

# The effect of a positive thinking program on psychological well-being of nurses working in COVID-19 wards

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## Abstract

**Introduction:** Nursing care for patients with COVID-19 is associated with various stressors that can affect the psychological state. This study aimed to examine the effect of a positive thinking program on psychological well-being of nurses caring for COVID-19 patients.

**Material and methods:** Seventy-four nurses were assigned randomly to an intervention and a control group. The intervention group members underwent a positive thinking program in eight sessions using WhatsApp. Data were analyzed using SPSS 21.

**Results:** The findings showed significant differences between the intervention and control group immediately and two months after the intervention, in their psychological well-being levels. The repeated measures ANOVA regarding the impact of time within the intervention group showed a significant increase in psychological well-being scores from baseline to two months after the intervention ( $p = 0.002$ ).

**Conclusions:** The findings provide preliminary evidence supporting use of positive thinking for increasing psychological well-being in nurses caring for COVID-19 patients.

**keywords:** positive thinking skills, psychological well-being, nurse, COVID-19 pandemic