# Contents

## Chapter 1: Introduction

1.1 Interest in the topic  
1.2 Research question and aim  
1.3 The need for research  
1.4 The significance of the study  
1.5 Summary  

## Chapter 2: Literature review

2.1 Empowerment  
2.2 Job-related stress  
2.3 Burnout  
2.4 Job satisfaction  
2.5 Magnet hospitals  
2.6 Turnover rate  
2.7 Phenomenological study of lived experience  
2.8 Summary  

## Chapter 3: Methodology and methods

3.1 Development of phenomenology as a nursing philosophy  
3.2 Vancouver School of Doing Phenomenology  
3.3 Roots of Phenomenology  
3.4 Ricoeur hermeneutics  
3.5 Schwandt constructivism  
3.6 Selection of sample and site  
3.7 The introductory letter and informed consent  
3.8 The dialogue  
3.9 Trustworthiness
3.10 Summary

Chapter 4: Data collection and analysis

4.1 Permission to collect data 18
4.2 Ethical issues 19
4.3 Access to potential co-researchers 20
4.4 Selection of the co-researchers 20
4.5 Silence 21
4.6 The setting 21
4.7 The data collection 22
4.8 Data analysis 23
4.9 Writing up the findings 27
4.10 Summary 27

Chapter 5: Findings

5.1 A phenomenological description 28
5.2 The charge nurse influence 29
5.2.1 On interaction 29
5.2.2 As a role model 31
5.2.3 As a professional motivator 33
5.3 The uniqueness of psychiatric nursing 35
5.3.1 To grow as an individual 36
5.3.2 Co-operation 37
5.3.3 Stigma and prejudices 39
5.4 Psychiatric nursing in crisis 40
5.4.1 Lack of integration in the psychiatric department 40
5.4.2 Lack of respect for one’s own profession 42
5.4.3 Lack of financial resources 45
5.5 Job-related stress 47
Chapter 6: Discussion

6.1 The main theme
6.2 The charge nurse influence
6.3 The uniqueness of psychiatric nursing
6.4 Psychiatric nursing in crisis
6.5 Job-related stress
6.6 Conclusion
6.7 Strengths and weaknesses of this study
6.8 Recommendations

References:

Appendices:

Appendix 1
The seven basic steps of doing phenomenology in the Vancouver School: the cyclic process

Appendix 2
The 12 basic steps of the Vancouver School of doing phenomenology

Appendix 3A
Letter from the Ethics and Research Committee declining permission on the ground that this study did not concern them because it only involved employees Icelandic
Appendix 3B
Letter from the Ethics and Research Committee declining permission on the ground that this study did not concern them because it only involved employees
English translation

Appendix 4A
Consent of the Scientific Ethics Committee of Regional University Hospital
Icelandic

Appendix 4B
Consent of the Scientific Ethics Committee of Regional University Hospital
English translation

Appendix 5A
The National University Hospital Office of Human Resources consent to carry out my study
Icelandic

Appendix 5B
The National University Hospital Office of Human Resources consent to carry out my study
English translation

Appendix 6A
Consent for carrying out the study from the Chief Director of Nursing at the National University Hospital
Icelandic

Appendix 6B
Consent for carrying out the study from the Chief Director of Nursing at the National University Hospital
English translation

Appendix 7A
Consent for carrying out the study from the Chief Director of Nursing at the Regional University Hospital
Icelandic

Appendix 7B
Consent for carrying out the study from the Chief Director of Nursing at the Regional University Hospital.
English translation