JOB STRESS AND MENTAL HEALTH:
AN EMPIRICAL STUDY AMONG NURSES IN MAINLAND CHINA

The study focuses on the impact of stress on mental health among 550 nurses in Mainland China. A model linking stress to mental health outcomes such as depression and burnout is developed. The role of social support, career preference, and shift work attitude on the above relationship is explored. Data were collected through a field survey in mandarin. Descriptive statistics, Correlation and hierarchical regression were employed to analyze the data. The results demonstrated a strong positive impact of stress on both depression and burnout. In addition, social support, career preference and shift work attitudes were variously and differentially related to both depression and burnout. Implications for future research in China are discussed.