

**National Center for Post-Traumatic Stress Disorder**  
**PILOTS Database Search: “XXXXX”**  
**Selective List of Significant Publications (with abstracts)**

This bibliography is the product of a search of our PILOTS database, an index to 20,000 publications on psychotrauma, for documents to which the descriptor “Paramedical Personnel” was applied by our indexers. This list is in alphabetical order by author. Please note that inclusion in this list does not constitute an endorsement of any of these publications by the National Center for PTSD.

**Alexander, David Alan and Klein, Susan.** *Ambulance personnel and critical incidents: impact of accident and emergency work on mental health and emotional well-being.* British Journal of Psychiatry 178: 76-81. January 2001.

Abstract: BACKGROUND: The association between mental health and occupational factors among ambulance personnel has not been thoroughly investigated in the UK.

AIMS: To identify the prevalence of psychopathology among ambulance personnel and its relationship to personality and exposure to critical incidents.

METHOD: Data were gathered from ambulance personnel by means of an anonymous questionnaire and standardised measures.

RESULTS: Approximately a third of the sample reported high levels of general psychopathology, burnout and posttraumatic symptoms. Burnout was associated with less job satisfaction, longer time in service, less recovery time between incidents, and more frequent exposure to incidents. Burnout and GHQ-28 caseness were more likely in those who had experienced a particularly disturbing incident in the previous 6 months. Concerns about confidentiality and career prospects deter staff from seeking personal help.

CONCLUSIONS: The mental health and emotional well-being of ambulance personnel appear to be compromised by accident and emergency work. [Author Abstract]

PILOTS ID Number: 23227

**Beaton, Randal D, Murphy, Shirley A, Johnson, Clark, Pike, Kenneth, and Corneil, Wayne.** *Exposure to duty-related incident stressors in urban firefighters and paramedics.* Journal of Traumatic Stress 11(4): 821-828. October 1998.

Abstract: Little is known about the variables that might be associated with posttraumatic stress symptomatology in high-risk occupational groups such as professional firefighters and paramedics. A sample of 173 urban professional firefighter/EMT's and firefighter/paramedics rated and ranked the stressfulness of 33 actual and/or potential duty-related incident stressors. They also reported whether they had experienced each of these incident stressors within the past 6 months and, if they had, to recall on how many occasions within the past 6 months. A principal components analysis of their rescaled incident stressor ratings yielded five components: Catastrophic Injury to Self or Co- worker, Gruesome Victim Incidents, Render Aid to Seriously Injured, Vulnerable Victims, Minor Injury to Self and Death & Dying Exposure. [Author Abstract]

KEY WORDS: posttraumatic stress; duty-related traumata; emergency workers; incident stressors

PILOTS ID Number: 14148

**Beaton, Randal D, Murphy, Shirley A, Johnson, L Clark, Pike, Kenneth, and Corneil, Wayne.** *Coping responses and posttraumatic stress symptomatology in urban fire personnel.* Journal of Traumatic Stress 12(2): 293-308. April 1999.

Abstract: Emergency workers, including urban fire fighters and paramedics, must cope with a variety of duty-related stressors including traumatic incident exposures. Little is known about coping responses of emergency

workers or whether their coping responses predict future mental health outcomes. The previously formulated Coping Responses of Rescue Workers Inventory (CRRWI) underwent a principal components analysis employing a sample (N = 220) of urban fire fighters and paramedics. Six empirically and theoretically distinct CRRWI components were identified which were relatively stable over a 6-month period. Scores on one of the CRRWI scales, but neither years of service nor their past half year's traumatic incident exposures, predicted future changes in self reports of posttraumatic stress symptomatology. [Author Abstract]

KEY WORDS: posttraumatic stress; emergency workers; coping strategies; duty-related incident exposures.  
PILOTS ID Number: 14633

**Clohessy, Sue and Ehlers, Anke.** *PTSD symptoms, response to intrusive memories and coping in ambulance service workers.* British Journal of Clinical Psychology 38(3): 251-265. September 1999.

Abstract: OBJECTIVES: To examine the relationship of coping strategies and responses to intrusive memories with PTSD and other psychiatric symptoms in ambulance service workers.

METHOD: 56 ambulance service workers described the most distressing aspects of their work and completed questionnaires designed to measure their coping strategies in dealing with distressing incidents. They also described their intrusive memories of particularly distressing incidents and completed a questionnaire designed to measure their interpretation of these intrusions and their responses to them. In addition, they completed the Post-traumatic Stress Symptom Scale and the General Health Questionnaire.

