

1.1 Background: Psychological symptoms, like most life phenomena, are a phenomenon of life that exists in various fields. The actions of nurses are very efficient in burnout control, and directors play an important role in preventing burnout by supporting and guiding the nurses in the correct way, providing suitable salaries, allowing nurses staff in participating in decision-making, and developing hospital communication (Arrigoni et al., 2015). Burnout is classified as a syndrome, which is characterized by low self-esteem, emotional exhaustion, and lack of empathy; the thing that may lead to a number of emotional, physical, and social troubles such as depression, medication mistakes, drug misuse, and job-related deficiencies as nurses choose to either investigate other places in nursing or quit the whole profession. These variables include sociodemographic; like gender, age, marital status, etc., employment-related such as seniority workplace, profession seniority, etc., and psychological condition presenting in stress, anxiety, depression (SAD), etc. The variables identification that affects the burnout condition development would participate in determining the risk profiles for the nursing profession (Geuens et al., 2017). Nurses are mainly troubled as they experience variable and unexpected work environments, long shifts, heavy workloads, facing traumatic actions, support deficiency, violence (Adriaenssens et al., 2015). Burnout mainly is associated with poor work performance, unsuitable contact with patients, overthrowing ethics, absence of a job, and a high number of occupation changes (Adriaenssens et al., 2015). Somatic manifestations, personality disorders, psychiatric syndrome, and chronic fatigue were also noticed (Al-Turki et al., 2010). Converting bad work environments into well and healthy workplaces, nurses believe that developments can be recognized in staffing and nurse retention, job satisfaction for nurses, all health care staff, and patient outcomes especially those associated with patient safety. Moreover, Nurses in negative emotional states have a higher risk of developing depression or anxiety that can lead to poor clinical dealing and medical errors, affecting patients' safety.