

## **Burnout syndrome impacts on quality of life in nursing professionals: The contribution of perceived social support**

Fradelos E.<sup>1\*</sup>, Mpelegrinos S.<sup>2</sup>, Mparo Ch.<sup>2</sup>, Vassilopoulou Ch.<sup>3</sup>, Argyrou P.<sup>1</sup>, Tsironi M.<sup>4</sup>, Zyga S.<sup>4</sup>, Theofilou P.<sup>5,6</sup>

<sup>1</sup> Nurse, Rn, State Mental Hospital “Daphni”, Athens, Greece

<sup>2</sup> Division of Health and Welfare, Ministry of Health, Greece

<sup>3</sup> Nurse, Rn, General Clinic Athineon, Athens, Greece

<sup>4</sup> Department of Nursing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Sparta, Lakonia, Greece

<sup>5</sup> Sotiria Hospital for Thoracic Diseases, Athens

<sup>6</sup> Centre for Research and Technology, Department of Kinesiology, Health and Quality of Life Research Group, Trikala, Thessaly, Greece

### **Abstract**

---

**Purpose:** To examine the impacts of burnout that has in health-related quality of life (QOL) in nursing staff in Greece. The association of social support with burnout and QOL is also investigated.

**Materials and methods:** Individuals working in Mental and General Hospitals in the broader area of Athens participated in this study (N.139). The measurement tools include a) the Maslach Burnout Inventory (MBI), b) the SF-36 Health Survey and c. the Multidimensional Scale of Perceived Social Support. Burnout and QOL are expected to be

related to the evaluation of social environment.

**Results:** The results indicated the impacts that burnout has on quality of life and the positive effect of social support for nursing professionals in the levels of burnout. **Conclusions:** There is an association between burnout, quality of life and social support. Social support and socio-demographic factors appear to affect the levels of burnout to Psychiatric and General Hospital.

**Key words:** Burnout; quality of life; social support; nursing staff.

---