

Prevalence of Common Mental Disorders Among Nursing Professionals Working in Psychosocial Care Centers (CAPS) in Santarém – Pará: A Systematic Review

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Citation

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REVIEW TITLE AND BASIC DETAILS

Review title

Prevalence of Common Mental Disorders Among Nursing Professionals Working in Psychosocial Care Centers (CAPS) in Santarém – Pará: A Systematic Review

Condition or domain being studied

Mental state; Mental disorder; Anxiety; Depression; Stress; Disease risk factor

This study focuses on estimating the sociodemographic profile, work history, lifestyle habits, and health conditions of nursing professionals working in Psychosocial Care Centers (CAPS) in Santarém, Pará, Brazil. Nursing is a profession that plays an important role both in Brazil and worldwide. It is structured into three professional categories: Nurse, Nursing Technician, and Nursing Assistant. Work, besides being characterized as a means of material subsistence, is also seen as a configuration of socialization and identity construction, which can favor the expression of the individual's subjectivity, restore or promote health according to the organization and work process. This review will analyze the prevalence and risk factors associated with common mental disorders among nursing professionals. Studies from the last five years will be searched in the PubMed, SciELO, Web of Science, and ScienceDirect databases, using Boolean operators related to hospitalizations, morbidity, and mortality of elderly people in the region. The results can be beneficial for the management of the service in

which nursing professionals are involved, aiming to improve working conditions and implement health education measures.

Rationale for the review

Most approaches to mental health focus on psychopathological investigation, identifying illnesses, rather than studying the characteristics that can protect people from mental health problems. Considering that the psychological suffering of nursing staff is experienced in their daily work, it becomes necessary to implement effective strategies to modify this daily routine in order to promote a healthier approach. In this sense, the importance of the contribution that the results of this research can offer to the management of the service in which nursing professionals are involved is highlighted, aiming at improving working conditions and implementing health education measures.

Review objectives

To estimate the sociodemographic profile, work history, lifestyle habits, and health conditions of nursing professionals;

To determine the prevalence of common mental disorders among nursing professionals;

To identify risk factors associated with common mental disorders among nursing professionals.

Keywords

Mental health; Mental disorders; Anxiety; Depression; Risk factors; Nursing

Country

Brazil

ELIGIBILITY CRITERIA

Population

Included

The inclusion criteria for this review involve the topic of common mental disorders in healthcare professionals and risk factors associated with nursing staff.

Excluded

The exclusion criteria for this review include studies that do not provide specific information regarding the causes or risk factors for the onset of the disorder.

Intervention(s) or exposure(s)

Included

Mental Health Care; Nursing Care Surveillance

P – Nursing professionals working in Psychosocial Care Centers (CAPS) in the municipality of Santarém.

I – Prevalence of common mental disorders.

C – Comparison between different age groups, sex, workload, and physical activity.

O – Prevalence of common mental disorders, identification of associated risk factors.

Excluded

Studies that do not provide specific information regarding the causes or risk factors for developing the disease.

Comparator(s) or control(s)

This review does not have any comparators

Study design

Only nonrandomized study types will be included.

Context

This review will analyze the prevalence of Common Mental Disorders among Nursing Professionals working in Psychosocial Care Centers (CAPS) in Santarém, Pará, Brazil.

TIMELINE OF THE REVIEW

Date of first submission to PROSPERO

26 February 2026

Review timeline

Start date: 26 February 2026. End date: 27 March 2026.

Date of registration in PROSPERO

27 February 2026

AVAILABILITY OF FULL PROTOCOL

Availability of full protocol

A full protocol has been written but is not available because:

A complete review protocol is being drafted, but it is not yet finalized. It will be sent as soon as it is completed.

SEARCHING AND SCREENING

Search for unpublished studies

Only published studies will be sought.

Main bibliographic databases that will be searched

The main database to be searched is *PubMed*.

Other important or specialist databases that will be searched

The SciELO, Web of Science, and ScienceDirect databases will also be used.

Search language restrictions

The review will only include studies published in English and Portuguese.

Search date restrictions

Databases will be searched for articles published from 1 January 2020 and before by 26 January 2026.

Other methods of identifying studies

No other methods will be used.

Link to search strategy

A full search strategy is available in the full protocol as described in the *Availability of full protocol* section

Selection process

Studies will be screened independently by at least two people (or person/machine combination) with a process to resolve differences.

