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**Impact of Personal Control Beliefs on Emotional Reactivity to Work-Related Stressors
Among Psychiatric Nurses**

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Abstract

Background: Adults’ reactivity to work stressors is influenced by the personal characteristics they bring to the stressful situations in their lives. These personal characteristics may moderate adult’s emotional reactivity to stress namely perception of control.

Aim: the aim of this study is to examine the impact of personal control beliefs on emotional reactivity to work-related stressors among nurses working in Al-Abbassia Mental Health Hospital.

Sample: sample of convenience of 100 psychiatric nurses working in Al-Abbassia Mental Health Hospital were divided into two groups “middle aged adult group” and “younger aged adult group”.

Design: A descriptive correlational design was utilized for the current study.

Setting: Al-Abbassia Mental Health Hospital, Cairo, Egypt.

Tools: four tools were utilized in the current study including socio-demographic data sheet, Work Stressors Questionnaire, Psychological Distress Questionnaire, and Personal Control Beliefs Questionnaire.

Results: the results showed that middle age adult group of nurses reported higher level of personal control and less emotional reactivity to work stressors than younger age adult group of nurses. Personal control was significant predictor of emotional reactivity to daily stressors in the two age groups.

Conclusion: the study concludes that personal control beliefs have an impact on controlling emotional reactivity to daily stressors among nurses working in Al-Abbassia Mental Health Hospital.

Recommendations: further investigations are needed to examine personality characteristics that may influence the personal control beliefs and reactivity to stress among psychiatric nurses

Key words: work-related stress, emotional reactivity, personal control beliefs

