

Psychosocial Hazards and Mental Health Among Nurses: Baseline Findings from an Ongoing Randomized Controlled Trial in Brunei Darussalam

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402

Participants

80%

Female

40.3 yrs

Mean Age

42.5 hrs

Work/Week

7.29/10

Performance

INTRODUCTION

Nurses face psychosocial hazards including high workload, long hours, and emotional demands, increasing risks of stress, anxiety, and depression.

In Brunei Darussalam, challenges persist despite supportive healthcare environments. This study reports baseline data from an ongoing randomized controlled trial to establish mental health status and exposure to psychosocial hazards.

METHODOLOGY

- 1 Randomized Controlled Trial (RCT) Design**
Government, private & military healthcare settings
- 2 Baseline Data**
Pre-intervention analysis with N = 402 nurses
- 3 Validated Tools**
Mental health, functional health & work outcomes
- 4 Scoring Scale**
Mental health measured on 0 - 3 scale, descriptive statistics

CONCLUSION & PRACTICAL APPLICATION

Baseline findings demonstrate psychosocial hazards, particularly high workload, and their association with psychological distress among nurses, despite preserved functional health and performance.

This provides a reference for evaluating the ongoing intervention.

Recommendations

- Workload management strategies
- Stress reduction programmes
- Routine mental health screening

RESULTS

Mental Health Distress Score

1.63 / 3.0

SD = 0.56 | Range: 0.50 - 3.00 | Low to Moderate Distress

Top Reported Symptoms (mean scores)

Difficulty winding down	1.95
Over-reacting	1.86
Worry about panic	1.79

Functional Health Indicators

87%

No mobility problems

96%

No self-care problems

27%

Some anxiety/ depression

Self-rated Work Performance

7.29/10

High performance maintained despite psychosocial hazards. Some health-related work absence reported.

Demographics

Mean age: 40.3 years (SD = 8.76)
Work experience: 16.4 years (SD = 8.30)
Average workload: 42.5 hours/week
Sample: Government, private & military nurses

References

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