Abstract

The study examined the relationship between psychiatric work environment, stress and quality of life of mental health practitioners in Nigeria; with six objectives, two research questions and five hypotheses. The research adopted mixed method, cross-sectional, correlational, phenomenological and sequential explanatory designs on 274 and 28 participants for quantitative and qualitative data respectively. The psychiatric work environment correlated with eustress (r=.226, $p<0.01$) and distress (r=-.230, $p<0.01$); eustress (r=.222, $p<0.01$) and distress (r=-.231, $p<0.01$) correlated with quality of life; and the qualitative findings validated and explained these outcomes. In the psychiatric work environment and quality of life relationship, only social support correlated with quality of life (r=.111, $p<0.05$). Qualitatively, psychiatric work environment influence stress and quality of life indicating that eustress improves while distress impairs quality of life. Additionally, social support is the best predictor of quality of life (β= .212, p< 0.01; Adj R^2=0.4). Stress is a potential mediator of quality of life showing that, eustress fully and complementarily mediated the effect of the psychiatric work environment on quality of life. Besides, distress fully but competitively mediated the psychiatric work environment and quality of life relationship. In conclusion, an unfavourable psychiatric work environment is likely to deteriorate the quality of life of mental health practitioners. However, encouraging social support enables practitioners to function better; and the ability to confidently handle stressful encounters would lead to eustress, and maximize physical and mental performance. Hence, there is a need to improve the psychiatric work environment to enhance practitioners' quality of life in Nigeria.