

# EXAMINATION OF PROTECTIVE AND RISK FACTORS DETERMINING THE PROFESSIONAL QUALITY OF LIFE OF PUBLIC HEALTH NURSES

Karácsony I<sup>1</sup>, Ferenczy M<sup>2</sup>, Máté-Póhr Kitti<sup>2</sup>, Boncz I<sup>3</sup>, Szabó L<sup>2</sup>, Komlósi K<sup>1</sup>, Pakai A<sup>2</sup>;

<sup>1</sup>University of Pécs, Faculty of Health Sciences, Institute of Basic Health Sciences, Midwifery and Health Visiting, Szombathely, Hungary,

<sup>2</sup>University of Pécs, Faculty of Health Sciences, Institute of Emergency Care, Pedagogy of Health and Nursing Sciences, Szombathely, Hungary,

<sup>3</sup>University of Pécs, Faculty of Health Sciences, Institute of Health Insurance, Pécs, Hungary,

## OBJECTIVES

The professional quality of life of public health nurses is a complex, multidimensional phenomenon that is significantly influenced by the emotionally demanding nature of the helping profession. The psychological demands of everyday work justify an examination of the personal resources, job characteristics, and professional support factors that play a protective or risk role. The aim of the research was to explore the factors determining the professional quality of life of public health nurses and to identify their positive and negative effects..

## METHODS

We conducted a cross-sectional questionnaire survey among health visitors who had been working for at least two years (N=286). Data collection was carried out using self-designed questions and the standardized Professional Quality of Life Scale (ProQOL), which measures the dimensions of professional quality of life. We used SPSS 28.0 statistical software to analyze the data; we performed Kolmogorov-Smirnov tests, Mann-Whitney tests, Kruskal-Wallis tests, and Spearman's rank correlation analysis (p<0.05).

## RESULTS

Increasing age was associated with higher job satisfaction and lower emotional overload (p<0.05). Higher educational attainment was associated with more favorable professional quality of life indicators (p<0.05), while a stable relationship appeared as a protective factor (p<0.05). Health visitors working in mixed districts experienced increased emotional stress, but also reported more positive helping experiences (p<0.05). Substitution increased satisfaction derived from empathy (p<0.05), but its prolonged existence was associated with an increase in secondary traumatization (p<0.05). Professional training and case discussions significantly improved the dimensions of positive professional quality of life (p<0.05), while supervision had a protective effect against burnout and secondary traumatization (p<0.05).

## CONCLUSIONS

Based on the results, the professional quality of life of health visitors is determined by personal characteristics, working conditions, and forms of professional support. Developing structured support systems and increasing their accessibility is key to maintaining mental well-being and improving professional quality of life.

	Available score	Mean	SD	Min	Max
Emotional overload caused by work	40	22,25	7,39	8	39
Job satisfaction	50	33,71	7,69	11	47
Empathy-related satisfaction	25	19,17	3,82	8	25
Secondary traumatization	15	5,87	2,13	3	11
Burnout	20	10,85	3,13	5	18

Table 1. Descriptive statistics for the ProQOL subscale (N=286)

	quite regularly	yes, from case to case	no	no, because it's not available	Kruskal-Wallis test results
Job satisfaction	41,02	34,5	31,68	35,5	H(286,3)59,13 p<0,001
Empathy-related satisfaction	33,71	22,29	18,31	20,17	H(286,3)44,06 p<0,001
Emotional exhaustion from work	21,61	22,2	26,29	24,67	H(286,3)16,56 p=0,001
Secondary traumatization	6,22	5,67	5,88	5,5	H(286,3)3,83 p=0,279
Burnout	9,93	10,48	11,2	10,33	H(286,3)5,13 p=0,162

Table 2. Mean scores on the subscales of professional quality of life, based on participation in case conferences (N=286)

