

Occupational factors associated with health-related quality of life in nursing professionals: A multi-centre study

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Background: Nursing professionals are exposed to stressful situations arising from the work context that may affect health-related quality of life (HRQoL). The objective of this study was to analyse the relationship between sociodemographic and work-related variables regarding HRQoL in nursing professionals. **Methods:** A multi-centre, cross-sectional descriptive design was used. The participants consisted 1521 nurses working in healthcare centres, in both primary care and hospital care, in the eight provinces of the Andalusian Public Health System (APHS), Spain.

Sociodemographic and work-related variables were analysed: Compassion fatigue, compassion satisfaction and burnout were measured using the professional quality of life questionnaire (ProQOL), and HRQoL was measured using the SF-12 health questionnaire. **Results:** Compassion fatigue, burnout, and, to a lesser extent, compassion satisfaction significantly influence the physical and mental components of HRQoL. The simple regression analysis showed that burnout and compassion fatigue were significantly associated with the mental component of HRQoL. Gender influenced the mental component of HRQoL. The rest of the sociodemographic and work-related variables were not significantly related to HRQoL. **Conclusion:** Work-related stress and repeated contact with situations of suffering influence HRQoL. Health systems must implement programmes to increase the emotional well-being of workers. © 2020 by the authors. Licensee MDPI, Basel, Switzerland.

Burnout

Compassion fatigue

Compassion satisfaction

Health profession

Nursing

Professional quality of life

Quality of life

health care

health worker

occupation

quality of life

adult

article

burnout

compassion fatigue

demography

female

gender

hospital care

human

male

mental health

nurse

occupation

primary medical care

quality of life

questionnaire

satisfaction

Short Form 12

Spain

wellbeing

worker