

# Samen Sophia Study

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON57404

### Source

ToetsingOnline

### Brief title

Samen Sophia

### Condition

- Other condition
- Lifestyle issues

### Synonym

Job well-being and satisfaction

### Health condition

Observationele, open cohortstudie die zich richt op werktevredenheid en -welbevinden bij verpleegkundigen en verzorgenden

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Erasmus MC, Universitair Medisch Centrum Rotterdam

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** Capacity, Circadian, Job Satisfaction, Nurses

## Outcome measures

### Primary outcome

Key study parameters include job satisfaction levels, perceived stress and well-being, and identify the likelihood and risk factors for long-term absence or leaving in the full group.

### Secondary outcome

NA

## Study description

### Background summary

The escalating pressures and challenges faced by nurses in hospital settings have raised concerns about their well-being, job satisfaction, and retention rates. This study aims to comprehensively assess these job and health characteristics among nurses and healthcare assistants at Erasmus MC - Sophia Children's Hospital. Understanding these aspects is crucial for developing support and relief mechanisms to enhance nurses' job satisfaction and ultimately improve patient care capacity and quality. Central to this study is the aim of enhancing sustainable employability for nurses and healthcare assistants. By analyzing the effects of personal and occupational challenges and opportunities, the project aims to lay the foundations for future interventions that not only mitigate stress, but also support nurses' long-term health, sleep quality, job satisfaction, and career longevity.

### Study objective

The primary objectives are to: (a) identify the key pleasures, challenges and stressors that nurses face, to be able in the future to explore potential

opportunities for professional development and support; (b) to ascertain the primary threats to job satisfaction and happiness; and (c) to assess the likelihood and risk factors of nurses leaving their positions.

## **Study design**

This open prospective cohort study aims to survey nurses and healthcare assistants employed at the Sophia Children's Hospital (Erasmus MC) with yearly questionnaires.

## **Study burden and risks**

Participation involves minimal risk, mainly related to the confidentiality of responses and potential psychological discomfort from reflecting on job-related stressors. The benefits include generating insights that could lead to improved working conditions and support mechanisms for nurses. The study is directly related to the group involved, as it aims to enhance the professional environment and well-being of nurses.

## **Contacts**

### **Public**

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## **Trial sites**

### **Listed location countries**

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

To participate in this study, subjects must satisfy the following criteria:

Currently employed as a nurse or healthcare assistant at Sophia Children's Hospital.

Directly involved in patient care, providing hands-on medical treatment and support to pediatric patients.

### Exclusion criteria

Subjects are not eligible if they are not directly involved in patient care, such as managers, administrative staff or those working solely in non-clinical roles.

## Study design

### Design

**Study type:** Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Health services research

### Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 17-03-2025

Enrollment: 700

Type: Anticipated

## Ethics review

Approved WMO

Date: 03-04-2025

Application type: First submission

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL88126.078.24