Other relevant information about searching and screening

None

DATA COLLECTION PROCESS

Data extraction from published articles and reports

Data will be extracted independently by at least two people (or person/machine combination) with a process to resolve differences.

Authors will not be contacted for further information.

Study risk of bias or quality assessment

Risk of bias will be assessed using:

The review will assess the study design, sample size, population characteristics, data collection methods, and the validity of the measured outcomes. To formally assess the risk of bias, the review will use the Critical Appraisal Skills Program (CASP) checklist.

Data will be assessed independently by at least two people (or person/machine combination) with a process to resolve differences.

Additional information will **not** be sought from study investigators if required information is unclear or unavailable in the study publications/reports.

Reporting bias assessment

Risk of bias due to missing results will not be assessed

Certainty assessment

The review will assess several key characteristics of the included studies to evaluate their quality and potential risk of bias. These characteristics include the outcomes measured. To formally assess the risk of bias, the review will use the Critical Appraisal Skills Programme (CASP) checklist, a widely recognized tool for assessing the quality of various study designs. The CASP tool will be applied to each study to assess methodological rigor, including the reliability of the results. Each study will be ranked based on these assessments, and the results will be systematically documented. This thorough evaluation ensures that the review's conclusions are based on high-quality evidence, providing reliable information.

OUTCOMES TO BE ANALYSED

Main outcomes

It is expected that the research results will generate indicators that provide health professionals and managers with the necessary tools to develop public policies aimed at the comprehensive care of nursing professionals, in order to modify this daily routine and promote a healthier approach.

Additional outcomes

It is expected that the theme will be further developed in undergraduate theses, postgraduate studies, and scientific initiation projects.

PLANNED DATA SYNTHESIS

Strategy for data synthesis

P – Nursing professionals working in Psychosocial Care Centers (CAPS) in the municipality of Santarém.

I – Prevalence of common mental disorders.

C – Comparison between different age groups, sex, workload, and physical activity.

O – Prevalence of common mental disorders, identification of associated risk factors.

The evaluation will include the title and abstracts, and a full reading of the article. The search terms to be used will be (("prevalence" OR "proportion") AND ("Amazon" OR "northern region") AND ("nursing workers" OR "nursing professionals" OR "nursing") AND ("mental health" OR "common mental disorder" OR "anxiety" OR "depression" OR "stress") AND ("risk factors" OR "health conditions" "lifestyle habits"))

CURRENT REVIEW STAGE

Stage of the review at this submission

Review stage	Started	Completed
Pilot work		
Formal searching/study identification		
Screening search results against inclusion criteria		
Data extraction or receipt of IPD		
Risk of bias/quality assessment		
Data synthesis		

Review status

The review is currently planned or ongoing.

Publication of review results

Results of the review will be published.

REVIEW AFFILIATION, FUNDING AND PEER REVIEW

Review team members

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No conflict of interest declared.

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No conflict of interest declared.

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No conflict of interest declared.

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No conflict of interest declared.

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No conflict of interest declared.

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Funding source

Review has no funding and no agreed support from an academic institution and is done in authors' own time.

Peer review

There has been no peer review of this planned review.

ADDITIONAL INFORMATION

Review conflict of interest

Declared individual interests are recorded under team member details.. No additional interests are recorded for this review.

Medical Subject Headings

Mental Disorders; Prevalence; Health Promotion; Nursing Assistants; Risk Factors; Working Conditions; Workload

SIMILAR REVIEWS

Check for similar records already in PROSPERO

PROSPERO identified a number of existing PROSPERO records that were similar to this one (last check made on 26 February 2026). These are shown below along with the reasons given by that the review team for the reviews being different and/or proceeding.

- Risk factors for absenteeism among nursing professionals: systematic review [published 3 August 2024] [CRD42024551755]. The review was judged **not to be similar**

- Prevalence of mental health problems among nursing professionals during the Covid-19 pandemic in the Americas: systematic review and meta-analysis [published 21 April 2022] [CRD42022326602]. The review was judged **not to be similar**
- Depression among professionals working in the mental health care network: systematic review protocol [published 23 February 2025] [CRD420250652439]. The review was judged **not to be similar**

PROSPERO version history

- [Version 1.0, published 27 Feb 2026](#)

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