Relationship between circadian types and nurses caring behaviors in hospitals of The Tehran University of Medical Sciences 2012

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Abstract

**Introduction:** Caring is the most important feature of nursing profession and provides important role in increasing of health level of patients, process of recovery and their satisfaction. Circadian type was one of personality features of people. The difference in the performance between circadian types can influence in nurses performance such as caring from patients. At this base, the study performed in order to survey relationship between circadian types and caring behaviors of nurses.

**Method:** In this descriptive-correlationa study 573 nurses were selected from different unites of hospitals related to Tehran University of Medical Sciences in method of clustering. Data was collected by Morningness Evenness Questionnaire (MEQ) and caring behaviors questionnaire. Descriptive statistics and Spearman test was used to analysis of data, in spss16 software.

**Findings:** The study findings showed that there is a significant statistical relation between circadian types and caring behaviors subscales with exception of attentiveness to the other's experience subscale. Also in morningness types, caring behaviors of fixed morning nurses is better than rotation shift and fixed night nurses.

**Conclusion:** Positive relation between circadian types and caring behaviors show that morningness types have better caring behaviors than eveningness types. Because of features related to E-types as lower emotional and self esteem than M-types, more attention to E-type nurses and their education can be caused to increase quality of caring in E-type nurses. it Also is important that in determining of shifts be considered nurses' circadian type.

**Keywords:** circadian types, caring behaviors, nurse