

Results suggest that male nurses' occupational well-being was at a moderate level. [Mindfulness](#) and [professional identity](#) were the protective factors of male nurses' occupational well-being, and [experiential avoidance](#) was the [risk factor](#). Nursing managers should ascertain male nurses' current occupational well-being and the influencing factors and formulate effective improvement strategies. Male nurse courses on enhancing mindfulness and professional identity and reducing experiential avoidance should be explored, with a focus on helping nurses improve their professional well-being and, in turn, prospectively reducing the turnover rate <sup>1)</sup>.

<sup>1)</sup>

Wang L, Li H, Li X, Zhang J, Lv Y, Jia P, Xie C. Current occupational well-being status and protective and risk factors of male nurses in Chengdu, China: A cross-sectional study. Nurs Open. 2022 Feb 15. doi: 10.1002/nop2.1194. Epub ahead of print. PMID: 35170257.

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