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Influence of violence experience and self-compassion on post-traumatic stress disorder in emergency department nurses

Jung A Kim, Min Kyong Kim and Sung Hee Lee Kyungpook National University, Republic of Korea

This study was aimed at investigating the effect of violence experience and self-compassion of the Post-Traumatic Stress L Disorder (PTSD) working in emergency department nurses. Violence experience is a physical violence that involves threats or intimidation, physical threats such as kicking or attempting to swig a fist, and physical violence experiences, such as throwing, kicking, or knocking objects. PTSD is a mental disorder that occurs after experiencing a serious injury or an event that threatens the physical well-being of an individual, and experiences severe feelings of fear, helplessness, and fear, thereby seriously affecting interpersonal and occupational functioning. Self-compassion is an attitude of caring for oneself with mercy in the case of suffering of failure. Violence experience, self-compassion, and post-traumatic stress disorder were measured using a structured questionnaire among 96 nurses in the emergency departments located in South Korea from June to July of 2017. The collected data were analyzed by using IMB SPSS Statistics version 20.0. Also, correlations among violence experience, subfactor of self-compassion and post-traumatic stress disorder were examined by Pearson's correlation coefficient. To examine influencing factors on post-traumatic stress disorder, hierarchical regression method used. In this study, the physical threat experience has a significant effect on the post-traumatic stress disorder and the explanatory power of post-traumatic stress disorder is increased (β =0.383, p<0.001). Self-kindness showed a negative correlation with post-traumatic stress disorder (r=-0.392, p<0.001). Particularly, self-kindness, which is a sub-factor of self-compassion, has a significant effect on post-traumatic stress disorder and the explanatory power of post-traumatic stress disorder is decreased (β =-0.365, p<0.001). It suggests that, when developing intervention programs for post-traumatic stress disorder in emergency department nurses, physical threats and self-kindness should be taken into consideration.

Biography

Jung A Kim is currently pursuing her Doctoral degree and worked at the Kyoungpook National University Hospital Emergency Room from 2012 to 2015. She is interested in many problems of emergency room nurses.

kimjunga@knu.ac.kr

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