The Investigation of Attention Level in Nurses Working Night Shifts and the Relationship Between Sex Hormone and Electrodermal Activity

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Dear Editor,

We would like to present our views on the article by Nazan Dolu et al. (1) published in the "Archives of Neuropsychiatry journal" in pages 197–201 in the 50th Issue in 2013 titled "The Investigation of Attention Level in Nurses Working Night Shifts and the Relationship Between Sex Hormone and Electrodermal Activity."

First, we would like to congratulate the authors for their successful study conducted in a unique occupation profession. We would like to give emphasis to several points concerning this article.

In the findings section, the values in Table 2 given under the title "Average Hormone Levels of Nurses Working at Night (shift) and Day Shift and Their Statistical Comparison" are as follows:

Cortisol level: Day Shift Nurses 16.77 ± 5.23 ; Night Shift Nurses 11.91 ± 5.57 , FSH level: Day Shift Nurses 4.15 ± 2.08 ; Night Shift Nurses 7.82 ± 3.94 , S, testosterone: Day Shift Nurses 2.04 ± 0.62 ; Night Shift Nurses 1.39 ± 0.64 .

According to these values, it can be observed that the cortisol level was higher among day-shift workers, the FSH level was higher among night-shift workers, and the S, testosterone level was higher among day shift workers.

However, in the conclusion section of the study, the following was mentioned:

1-Regarding the cortisol level, it was interpreted as "since cortisol levels of nurses at night shift were higher than the day shift nurses, anxiety disorder among nurse at night shift was higher".

2-Regarding the FSH level, it was interpreted as "since FSH levels of nurses at night shift were significantly lower than the nurses at day shift."

3-In the *method* section, the following expression was used: "the experimental group included nurses who start their shift at 04.00 pm and work until next morning 08.00 am. The control group includes nurses who work between 08.00 am and 04.00 pm." Thus, from this expression, it was interpreted that the experiment group consisted of nurses who work in the night shift and that the control group consisted of nurses who work in the day shift. However in the discussion section, the following conclusion was made: "S, testosterone level was found significantly higher in the experiment group compared to the control group".

The findings mentioned in Table 2 do not agree with the statements made in the conclusion section. There may be confusion related to the findings mentioned under nurses working in the day shift and those working in the night shift in Table 2; this escaped the attention of the authors. We are of the opinion that it is necessary for the authors to explicitly explain these issues to determine the effect of shift-based work that is commonly adopted in our contemporary time on stress and anxiety and to clarify this confusion.

Sincerely,

REFERENCES

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