

**Musculoskeletal Disorders and Job Burnout Syndromes in
Employees of General Operating Rooms in State-Owned and
Private Hospitals in Tehran**

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Abstract

Musculoskeletal disorders can be considered as an important factor in relation to job burnout syndromes. This study was conducted to investigate the relationship between musculoskeletal disorders and job burnout syndromes in state-owned and private hospitals in Tehran. Out of 136 hospitals, 25 hospitals (15 state-owned and 10 private) were selected by random sampling method. Participants were 234 employees (selected by convenience sampling method) of general operating rooms in state-owned and private hospitals who completed Nordic and Maslach Job Burnout Questionnaires. Pearson correlation coefficient and regression analysis were used for data analysis. Results showed that musculoskeletal disorders have significant positive relationships with emotional exhaustion, depersonalization and inefficacy. Accordingly health care systems can reduce the negative effects of musculoskeletal disorders by using ergonomics and psychological approaches and also enhance the physical and mental health of employees and society as a whole.

Keywords: musculoskeletal disorders, job burnout.