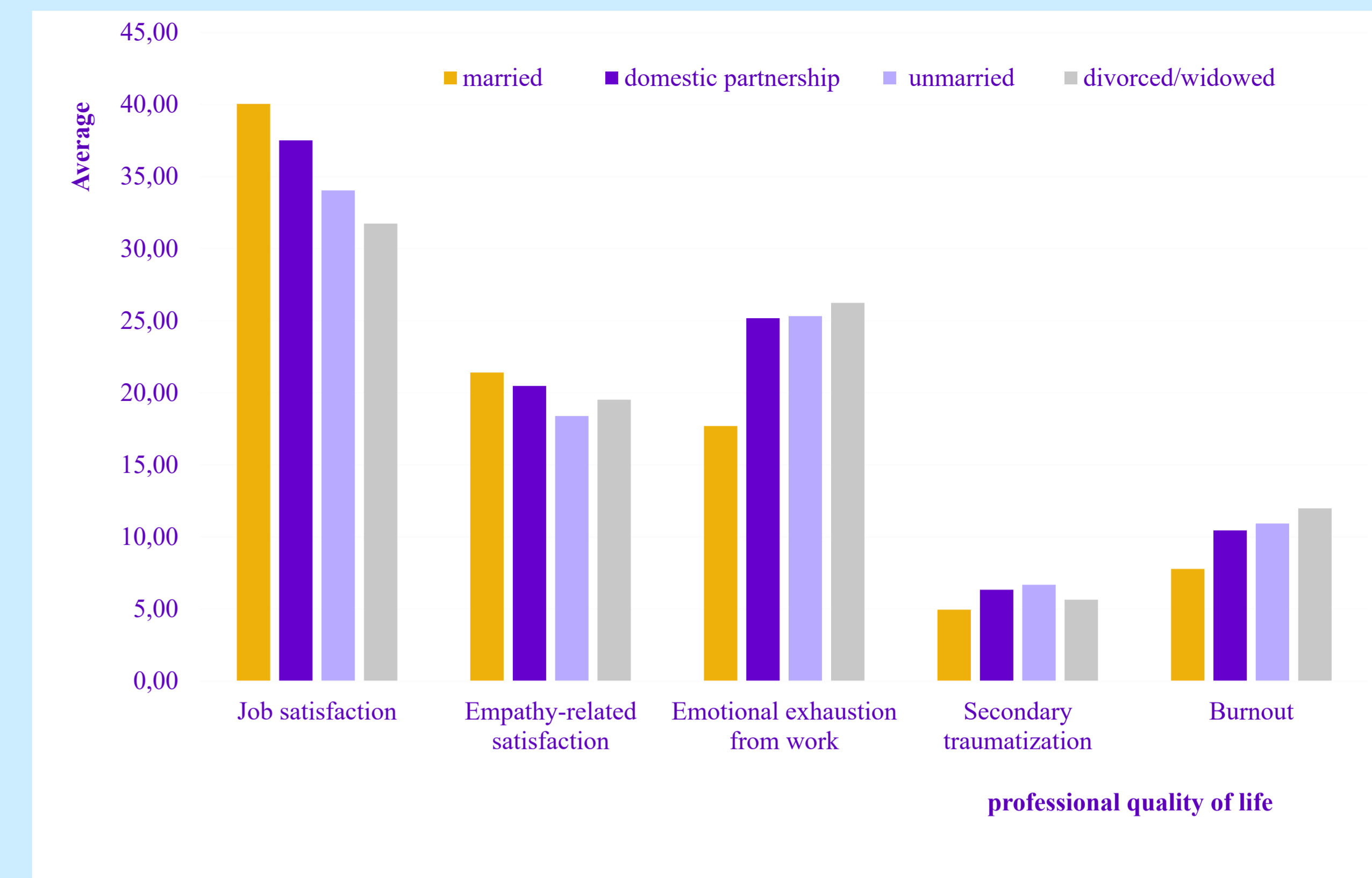


Figure 1. Average scores for professional quality of life by marital status (n=283)

