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.
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

RESEARCH HAS FOUND THAT:


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