



Original Article

Determination of psychosocial care competence, therapeutic alliance and burnout levels in nurses

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Abstract

Objectives: This study aims to determine the psychosocial care competence, therapeutic alliance, and burnout levels of nurses and examine the relationships between them.

Methods: The study was conducted between January and April 2025 with 226 nurses working at Malatya Turgut Özal Medical Center. Data were collected using a Sociodemographic Information Form, the Psychosocial Care Competence Self-Assessment Scale, the Brief Revised Working Inventory/bond subscale, and the Maslach Burnout Inventory via Google Forms. Descriptive statistics, the Kolmogorov-Smirnov test, the Kruskal-Wallis test, the Mann-Whitney U test, and Spearman's correlation test were used in the analysis of the data.

Results: The mean age of the participants was 30.63 ± 6.43 . Psychosocial care competence levels showed significant differences based on education and income status, while therapeutic alliance/bond levels showed significant differences based on education ($p < 0.001$). A weak negative relationship was found between the psychosocial care competence and burnout levels of the participants, while there was a moderate positive relationship between their psychosocial care competence and therapeutic alliance/bond levels, and there was a weak negative relationship between their burnout and therapeutic alliance/bond levels ($p < 0.001$).

Conclusion: It was determined that as the psychosocial care competence and therapeutic alliance/bond levels of nurses increased, their burnout levels decreased. Based on the findings of this study, initiatives aimed at increasing the psychosocial care competence and therapeutic alliance levels of nurses may shed light on the development of effective interventions for nurses to cope with burnout.

Keywords: Burnout; nursing; psychosocial care; therapeutic alliance

When the harmony among the physical, social, and psychological aspects of life is disrupted, individuals may display emotional reactions such as anger, grief, and hopelessness, as well as behavioral reactions such as refusing treatment, hiding one's illness, and social isolation.^[1,2] Psychosocial reactions negatively affect the course of the illness and the treatment process, prolonging hospital stay durations, increasing mortality and morbidity rates, and making it difficult to develop effective coping methods for the illness.^[3,4] Nurses

undertake important responsibilities in preventing these risks and providing psychosocial care within the scope of holistic care.^[5] Being able to assess the psychosocial dimension of a patient's condition first requires knowing the criteria of psychosocial care.^[6] Nurses identify the psychological symptoms of a patient through observation and effective communication and provide psychosocial support.^[7] Psychosocial care aims for the individual to be well in every aspect, recognize their strengths, and improve their quality of life.^[8] Previous

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