

A SAMPLE RESEARCH PAPER/THESIS/DISSERTATION ON PREVEALANCE
OF CHRONIC FATIGUE SYNDROM AMONG NURSES

By

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M.S., ____ University, Date

A Research Paper/Thesis/Dissertation
Submitted in Partial Fulfillment of the Requirements for the
Master of Science Degree

Department of Medicine
____ University Date, year

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AN ABSTRACT OF THE DISSERTATION OF

NAME OF STUDENT, for the Doctor of Philosophy degree in MAJOR FIELD,
presented on DATE OF DEFENSE, at ____University. (Do not use
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TITLE: PREVEALANCE OF CHRONIC FATIGUE SYNDROM AMONG NURSES

MAJOR PROFESSOR: Dr. James

(Begin the abstract here, typewritten and double-spaced. A thesis abstract
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ACKNOWLEDGMENTS

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I express my gratitude to Dr. Jones for his immeasurable help and perspectives that helped me in writing this research paper. My heartfelt thanks also go to the 17 members of my graduate committee who showed unwavering patience and understanding during the nine years of tireless effort put into this paper.

I also extend a special thanks to Chris John [1], whose book was a source of numerous examples cited in this research paper. I am also grateful to Prof. Richard, who shared the previous thesis template on which a significant portion of this research paper is based.

PREFACE

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The preface or foreword of a thesis/dissertation may include the author's explanation of the study's objective or any special notes for the reader. This section is not mandatory, but if included, it should be spaced with two lines.

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INTRODUCTION

Chronic fatigue syndrome (CFS) is a debilitating disorder characterized by persistent, severe fatigue. It can have a major impact on the lives of those affected, as well as their families and friends. Nurses are particularly susceptible to CFS due to the long hours and intense physical demands associated with their profession. Research suggests that nurses may be at greater risk for developing this condition than other healthcare workers or members of the general population. This article will discuss the prevalence of chronic fatigue syndrome among nurses, its potential causes and consequences, and strategies for managing it in order to protect nurse health and safety.

The prevalence of CFS among nurses remains difficult to pinpoint due to its various definitions and diagnostic criteria. However, several studies have attempted to estimate the incidence of this condition in nursing populations. In a study conducted by the American Association of Critical-Care Nurses (AACN), it was found that 28% of surveyed nurses reported experiencing CFS-like symptoms. Additionally, a study published in the journal *Nursing Research* found that 21% of nurses surveyed reported having been diagnosed with CFS by a healthcare provider. These findings suggest that CFS is not uncommon among nurses and may be more prevalent than in other professions or the general population.

There are various possible explanations for why nurses may be more likely to experience CFS. One explanation is the demanding nature of their profession, which can often involve long hours and intense physical demands. This can leave nurses feeling stressed, exhausted, and overwhelmed—all of which are risk factors for developing CFS. Additionally, nurses may be exposed to higher levels of environmental stressors such as loud noises, bright lights, and hazardous materials. Finally, the high-stakes nature of their job may also contribute to heightened levels of stress that can lead to CFS.

The consequences of having chronic fatigue syndrome among nurses can be significant. The physical exhaustion associated with CFS can make it difficult for nurses to perform their duties effectively, leading to decreased productivity and a greater risk of errors. Additionally, if not managed properly, CFS can also lead to burnout, depression, anxiety, and low job satisfaction among nurses. Finally, having CFS can impact a nurse's personal life as well; fatigue may limit their ability to participate in activities outside of work or spend quality time with family and friends.

CHAPTER 1

CHAPTER 2

CHAPTER 3

REFERENCES

APPENDICES

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APPENDIX I

APPENDIX II