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Personal resilience and post-traumatic stress symptoms in families of patients admitted to the intensive care unit in Japan

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Objectives: Families of patients in the intensive care unit (ICU) often experience severe stress such as post-traumatic stress symptoms (PTSS). Little is known about the experience of families of patients admitted to the ICU. This study is to examine the association between personal resilience and PTSS in families of ICU patients in Japan.

Methods: In this cross-sectional study, all families (N=144) at two teaching and advanced treatment hospitals were recruited at early ICU admission, and 77 of them completed a questionnaire (response rate, 53.5%). Family members provided demographic data and clinical characteristics of patients, and completed the Impact of Event Scale-Revised (IES-R) and the Conner-Davidson Resilience Scale (CD-RISC).

Results: The ratio of family members whose IES-R scores were above 25 was 29.9% (23 of 77) of total participants, and CD-RISC mean score was 48.5 (SD=±16.1). A significant negative relationship was observed between personal resilience and PTSS. In logistic regression analysis, variables correlated with the CD-RISC were sex (female) of participant and experienced loss of a family member.

Conclusions: Low personal resilience predicted PTSS among family members of ICU patients. This result may indicate that personal resilience reduces the onset of PTSS.

Biography

Miyuki Komachi received her PhD from the University of Tokyo in 2013. She is currently a lecturer at the Graduate School of Health and Welfare Sciences, International University of Health and Welfare, Japan. Her research interest includes post-traumatic stress symptoms among nurses working in hospitals and families of patient admitted to a hospital. She has published 2 papers in reputed journals.

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