RESULTS: Of the participants, 21 percent met DSM-III-R criteria for PTSD, and 22 percent met GHQ screening criteria for psychiatric symptoms. Wishful thinking and mental disengagement when confronted with critical incidents at work, negative interpretations of intrusive memories, and maladaptive responses to these memories (rumination, suppression and dissociation) correlated with PTSD severity.

CONCLUSION: The results are consistent with the hypothesis that coping strategies and responses to intrusive memories that prevent emotional processing of the distressing event maintain PTSD. They also support Ehlers and Steil's hypotheses about the role of negative interpretations of post-traumatic intrusions in PTSD. A substantial subgroup of emergency service personnel may need support in processing distressing incidents at work and may benefit from information that normalizes post-traumatic symptoms such as intrusions. [Author Abstract]

PILOTS ID Number: 21169

**Galloucis, Matthew, Silverman, Manuel S, and Francek, Heather M.** *The impact of trauma exposure on the cognitive schemas of a sample of paramedics.* International Journal of Emergency Mental Health 2(1): 5-18. Winter 2000.

Abstract: This study examines disruptions in cognitive schemas (i.e., core beliefs about self, others, and the world) among a sample of paramedics. 253 paramedics working in non-urban and urban settings completed measures of non-work and work-related negative life event and trauma exposure, perceived social support, and cognitive schemas. 40 percent of the respondents experienced at least one disrupted schema and 18 percent had disrupted beliefs about the meaningfulness of the world. Urban paramedics experienced greater disruption in cognitive schemas, particularly with Other-Safety beliefs. The degree of disruption in schemas was independently associated with the extent of non-work and work-related negative life event and trauma exposure, as well as perceived social support. These findings suggest the importance of investigating disruptions of schemas as a posttraumatic sequela among emergency medical personnel. [Author Abstract]

KEY WORDS: cognitive schemas; traumatic events; posttraumatic responses; paramedics; emergency medical services

PILOTS ID Number: 23389

**Jenkins, Sharon Rae.** *Social support and debriefing efficacy among emergency medical workers after a mass shooting incident.* Journal of Social Behavior and Personality 11(3): 477-492. September 1996.

Abstract: This longitudinal study assessed 36 emergency medical workers' symptoms self-rated for the weeks before and after they worked a mass shooting incident. Psychological and psychosomatic symptom changes were related to their social supports, including participation in Critical Incident Stress Debriefing (CISD). Feeling that others understood their experience was related to lower acute obsessive-compulsive, general, and psychosomatic symptom levels, and also to better recovery from obsessive-compulsive, depressive, and hostility symptoms. CISD attendance was related to better recovery from depressive and anxiety symptoms. Studies evaluating emergency workers' job stress, CISD, and social support should use repeated measures designs, assess short-term recovery, and distinguish among symptom manifestations. [Author Abstract]

PILOTS ID Number: 08107

**McCammon, Susan Lynn.** *Emergency medical service workers: occupational stress and traumatic stress.* Paton, Douglas and Violanti, John M. Traumatic stress in critical occupations: recognition, consequences and treatment. 58-86. Springfield, Illinois, Charles C. Thomas. 1996.

Abstract: In the emergency services field there is debate on the extent to which workers are affected by the stresses of emergency work. How do continuous exposure to daily stresses, as well as critical incidents or larger catastrophic events, impact on the psychosocial and occupational functioning of emergency workers? How do characteristics of the job, the worker, and the organization mediate one's experience of stressors and satisfactions? What interventions are available to reduce negative impact and enhance career and personal functioning?

Following is a review of empirical and theoretical literature addressing these questions. For the purpose of this paper, the term "emergency worker" will refer mainly to medical caregivers, both pre-hospital and hospital-based, who work in emergency medical services (EMS). Police, fire and other protective service workers will be included only in discussing those who are first responders to traumatic events. [Introduction]

PILOTS ID Number: 13449

This search of the PILOTS database was prepared by the National Center for Post-Traumatic Stress Disorder in White River Junction, Vermont, on 24 September 2001. For further information about the National Center or the PILOTS database, visit our website at <[www.ncptsd.org](http://www.ncptsd.org)> or call (802) 296 5132.