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Mediating effect analysis of fear of missing out between job burnout and job satisfaction among clinical nurses

Submission date
05/04/2025

Recruitment status
No longer recruiting

Registration date
10/04/2025

Overall study status
Completed

Last Edited
09/04/2025

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Nurses with burnout are more likely to feel left out or disconnected, which harms their work happiness. This study looks at how "Fear of Missing Out" (FOMO)—the anxiety people feel when they worry others are having better experiences—affects the relationship between job burnout and job satisfaction among nurses in hospitals. Nurses often face high stress and exhaustion (burnout), which can lower their happiness at work. We wanted to see if FOMO plays a role in connecting burnout to lower job satisfaction.

Who can participate?
Nurses working in a large hospital in Beijing, China. All had at least 6 months of experience and agreed to participate.

What does the study involve?
Nurses answered questions about: Burnout: How emotionally drained they felt; FOMO: Their fear of missing out on information (e.g., not knowing updates) or experiences (e.g., missing social events); and Job satisfaction: How happy they were with their work.

Advanced statistical models were used to test if FOMO "explains" why burnout leads to lower job satisfaction.

What are the possible benefits and risks of participating?
The possible benefits of participating:
1. Personal Insight: By completing the questionnaires, nurses may gain a clearer understanding of their own job burnout levels, fear of missing out (FOMO), and job satisfaction.
2. Contribution to Knowledge: Participation helps researchers better understand how burnout and FOMO affect nurses' well-being, which could lead to improved workplace policies and support systems in the future.
3. No Physical Risks: Since this is an observational study (no experiments or treatments), there are no medical procedures or direct interventions involved.

The possible risks of participating:
1. Privacy Concerns: Although the study used anonymized data and IP restrictions to protect identity, online surveys always carry a small risk of data breaches.
2. Emotional Discomfort: Questions about burnout, anxiety, and job satisfaction might remind participants of stressful experiences, potentially causing temporary emotional discomfort.
3. Time Commitment: Completing the four questionnaires takes time, which could add to the workload of busy nurses.

Additional Notes:
- Participation was voluntary, and nurses could withdraw at any time without consequences.
- Ethical approval ensured that the study followed strict guidelines to protect participants' rights and privacy.

Where is the study run from?
China- Japan Friendship Hospital, China

When is the study starting and how long is it expected to run for?
October 2023 to August 2024

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Mrs Jia Wanning, 446781575@qq.com

Confirmation:
This summary aligns with the study's methods and ethical protocols described in the manuscript. No corrections are needed unless specific institutional requirements dictate further details.

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Study information

Scientific Title

The mediating role of fear of missing out in the relationship between job burnout and job satisfaction among clinical nurses

Study objectives
H_1: Job burnout will directly and negatively predict job satisfaction among clinical nurses.

H_2: Fear of Missing Out (FOMO) will mediate the relationship between job burnout and job satisfaction, with two distinct pathways:
H_2: Job burnout will increase missing information anxiety, which in turn reduces job satisfaction.
H_2: Job burnout will increase missing situation anxiety, which in turn reduces job satisfaction.

H_3: FOMO dimensions will exhibit a chain-mediating effect, such that job burnout first triggers missing information anxiety, which subsequently exacerbates missing situation anxiety, ultimately leading to lower job satisfaction.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 25/10/2023, China-Japan Friendship Hospital (No. 2, Yinghua East Street, Chaoyang District, Beijing, 100020, China; +86-01084206250; zryyec@126.com), ref: 2023-KY-278

Primary study design
Observational

Study design
Cross-sectional observational design

Study type(s)
Other

Health condition(s) or problem(s) studied
The mediating effect of clinical nurses' missed anxiety on occupational burnout

Interventions
The relationship between clinical nurses and their roles was measured using a General Information Questionnaire, Fear of Missing Out Scale (FoMOs), Burnout Scale, and Job Satisfaction Survey (JSS).

This study is an observational investigation; therefore, no active interventions were administered. The methodological description of participant involvement is as follows:
1. Recruitment and Enrollment (January–August 2024):
Clinical nurses from a tertiary hospital in Beijing were recruited via convenience sampling. Inclusion criteria included holding a valid nursing license, ≥6 months of clinical work experience, and voluntary consent. Exclusion criteria excluded trainees, interns, or nurses on leave.
2. Data Collection:
- Materials: Participants completed four electronic questionnaires:
- General Information Questionnaire (demographics, work history).
- Fear of Missing Out Scale (FoMOs, 10 items, 5-point Likert).
- Job Burnout Scale (JBS, 15 items, 7-point Likert).
- Job Satisfaction Scale (JSS, 15 items, 5-point Likert).

