

4th Annual Congress and Medicare Expo on

TRAUMA & CRITICAL CARE

February 22-23, 2018 | Paris, France

Post-traumatic growth among police officers: Systematic review

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Aim: The purpose of this study was to analyze literature related to post-traumatic growth among police officers.

Methods: Comprehensive literature searches using Ovid-Embase, Ovid-Medline, Cochrane, PubMed and RISS were conducted. The research terms included police officers, police, trauma, posttraumatic growth, and growth.

Results: A total of 9 studies were identified. In the Korean researches, PTG was positively correlated with self-esteem, problem focused coping, emotion focused coping, social support, self-disclosure and deliberate rumination. In the foreign researches, PTG was correlated with thriving, resilience, events involving threat, personal relationship stress, trauma severity, life stress and gratitude. Demographic variables such as female, white were also associated with PTG.

Conclusion: To improve post-traumatic growth of police officers, strategies to increase stress coping, social support, are needed. Strategies to decrease stress, trauma and PTSD symptoms should be developed.

Biography

Eunsuk Choi has completed her PhD from Seoul National University School of Nursing. She is known for occupational health research targeting prevention and management of work-related diseases. She has published more than 50 papers in reputed journals.

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