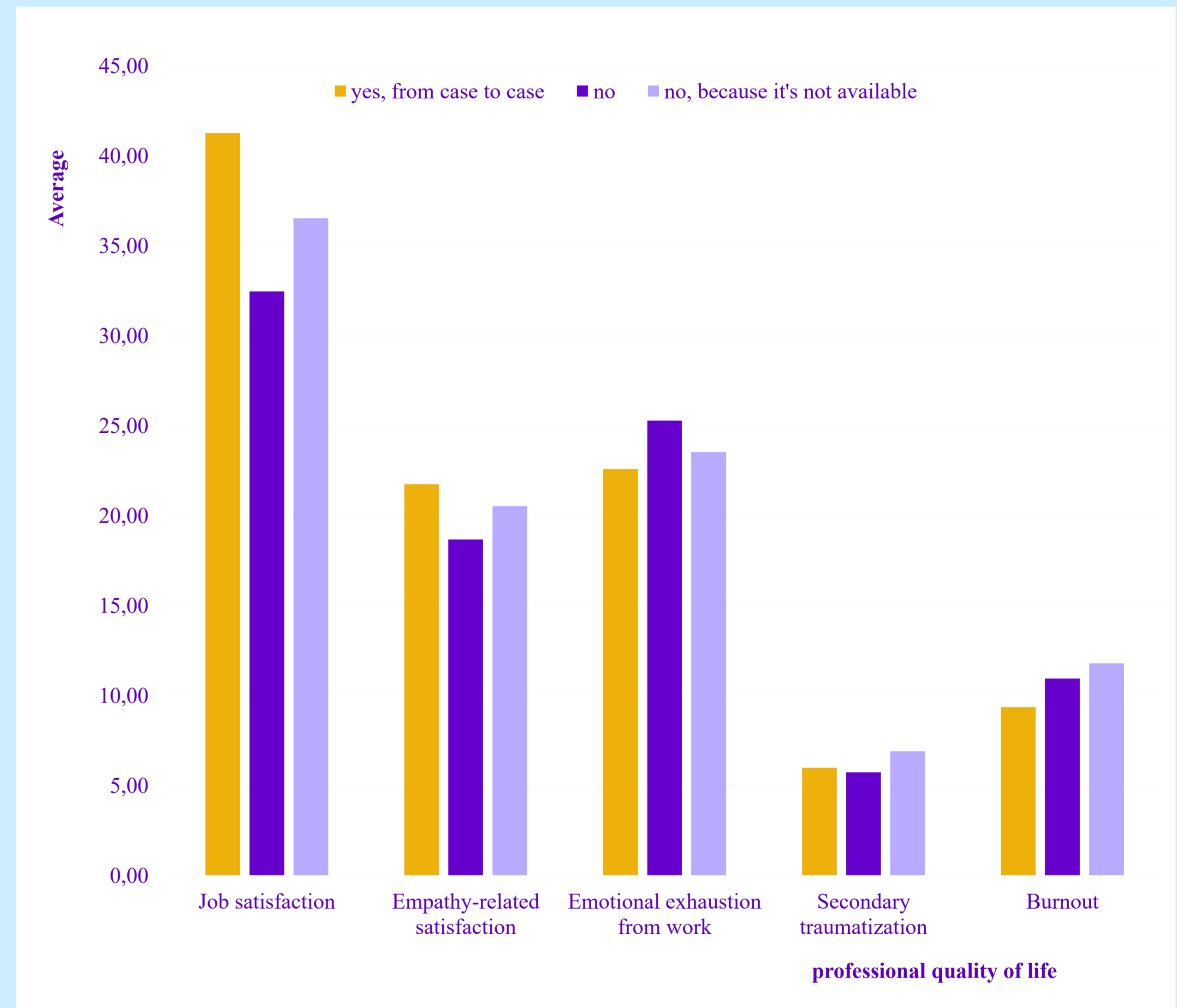


Figure 2. Average scores for professional quality of life based on participation in supervision (N=286)

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**Corresponding author:**  
Dr. Annamaria PAKAI, MSc, RN, PhD, Habil  
University of Pécs, Faculty of Health Sciences, Institute of Emergency Care, Pedagogy of Health and Nursing Sciences, Pécs, Hungary E-mail: annamaria.pakai@etk.pte.hu

