

Traumatic and Routine Stressors and Their Relationship with Perceived Stress among Emergency Department Nurses

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ABSTRACT

A descriptive correlational study design was used in the present study from the period of September 26, 2025, to February 25, 2026 to assess the traumatic and routine stressors and perceived stress and to find out the relationship between them. A non-probability (convenience sample) of 137 nurses working in the emergency department (ED) of teaching hospitals in Holy Karbala City was selected. A pilot study was conducted to assess the questionnaire's reliability, and a panel of (11) experts was used to determine the questionnaire's content validity. The data were collected through a self-administered method using two scales: Traumatic and Routine Stressors Scale on Emergency Nurses (TRSS-EN) and Perceived Stress Scale (PSS), and data were analyzed using the Statistical Package for Social Sciences (SPSS), version 22. The study findings indicate that emergency nurses experienced mild to moderate levels of perceived stress. The emotional impact of traumatic and routine stressors showed a moderate positive correlation with perceived stress ($r = 0.525$, $p < 0.001$), whereas the frequency of exposure to these stressors was not significantly associated with perceived stress ($r = 0.154$, $p = 0.073$). In addition, multiple linear regression analysis identified nursing experience, ED experience, and work shifts as significant predictors of perceived stress among emergency nurses. The study concluded that perceived stress among emergency nurses was more strongly related to the emotional impact of traumatic and routine stressors than to the frequency of exposure, while greater ED experience was associated with lower levels of perceived stress.

Keywords: Traumatic stressors, Routine stressors, Perceived stress, Emergency nurses

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