

# Role of Personality and Positive and Negative Affects in Coping Strategies of Nurses: A Cross-Sectional Study

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## **Abstract**

Nurses are exposed to many highly stressful events. Individual variables, such as personality and affective state, have been related to vulnerability to maladaptive coping. Therefore, the objectives of this study were to analyze the relationships between the personality, positive and negative affects, and coping strategies of nurses and to establish the mediating role of affective state in the relationship between personality and coping. The sample was made up of 1,268 Spanish nurses aged 22–63 years who completed the Coping Strategies Inventory, the Positive and Negative Affect Schedule, and the 10-item Big Five Inventory. Descriptive analyses, correlations, and mediation models were estimated. The results showed relationships between the Big Five personality factors, positive and negative affects, and coping strategies. Negative affect was confirmed as a mediator between personality and less adaptive strategies and positive affect was confirmed on positive strategies. This study emphasizes the need to develop actions directed at teaching nurses adequate problem-solving strategies and training them in the ability to assign a different emotional value to complex situations. © Copyright © 2021 Martos Martínez, Molero Jurado, Pérez-Fuentes, Barragán Martín, Simón Márquez and Gázquez Linares.

## **Author keywords**

affect; coping strategies; descriptive of survey study; nurses; personality