزشکان و کادر خدمات بیمارستان های کرونایی شهر کرمان انجام می شود.

**روش:** این مطالعه از نوع مطالعات توصیفی مقایسه ای است. جامعه آماری در این پژوهش شامل کلیه پرستاران، پزشکان و کادر خدمات بیمارستان های کرونایی (افضلی پور و تامین اجتماعی) شهر کرمان در سال ۱۳۹۹ به تعداد حدود ۲۶۰۰ نفر می باشند. بر اساس جدول مورگان تعداد ۳۳۰ نفر و در هر گروه (پرستار ۱۱۰ نفر، پزشک ۱۱۰ نفر و کادر خدمات ۱۱۰ نفر) به روش نمونه گیری در دسترس انتخاب شدند. داده های پژوهش بر اساس پرسشنامه های اضطراب سلامت و تعارض کار- خانواده که پایایی و روایی آنها سنجیده شده است، جمع آوری شد. برای تجزیه و تحلیل داده ها از نرم افزار 20 SPSS و تست های آماری تحلیل واریانس و آزمون t مستقل استفاده شد

**یافته ها:** نتایج تحقیق نشان داد که بین اضطراب سلامت در بین پرستاران، پزشکان و سایر پرسنل پزشکی تفاوت معنی داری وجود داشت و پرستاران از اضطراب سلامت بالاتری برخوردار بودند. بین تعارضات کار- خانواده در بین پرستاران، پزشکان و سایر پرسنل پزشکی تفاوت معنی داری وجود نداشت. **نتیجه گیری:** به نظر می رسد کادر درمانی به دلیل مواجهه با محیط استرس زا و مراقبت از بیماران کرونایی در معرض اضطراب سلامت قرار دارند. لذا نیازمند است در جهت کاهش عوامل استرس زا مداخلاتی صورت گیرد.

**کلید واژه ها:** اضطراب سلامت، تعارضات کار- خانواده، پرستاران، پزشکان، بیماری کرونا

چکیده انگلیسی

## **Abstract**

**Introduction:** The rapid outbreak of Covid 19 disease in early 2020 in the world, put severe physical and psychological pressure on the medical staff of hospitals involved in the care of patients with Covid-19, to the extent that the risk of anxiety and stress increased for this group. Therefore, this study aims to compare health anxiety and work-family conflicts among nurses, physicians and staff of coronary hospitals in Kerman.

**Method:** This is a descriptive comparative study. The statistical population in this study includes all nurses, physicians and service staff of corona hospitals (Afzalipour and Social Security) in Kerman in 1399 in the number of about 2600 people. According to Morgan's table, 335 people in each group (110 nurses, 110 physicians and 110 service staff) were selected by simple random sampling. Research data were collected based on health anxiety and work-family conflict questionnaires whose reliability and validity were measured. For data analysis, SPSS 20 software and statistical tests of analysis of variance and independent t-test were used.

**Results:** The results showed that there was a significant difference between health anxiety among nurses, physicians and other medical personnel and nurses had higher health anxiety. Between work-family conflicts among nurses, physicians and other medical personnel There was no significance.

**Conclusion:** It seems that medical staff are exposed to health anxiety due to facing a stressful environment and caring for coronary patients. Therefore, interventions are needed to reduce stressors.

**Keywords:** Health Anxiety, Work-Family Conflicts, Nurses, Physicians, Corona Disease



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استاد راهنما

دانشیار

دکتر قدرت الله رجبی زاده

مهر و امضای مسئول شورای پژوهشی بالینی



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استاد(ان) مشاور			
عضو هیات داوران	<u>دکتر محمد علی</u>	<u>۱۹,۲</u>	
عضو هیات داوران	<u>دکتر علی</u>	<u>۲</u>	
عضو هیات داوران	<u>دکتر نوید محمدی</u>	<u>۱۸,۴</u>	

پس از استماع مراحل اجرا و نتایج حاصله، پایان نامه با درجه عالی و نمره ۱۹,۴ (از بیست) مورد تأیید قرار گرفت.

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