

Poster presentation

Daily stress and concept of self in Greek ambulance personnel

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Background

This pilot study investigated the prevalence of post-traumatic stress symptoms among professional ambulance personnel in South Greece and investigated the question: "Does self-knowledge have influence on how well one copes with the effects of daily work exposure from such events?" Little is known about the variables that might be associated with post-traumatic stress symptoms in high risk occupational groups such as ambulance service groups.

Materials and methods

Data were gathered from ambulance personnel by means of an anonymous questionnaire. Survey responses of 30 ambulance personnel from the city of Patras were analyzed. A correlation was established between post-traumatic symptoms using the impact of event scale (IES-15) and the Professional Self-Description Form (PSDF).

Results

Of those who reported a traumatic situation, 46,7 % (14 of 30) scored >26 on the IES-15 subscale. Scores >26 indicate "PTSD caseness". There were significant differences on PSDF subscales between those presenting with or without posttraumatic symptoms.

Conclusions

The mental health and emotional well-being of ambulance personnel appear to be compromised by accident and emergency work. The high prevalence of PTSD symptoms in ambulance personnel indicates an inability to

cope with post-traumatic stress caused by daily work experiences.

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