Iranian Nurse'S Burnout and its Association with Anxiety, Stress, Depression, and Mindfulness during the Covid-19 Outbreak

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As nurses are in close contact with COVID-19 patients, they are subjected to the disease's psychological effects. It is critical to be aware of nurses' mental health. The purpose of this study was to analyze the relationship between burnout, anxiety, stress, depression and mindfulness in nurses in the COVID-19 outbreak in Iran. A cross-sectional survey questionnaire was used to gather data on frontline nurses' sociodemographic backgrounds, burnout, anxiety, stress, depression, and mindfulness (n = 208). The Maslach burnout inventory (MBI), depression, anxiety and stress scale'21 (DASS-21) and Freiburg mindfulness inventory-short form (FMI-SF) were used in public hospitals in southern Iran from July to October 2020. The mean scores of burnout and mindfulness were 43.54 ± 16.16 and 34.92 ± 5.21, respectively. The mean scores of depression, anxiety, and stress were 12.33 ± 8.94, 12.18 ± 8.96, 16.21 ± 8.85, respectively. The prevalence of depression, anxiety and stress was 56.7%, 63.5% and 50.5%, respectively. Burnout had a negative moderate correlation with mindfulness based on regression analysis. Mindfulness, age, gender and type of employment ($R2 = 15\%$) are all predictors of the variance of burnout, with mindfulness being the best predictor ($p < 0.001$). The results showed that among the variables of stress, anxiety, burnout and mindfulness, only mindfulness was negatively associated with burnout. Therefore, in the COVID-19 epidemic, nurses can be provided with a satisfactory work environment by employing mindfulness techniques.

Keywords: *Anxiety, Burnout, COVID-19, Depression, Mindfulness, Stress*