

e-Poster Walk: Posttraumatic stress disorder; Women, gender and mental health

EW0731

The prevalence of post-traumatic stress disorder (PTSD) in Korean parents lost their children by the tragic sinking of ferry Sewol

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A South Korean passenger ferry, the Sewol, carrying 476 people, capsized and sank in 2014 resulting in 295 deaths and 9 missing. Most were high-school students on a school trip (246 deaths, 83.4%) and many parents who lost their children had suffered from a wide range of mental and physical health consequences. This research examines the extent and intensity of ongoing psychological distress and PTSD symptoms among the parents 2 years after the disaster. The 141 parents of the high-school victims agree with research participation were surveyed using a questionnaire on sociodemographic data. We conducted the structured clinical interview including PTSD and suicide assessment for them. Among the 141 subjects, 56.0% ($n=79$) meet the PTSD diagnostic criteria, suggesting that, after two full years, more than a half of them are still suffering from chronic psychological pains. This result is higher than any other PTSD study about indirect victims. In particular, 42.6% ($n=60$) reported suicidal ideation and 4.3% ($n=6$) actually attempted suicide but failed. These figures are on the order of 10 to 100 times higher than the national prevalence. This research is characterized by homogeneity of the subjects in that they were all the parents of young adolescent victims. After two years of traumatic experiences, more than a half of the interviewed parents who lost their children are still suffering from the PTSD. These findings suggest that post-disaster PTSD can be larger and last longer when the relationship was more intimate and the death of the victim was less expected.

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The effect of the mental health improvement programs in firefighters

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Objectives The purpose of this study was to investigate the effectiveness of the mental health improvement programs in Korean firefighters through cooperation with the urban fire station. And we assessed the firefighter's degree of traumatic events and psychopathologies including depression, anxiety, suicidal ideation and insomnia.

Methods A mental health improvement program was provided to 502 firefighters working at Daegu, Gumi and Ulsan during 8-week period. The program included not only an evaluation and treatment of psychiatric symptoms through counseling but also a psychoeducation for mental health awareness. The validated Questionnaires to measure psychiatric symptoms were used; symptoms included depression, anxiety, suicidal thoughts and insomnia. Subjects were

divided to two groups; PTSD high-risk group and non-high risk group. Psychopathological levels were compared before and after the program.

Results PTSD high-risk group included 57 subjects (11.35%) and non-high risk group included 445 subjects (88.65%). Before the program, PTSD high-risk group showed higher depression, anxiety, insomnia scores statistically significant. Multiple logistic regression analysis with PTSD high-risk group as a dependent variable showed depression as a factor for firefighters to become PTSD high-risk group compared to those not depressed. Insomnia turned out to be another variant. The program resulted in significant decrease total scores of BDI and ISI for PTSD high-risk group.

Conclusions The results on this study showed that higher levels of depression and insomnia especially influenced the manifestation of PTSD in firefighters. The evaluation and management of psychopathologies including depression, insomnia with traumatic events for firefighters can be helpful.

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Perinatal dissociation during premature childbirth: A comparative study

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Premature childbirth is sometimes perceived as a painful and traumatic experience, in which mothers can manifest dissociative symptoms. Our study aims to evaluate dissociative symptoms during premature childbirth compared with full-term delivery and to identify predictors of perinatal dissociation. We conducted a cross-sectional, descriptive and analytical study, including 97 mothers of premature infants who presented to the outpatient unit of neonatology at the UH Hedi Chaker of Sfax in Tunisia. For each mother, we collected sociodemographic and obstetric data. We used the peritraumatic dissociative experiences questionnaire (PDEQ) for screening dissociative symptoms during labor. We assessed severity of prematurity by the perinatal risk inventory (PERI). Responses were compared with a control group of 80 mothers of full-term infants. Average age of mothers was 30.2 years. Average gestational age was 32.82 weeks. Pregnancies were single (83.5%) or twins. 77.3% of mothers gave birth by caesarean section. Prematurity was unexpected by 56.7% of them. According to the PERI, 47.4% of newborns were considered as high-risk preterm infants ($PERI \geq 4$). The average score of PDEQ was 16. The prevalence of perinatal dissociation for this sample (20.6%) was significantly higher compared with the control group ($P=0.014$). It was also correlated to unexpected prematurity ($P<0.001$) and a PERI score ≥ 4 ($P=0.023$). Our results show that perinatal dissociation is more frequently occurring in preterm childbirth, especially when prematurity is severe and unexpected. Early interventions providing adequate information and support during delivery for mothers at risk of developing perinatal dissociation can alleviate such distress and prevent the development of subsequent post-traumatic stress disorder.

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