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**The relationship between spiritual health and occupational burnout in
emergency department nurses: A cross-sectional study**

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Abstract

Background: Burnout is a form of physical, emotional and mental fatigue following long-term hard work. This study aimed to determine the association between spiritual well-being and burnout in nurses working in the emergency department.

Method: This descriptive-analytical study was conducted in nurses working in the emergency department during 2020, Iran. The Maslach Burnout Inventory (BMI) and the Pultzin and Ellison Spiritual Health Questionnaire were used. All data analysis was performed using SPSS version 24 statistical software.

Results: 239 nurses participated. Participants in the study were 34.4 ± 6.4 years. 132 (55.2%) were male and 107 (44.8%) were female. Spiritual well-being was moderate in 199 (83.3%) and high in 40 (16.7%). MBI showed that Emotional Exhaustion was severe in 104 (43.5%), moderate in 100 (41.8%), depersonalization dimension was severe in 169 (70.7%) and moderate in 64 (26.8%), and Personal accomplishment at work was severe in 186 (77.8%) and moderate in 20 (8.4). Spiritual well-being has a significant inverse association with the emotional exhaustion and depersonalization.

Conclusion: The results showed spiritual health has an important role in preventing burnout in emergency nurses. It seems with proper strategies, it is possible to prevent the creation and continuation of burnout.

Key words: Spiritual well-being” Burnout” Emergency nurses” EMS”