



European  
Biosafety  
Network

# MENTAL AND PSYCHOSOCIAL HEALTH OF NURSES IN EUROPE



Research by Ipsos MORI on behalf of the  
European Biosafety Network



European  
Biosafety  
Network



# BACKGROUND, KEY OBJECTIVE & METHODOLOGY

## Background:

The ultimate goal of the research is to assess the mental and psychosocial health of hospital nurses to provide the evidence to ensure that they receive the appropriate type and level of support.

Research about mental and psychosocial health in healthcare and its potential linkage to medication errors and Adverse Events (An unexpected medical problem that happens during treatment with a drug or other therapy) is limited. In particular, very little is known about the incidence of error in non-hospital settings or about the harm caused by it.

Evidence is available from other sources that a substantial number of adverse drug events are caused by psychotropic drugs. Some of these are preventable and might probably, therefore, be due to medication error.

## Key objective:

The European Biosafety Network (EBN) commissioned the research to receive robust data on the type and rate of mental and psychosocial disorders amongst hospital nurses, their causes and effects and whether they are linked to a medication error causing a serious adverse event.

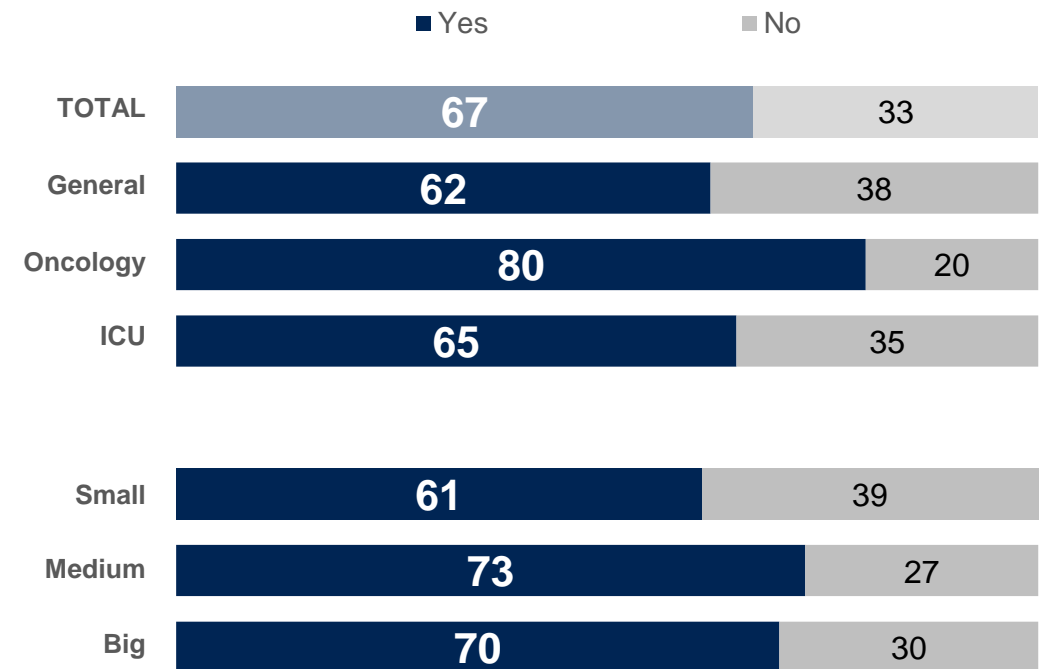
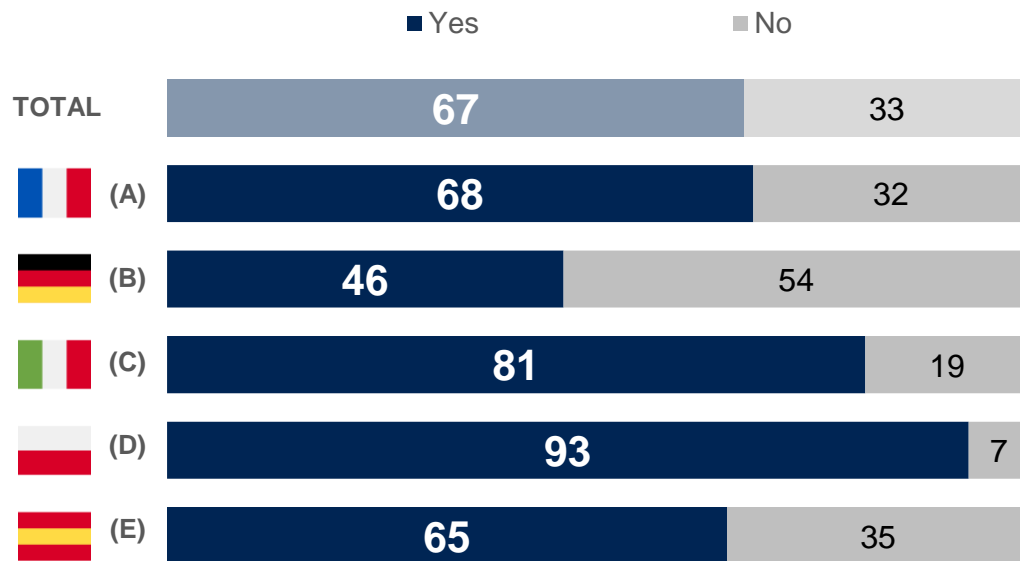
## Methodology

The survey conducted by Ipsos MORI between the end of October 2021 to late January 2022 included 350 hospital nurses who have suffered mental health or psychosocial issues (out of 523 nurses contacted), in Europe, in Spain, France, Germany, Poland and Italy.

# INCIDENCE RATE OF MENTAL AND PSYCHOSOCIAL HEALTH ISSUES

Among the 523 nurses contacted, **2 in 3 have suffered from mental and psychosocial health issues**, being especially high in Italy and Poland, and among oncology nurses

## % SUFFERED ANY MENTAL HEALTH OR PSYCHOSOCIAL ISSUE



F4. Have you ever suffered from any mental health or psychosocial issue? Base Total contacts (523)



## KEY FINDINGS

- Amongst European nurses there is a high incidence rate of mental and psychosocial health issues and disorders. **Two thirds of hospital nurses have suffered from mental and psychosocial health issues**, especially in Italy and Poland, and among oncology nurses.
- **Anxiety is the main mental health disorder that nurses are suffering, and this has mainly occurred during the COVID pandemic**, mainly causing them chronic workplace stress. Increased pressure of work and stress and lack of staff and resources are stated to be the main reasons for these disorders.
- **13% of nurses with disorders have been involved in medication errors or Adverse Events**, and among oncology (16%) and ICU nurses and bigger hospitals (22%). A higher proportion of nurses from medium and large hospitals have been involved in an Adverse Event with serious consequences. **Medication errors** are the most prevalent cause of an Adverse Event, increasing to **38% of Adverse Events in ICU**. 31% of nurses involved in an Adverse Event have chronic workplace stress and take time off work for an average of 2-3 months.
- Over **half of nurses have NOT received any professional and adequate psychological therapy**. Those who have received help have mainly paid for the therapy themselves.



# THANK YOU