

OCCUPATIONAL TRAUMA & MENTAL HEALTH

WHAT IS OCCUPATIONAL TRAUMA?

Work-related exposure to an event, or series of events, that causes significant distress

SOME PROFESSIONS HAVE HIGHER RATES OF TRAUMA EXPOSURE SUCH AS:



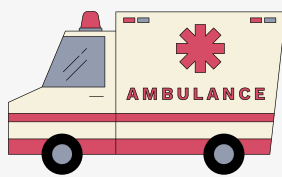
Firefighters



Emergency Phone Operators



Nurses



Emergency Medical Technicians (EMTs)

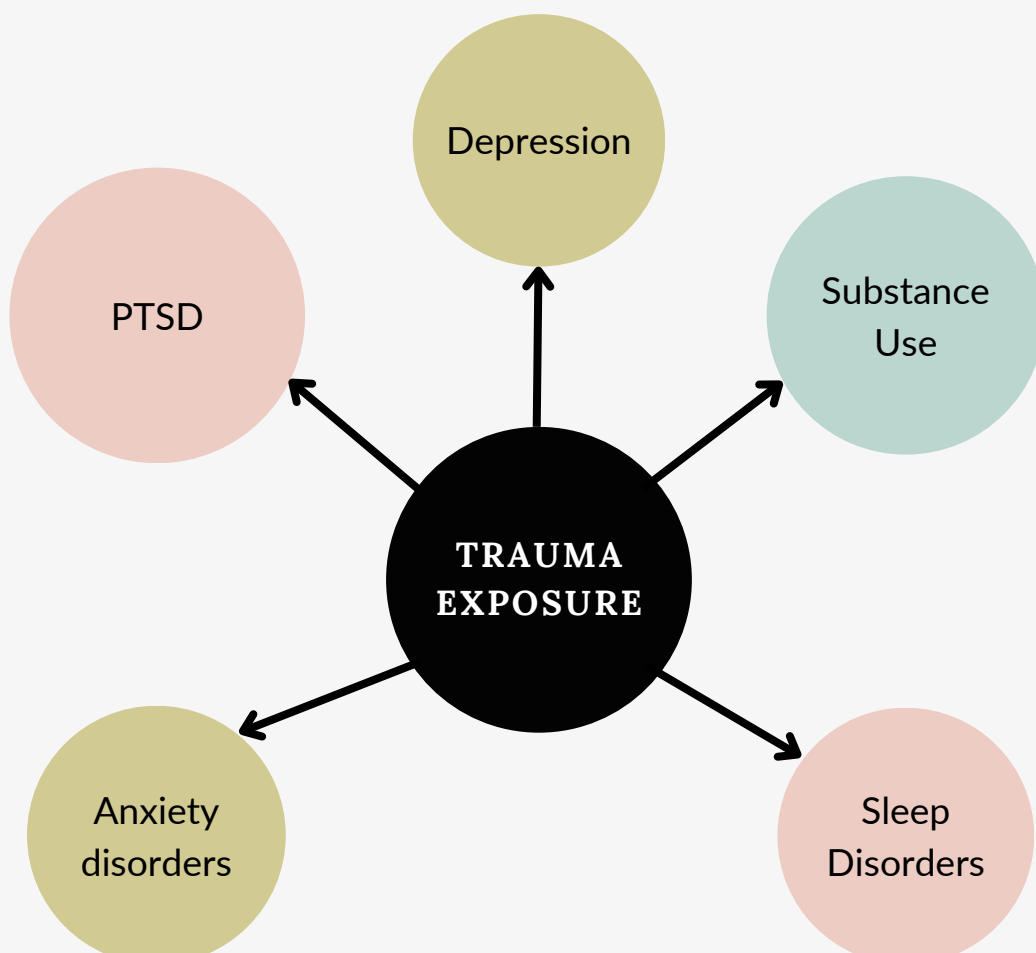


Journalists



Police Officers

- DUE TO THE NATURE OF THEIR JOBS, TRAUMA EXPOSURE IS OFTEN REPEATED AND CUMULATIVE.
- THE MORE FREQUENTLY SOMEONE IS EXPOSED TO TRAUMATIC EVENTS, THE MORE LIKELY THEY ARE TO DEVELOP MENTAL HEALTH OUTCOMES SUCH AS PTSD, DEPRESSION, ANXIETY, SUBSTANCE USE, AND SLEEP DISORDERS.
- EXAMPLES OF WORK-RELATED TRAUMA EXPOSURE INCLUDE DIRECT AND/OR INDIRECT EXPOSURE TO SEXUAL ASSAULT, DEATH, GRIEF, INJURY, MASS CASUALTIES, AND NATURAL DISASTERS, AS WELL AS PERSONAL THREATS OF VIOLENCE.



RESEARCH HAS FOUND THAT:

- NURSES EXPERIENCED HIGH RATES OF DEPRESSION (35%), ANXIETY (37%), AND SLEEP DISTURBANCES (43%) DURING THE COVID-19 PANDEMIC
- A SURVEY OF 4,021 EMERGENCY MEDICAL SERVICE PERSONNEL FOUND THAT 37% OF RESPONDENTS HAD CONTEMPLATED SUICIDE, WHILE 6.6.% HAD ATTEMPTED SUICIDE
- IN A SAMPLE OF JOURNALISTS, 26% REPORTED SYMPTOMS INDICATING MODERATE TO SEVERE LEVELS OF DEPRESSION AND 24.5% ENDORSED HARMFUL DRINKING
- THE ESTIMATED PREVALENCE OF CURRENT PROBABLE MAJOR DEPRESSION IS 23.9% AMONG 9-1-1 TELECOMMUNICATORS
- IN A SAMPLE OF POLICE OFFICERS, 77.3% ENDORSED DEPRESSIVE SYMPTOMS AND 56.3% ENDORSED SLEEP DISTURBANCES

SOURCES

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