- Procedure: Questionnaires were distributed via the Wenjuanxing platform. Participants accessed the survey via QR codes/links shared by department heads. All questions were mandatory, and IP restrictions prevented duplicate submissions.
3. Duration of Observation:
- Data collection spanned 8 months (January–August 2024).
- No follow-up was conducted, as this was a cross-sectional observational study.
4. Implementation:
- Providers: Hospital nursing department staff facilitated distribution.
- Mode/Location: Online self-administered questionnaires.
- Adherence: Mandatory question settings and IP controls ensured completeness and uniqueness of responses.
5. Analysis:
Data were analyzed using SPSS 20.0 (descriptive/correlation statistics) and AMOS 26.0 (structural equation modeling).

Key TIDieR Elements:
- What: Observational data collection via validated scales.
- How: Electronic questionnaires, no direct interaction.
- Who: Clinical nurses' self-reported responses.
- When/How Much: Single time point during the 8-month observation period.

This study did not involve experimental interventions, focusing instead on measuring natural associations between variables.

Intervention Type
Other

Primary outcome(s)
Fear of Missing Out (FOMO), job burnout, and job satisfaction are measured using the Fear of Missing Out Scale (FoMOs), the Job Burnout Scale (JBS), and the Job Satisfaction Scale (JSS), respectively, at baseline (single time point during the 8-month study period from January to August 2024).

Key secondary outcome(s)
The basic information of nurses is collected using a general information questionnaire during enrollment

Completion date
31/08/2024

Eligibility

Key inclusion criteria
1. On-the-job nursing staff in clinical departments
2. Holding a Nurse Practice Certificate of the People's Republic of China
3. Working for at least 6 months
4. Informed consent and voluntary participation in this survey

Participant type(s)
Health professional

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
60 Years

Sex
All

Total final enrolment
202

Key exclusion criteria
1. Trainee nurses and nursing interns
2. Nurses on leave or off duty

Date of first enrolment
01/01/2024

Date of final enrolment
31/08/2024

Locations

Countries of recruitment
China

Study participating centre
China- Japan Friendship Hospital
No. 2, Yinghua East Street
Chaoyang District, Beijing
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100020

Sponsor information

Organisation
China-Japan Friendship Hospital

ROR
https://ror.org/037cjxp13

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated and/or analyzed in the current research will be provided upon request.

1. Investigator/Body for Data Access:
- Name: Zhuozhuo Chen (Corresponding Author)
- Email: 2464326102@qq.com
2. Type of Data Shared:
- Individual participant-level data (IPD) collected via questionnaires, including:
- Demographic/work history data (General Information Questionnaire).
- Fear of Missing Out Scale (FoMOs) scores (10-item, 5-point Likert).
- Job Burnout Scale (JBS) scores (15-item, 7-point Likert).
- Job Satisfaction Scale (JSS) scores (15-item, 5-point Likert).
- Statistical analysis outputs (correlation coefficients, mediation effect sizes).
3. Timing for Availability:
- Data will be available upon reasonable request starting May 2025 (after study completion and manuscript publication).
4. Participant Consent:
- Consent Obtained: Yes. All participants provided written informed consent for data collection and analysis.
- Consent for Sharing: Consent forms specified that anonymized data may be shared for research purposes.
5. Data Anonymization:
- Data are fully anonymized/de-identified. No personal identifiers (e.g., names, hospital IDs) are included.
- IP addresses and other metadata were excluded to prevent re-identification.
6. Ethical/Legal Restrictions:
- Ethical Restrictions: Data sharing must comply with the ethical approval guidelines of the China-Japan Friendship Hospital Ethics Committee (Approval No.: KY2023-289-01).
- Legal Restrictions: Data are subject to China's Personal Information Protection Law (PIPL) and cannot be publicly disclosed without explicit approval.
7. Additional Comments:
- Requests for data will be reviewed by the corresponding author to ensure alignment with ethical and legal standards.

- Shared data will exclude sensitive information (e.g., free-text responses) to minimize re-identification risks.
- Researchers must sign a data use agreement specifying non-commercial, academic purposes only.

Summary:
De-identified IPD from this study are available upon reasonable request to the corresponding author, subject to ethical and legal safeguards. Data exclude identifiers and are restricted to protect participant privacy.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other unpublished results			09/04/2025	No	No