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## The effect of intensive care unit nurses' mental readiness on stress and patient safety performance

### Purpose

This study examines the relationship between mental readiness, performance, and stress within the context of critical care nursing. By utilizing the multi-dimensional concept of mental readiness, originally developed in sport psychology, the research takes an unconventional approach to explore this relatively underexamined area and contribute new insights into human performance and patient safety.

### Method

The Mental Readiness Scale (MRS) was adapted to analyze these relationships among a sample of intensive care unit nurses.

### Results

Correlation and multiple regression analyses produced mixed results. While dimensions such as activation, goal setting, self-talk, imagery, and attentional control did not predict the outcome variables, self-confidence and relaxation emerged as significant and strong predictors of patient safety performance and stress reduction.

### Conclusion

These findings can guide the development of training programs and safety culture interventions aimed at improving intensive care nurses' patient safety performance and reducing their perceived stress levels.

**Keywords:** intensive care, mental readiness, patient safety, performance, self-confidence, stress

### Biography

Nicki Marquardt is Professor of Cognitive, Industrial and Organizational Psychology at Rhine-Waal University of Applied Sciences in Kamp-Lintfort. There he teaches on the Psychology (Industrial and Organizational Psychology, B.Sc) and International Management and Psychology (M.Sc) courses, which he helped to design and develop as study program manager. After studying business psychology in Lueneburg and Edinburg/Texas (USA), he worked at the Institute of Experimental Industrial Psychology at the Leuphana University of Lueneburg, where he completed his doctorate on the topic of unconscious processes in ethical management decisions. Since 2006, he has also been working as an independent organizational consultant and trainer for error prevention, human factors and safety culture in the aviation, automotive and medical industries. Nicki Marquardt publishes in renowned journals and speaks at international conferences on his main areas of work and research, such as human error, situational awareness, crew resource management, safety culture, mental readiness, implicit cognition and business ethics.